November/December 2003

NEM News

the New England Masters Swim Club, Inc., newsletter

A Few Good Volunteers

The New England Masters Swim Club, Inc., is looking for a few good people to provide some leadership for our 1650 member organization. Three key positions will need to be filled in the next few months.

NEM Treasurer

This function manages 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.

NEM News Editor

This position has responsibility for producing the NEM newsletter and assuring proper distribution. The incumbent seeks, edits, writes, and lays out material for the publication, and arranges for the printing and mailing. NEM News will be four issues in 2004. (If wanted, the retiring editor is willing to help the new editor get started in the electronic and production aspects.)

NEM VP of Marketing

This position is currently under review by a Communication Committee chaired by Bob Seltzer. We would like candidates for this position to participate in this working committee to develop a more exact description for this role. We currently envision this position to include developing and implementing programs to improve membership benefits, overseeing the club's communications with key audiences, and providing marketing and public relations counsel to the president and the board of directors.

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

An Editor Remembers

By Tom Lyndon

November 1991, when I started as editor after Jim Edwards's 13 years as editor, seems like a long time ago. It is.

New England Masters was 550 members in 1991. We have tripled our membership since then.

Back in 1991, we did not emphasize workout groups at meets. Few relays were swum beyond the few that aimed at some sort of record. Since then, we have made workout groups central to our NEM "culture." We have seen the emergence of many workout groups ranging in size from a handful to a few with well over 100 members each.

This is Tom Lyndon's last issue as editor of NEM News. The new editor and the schedule for the four issues in 2004 will be announced later.

We have evolved from a club with about two-thirds of our members participating in our annual big spring meet to a club with about one-third participating in it.

The One Hour Swim has been a NEM tradition and strength for a long time. In 1990, with a few dozen participants, we had more than any other club in USMS. Since then, with the exception of a few years when a west coast club made the OHS almost mandatory for all its members, NEM has remained dominant and has had close to 500 in the OHS for several years.

E-mail and the Internet are now the dominant coins of the NEM communications realm. 90% of our members have email addresses. Our web site has the news about upcoming meets before the newsletter does. Our web site has meet results before they are appear in NEM News.

NEM News subscriptions have gone from (a mandatory) 100% to 25% of all members and less than 25% for the newer members.

The times, they are a-changin'. Best wished to all and to NEM.

500 AND COUNTING
The 2004 One Hour Swim

I know, I know

With the holidays over, it's time to get serious and make plans so do the One Hour Swim in January. Think positive, think big. Be counted.

- A long relaxing swim
- Friends willing to help out
- Perhaps a little celebration in honor of completing yet another One Hour Swim
- Some points for your team, and pride in your heart

Can we count on you? Good

Once again, New England is going to swim the farthest, have the most swimmers swim an entire hour nonstop, and send shivers of awe down the backs of our nearest competitor (did they give up or what?).

Our goal is to be the first workout group ever to record more than 2 million yards in one year.

To do this, we'll need more than 500 swimmers from NEM or over 25% of our membership.

We can do it.

So, line up some friends, plan your long relaxing swim for January, and count yourself in.

Cheers,
Jenny Luker
Jrluke@aol.com

ONE HOUR SWIM FACTS

What Swim as far as you can for 60 minutes.

Who All registered NEM members and a good friend who is willing to record the time for each 50.

When In the month of January, 2004, there are 744 hours, one of which we want you to reserve for the OHS.

Where Your local pool. For more information about where to swim, visit our web site for up-to-date information on places to swim.

Why You can do it and you will be proud!

Your team will earn points for each yard that you swim

Finally, this is a NEM event in which virtually everyone can participate. Because so many of us do, and because we rack up yardage like there is no tomorrow, NEM can claim ownership of the title First Place National Team for the USMS One Hour Postal Championship for the 4th consecutive year!

How First, register as NEM swimmer by either completing the renewal form mailed to you or by downloading the form from our web site (www.swimnem.org). Next, visit the website and print out the OHS Entry Form. Then, go swimming with a friend.

Entry deadline February 4, 2004 is the deadline for Al Johnson to receive your entry form and check.

All entry forms (accuracy, please) must be mailed to:

Alan Johnson, Tally Master, NEM OHS
PO Box 2069, Wolfboro, NH 03894

[Al's email (if absolutely necessary): winterharbor@metrocast.net]

The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net

This article is NOT meant to be any type of put down on those who have, do, and continue to volunteer for NEM. It is merely another series of observations made by a rather warped individual—ME.

VOLUNTEERISM

I sincerely hope that this is the last time I feel compelled to write a "serious" article, but the subject matter cannot be ignored. As you may have gathered from previous articles, I "get around," in that I travel to a variety of mini-meets, and talk to a lot of New England Masters swimmers, many outside my own workout group. Many times folks ask me why certain things are done certain ways, or why not do this, this way?

The answer is simple.

LACK OF VOLUNTEERS!!!!

You see, the point was beaten home to me recently because I had some issues with the up coming meet at Wheaton, and voiced them to the leadership. The answer I got was very simply, "Why don't you volunteer to run the meet next year?" Touché.

NEM is a volunteer organization. Without volunteers, NEM is both literally and figuratively, dead in the water. Recently Tom Lyndon stated to me that "The New England LMSC and NEM are facing a serious situation … that is far more pressing and more important than any I can recall in my 26 years as a volunteer." People are being sought for six positions.

So, championship meets aside, let me paint an all too realistic picture of NEM if we do not have new volunteers step up

1. We will be lucky to have ANY mini meets because there is no VP Mini-meets (Vacant since April).
2. NEM will no longer grow in size, and in fact could shrink because the VP of Marketing has been open since April.
3. You will receive no newsletter with tips for improvement, meet results, or this article as the NEM News editor has been ill and we have been advertising for a replacement since May.
4. There could be NO sanctioned meets since we have been very actively looking for a replacement for the Chair of the New England LMSC (the LMSC is responsible for everything from sanctions to officials) since June.
5. Competitive people will no longer know the all-time top ten New England standings and have NEMs in the annual national top ten because the recorders for SCY, LCM, and SCM are retiring.

The sixth position is NEM Treasurer, which I just found out is also looking to retire.

So, my friends, having reached new heights in membership (approaching 2,000 for the New England LMSC) and meet quality in the last few years, has New England sung its Swan Song? Only YOU can decide. If you have ever read the newsletter and chuckled, attended a meet and smiled when you saw your time, or achieved any other milestone and patted yourself on the back, you should be VERY concerned.

Some say the future is dim. I disagree. I think it is brighter than its ever been. Some people are starting to step up to the plate even as this article goes to press. I know that as we all ponder the possibilities, we will all step up. See you in the pool!

NEM President: Homer Lane hlane@mbl.edu
LMSC Chairman: Tom Lyndon tomlyndon@aol.com

Editor note: While some changes have occurred since Al wrote his article, NEM and the LMSC continue to have a keen need for volunteers.

The Self Coached Workout

by David Grilli, mushield@aol.com

GOING FOR THE CYCLE

This month's topic is "Dry Land" training. The term "Dry Land" has an interesting connotation. It differs from Cross Training as the latter refers to something we do instead of swimming for general athletic conditioning whereas the former is something we do to augment our swim training and strengthen the swimming specific muscles.

The scope of a good dry land program is to strengthen and stretch the muscles used in swimming. Or at least the ones we are supposed to use. It can involve, weights, medicine balls, stretch chords and the like or it can be as simple as doing certain stretching exercises and sit ups. Most dryland training routines are done after a swimming workout but they could be done before. Dryland training can be done in a group or solo but the group atmosphere may make it more fun.

Start by stretching your shoulders, back and leg muscles. The shoulder muscle stretches involve reaching with a straight arm across tour body while pushing on your elbow with your free hand. Another good shoulder stretch is to raise your elbow up over your head while trying to place the palm of your hand on your back. You can also give your elbow a slight push with your free hand. I like to stretch my back grabbing hold of the stating block with a hand on either side. Place both feet slightly under the starting block and lean your butt away from the block as you lower your head until it almost contacts the starting block. Stretch your legs by placing your heel on the starting block with your toes pointing up, keep your knees straight and lean the upper half of your body forward and down. After you do this, stand up straight with your feet shoulder width apart and bend forward keeping your knees straight.

It's amazing the varying degrees of flexibility people have. Stretching exercises will improve your swimming because it will be easier and consume less energy for you to be in a streamline position. More flexible swimmers tend to be better swimmers.

After your stretching exercises you will want to do your strengthening exercises. I like to use weight or resistance training machines. Most gyms have all kinds of torture machines these days but if you are a swimmer, using the machines for strengthening the good news is you won't be killing yourself. In fact I recommend using very easy weight in the beginning. You can build up gradually but always maintain high repetitions.

A wise old coach once told me to do the weight machines that strengthened the muscles used in the recovery phase of your swimming stroke as opposed to the muscles used in the power phase. I have tried this and found it works. I like to do the rowing type machines, curls and lateral pullovers. I also find that this adds balance to your overall strengthening regimen. We probably do enough swimming as it is for the power phase muscles.

When you first incorporate dryland training into your training cycle you will be a little sore and may actually slow down a bit in the water. It won't be long though before you speed up.

FREESTYLE SWIMMING TECHNIQUE ANALYSIS

Schwimmverein Limmat Zürich
http://www.svl.ch/CrawlAnalysis/

Editor's note: The editor considers this to be one of the finest presentations of freestyle stroke technique he has seen and read. On the Swiss website the following article is well illustrated and enhanced by many accompanying photos. Unfortunately, NEM News was unable to include these photos in the article. NEM News thanks the MIT Masters workout group and Davis Clayson for sending this article to the newsletter.

Acknowledgements:
* Many thanks to Emmett Hines for his technical assistance with this article. The following page reflects a goodly portion of his views of modern freestyle swimming. Emmett is author of "Fitness Swimming" [édition française], headcoach of H2Ouston Swims, and a senior coach with Total Immersion. In addition, Emmett was 1993 United States Masters Swimming Coach of the Year and received the Masters Aquatic Coaches Assn. Lifetime Acheivement Award in 2002.

* This page would not have been possible without technical help from Agnès Godfrey, and support from other Aquatic Masters Team members in my home town, Zurich, Switzerland.

A full cycle of Grant Hackett's and Ian Thorpe's freestyle swimming is analysed by means of underwater video. The comments are based on modern views of freestyle swimming technique which was developed in Russia (Popov), Australia, and the US since the early 1990ies. The sequence shown is taken from the 800 m freestyle final in Fukuoka 2001, which means world record pace.

In essence, both swimmers apply the same swimming technique. There is no secret about Thorpe's and Hackett's swimming as mentioned in a previous article [The secret of Thorpe's blistering speed]. In fact, both swimmers apply the principles of efficient freestyle swimming presented earlier on this website [Introduction into efficient freestyle swimming]

Differences between Thorpe and Hackett can be noticed but are not essential enough to be discussed here. Thus, the focus is on Grant Hackett who swims closer to us. From the underwater perspective, he is the swimmer at the top of each image.

Hackett transfers his body with a snappy roll from the right to the left (80-90°) in just 3 frames. In two thirds of one freestyle cycle both swimmers keep a side-lying gliding position with their arm extended in line with the body. One third of the cycle, which corresponds to two kicks when keeping a six beat kicking pattern, they snap from side to side. The reason is that the side-lying gliding position is the freestyle body position with least frontal resistance.

1 Let's start with Hackett's swim cycle when he finished hip and body rotation to a side-lying gliding position to the right. From this camera perspective you will hardly notice that Hackett is lying on his right side tilted 80-90°. The combination of hip and body rotation to the right and thrusting the right shoulder and arm to the front into a fully extended body position in one line results in a) forward momentum and b) minimal frontal resistance. Stroking with his left arm has almost finished. As you will see below, both swimmers actually do not completely finish arm strokes but round off at the hips. Hackett's right leg is midway moving up, his left leg moving down. Hackett allows the foot of kicking leg overextended (note excellent plantar flexion). Hackett could further reduce frontal surface resistance by keeping his head in line with the body (nose down position). Instead, he lifts his head into a face up position which leads to increased frontal resistance. In addition, as a result of changing between a face up and a nose down position during a swimming cycle, Hackett's body pops up and down accordingly, which is not favourable.

2 Hackett and Thorpe keep their side-lying gliding position. Hackett's left leg moves down, the right leg up. He just picked up his left arm for recovery. He keeps his right arm extended in line in front. You will notice that he is about to thrust his right shoulder more in front, and his elbow forward and up. Unfortunately, in this and the next frame Hackett lifts his head and chest even more which increases frontal resistance. Body position must be balanced as close to horizontal, long, and narrow as possible.

3 Side-lying gliding position. His left leg almost reached the lower, his right leg the upper endpoint, respectively (note plantar flexion getting loose). His left arm and hand pass his shoulder (above surface). Hackett is about to pop up his right elbow to the surface by thrusting up and forward his shoulder, wrist in line. As mentioned before, head and upper body are in an unfavourable, high frontal resistance position. As a consequence, Hackett's hips drop a bit to further increase resistance. Exhaling has finished.

4 Hackett is about to start the rapid transition of the hips and body from the right to the left side. Body rotation is initiated by a) down kick with the right leg, b) hip rotation, which is supported by c) the forward momentum of the left shoulder and left arm. Later we come back to the role of the kick in relation to hip rotation (frame 24). Catching water with the right forearm and hand only starts when the snappy roll started. Actually, the hips are the engine for the body snap, not the shoulders. Front and back crawl swimmers really experience the body roll as a "snap" with their hips, as described most perfectly by Lenny Krayzelburg.

5 Hackett transfers his body with a snappy roll from the right to the left (80-90°) in just 3 frames. Two thirds of one freestyle cycle both swimmers keep a side-lying gliding position with their arm extended in line with the body. One third of the cycle, which corresponds to two kicks when keeping a six beat kicking pattern, they snap from side to side. The reason is that the side-lying gliding position is the freestyle body position with least frontal resistance.

6 Thorpe's and Hackett's high elbow position are most remarkable. Stroking involves both forearm and hand. Hackett's elbow pops up to the surface. Observed from the deck, actually it is not a pulling motion, because Hackett's hand slips very little between the catch and rounding of the stroke (about 50 cm/20 inches). Thorpe shows even less slippage (about 40 cm/ 16 inches). The reasons for minimal slippage are that excellent swimmers such as Thorpe and Hackett exploit a) forward momentum of recovering arm and shoulder. Compare stroking with paddling in a kayak. b) both swimmers have a good kick. It is important to note that to adopt this swimming technique, arm recovery is an important element. Recovery starts rather slowly and accelerates when the shoulders have been passed. Do not attempt to put too much emphasis on pulling.

7 Rotation to the left has almost finished. The right leg is about to reach the lower end point of the whip-like motion which can be noticed by the reduced plantar flexion. The left arm is about to enter and to extend towards the far wall as a result of the body roll. On entry, there are no splashes and bubbles formed. Hackett and, even more pronounced Thorpe, are front quadrant swimmers as most modern freestyle swimmers are. Hackett starts to exhale (s. following frames).

8 Hackett reached side-lying gliding position on his left, body almost in one line. It would be even better to keep his body in a more horizontal balanced position. He should

Swiss — continued on page 10

Swiss — continued from page 9

keep his head in line with the spine, nose down (or sideways or up, but not forward), and lightly press his chest to raise the hips to the surface. His left leg kicks between body snaps. His feet are extended, and flexed to the plantar side, to reduce resistance and increase propulsion, respectively. The head is turned at the same time as the body, but only when taking a breath.

9 Note how Hackett extends the left shoulder and arm in line with the body, almost thrusting them to the far wall. The gap between rear head and arm should be minimal to decrease resistance (means s. image before).

10 Hackett finished exhalation. In competitions he prefers to take his breaths to the right. When learning and practicing you should breathe to both sides, but not necessarily every 3 or 5 strokes, because it gets very hard to increase distance per stroke due to lack of air. Instead, swim one lap breathing to the right and one lap breathing to the left. A swimming snorkel is an excellent tool to improve body position without the need to breathe.

11 The stroking arm accelerates until the hips are reached. He keeps his elbow bent at the completion of the propulsive phase as he rounds off the stroke and partially turns his palms toward his body (supination). At the same time his left shoulder and left arm are extended even more in line with the body to the far wall. Hackett's shoulder work in combination with the high elbow position during the catch phase requires extreme shoulder flexibility and strength of the shoulder girdle at the same time.

12 Recovery starts slowly - very similar to the stroke. When the elbow and hand passed the shoulder, the recovering motion accelerates. From the hips to the shoulder it takes 4 frames, from there to entry only 2. Hackett starts breathing.

13 Nothing much seems to happen below the surface in this and the next frame. The momentum of the rolling body together with recovery supports gliding.

The 2 images at the bottom show how Hackett recovers his arm. Note high elbow position and external rotation of the fore- and upper arm. Both measures lower the impact on shoulders [Swimmer's shoulder].

14 Note that Hackett is more balanced to horizontal when on his left as compared to the right side, which is much better. In the following paragraph we come back to frames 1-4 when Hackett lifts his head into a nose forward position before and during the catch.

The image above shows how Hackett presses his chest down while keeping his head perfectly in line with his spine. Actually it looks as he is hiding in the water. In the image below, however, just before the catch, Hackett starts to lift his head into a nose forward position. As mentioned before this may be the reason why Hackett's hips drop at this point. The change between nose-up and nose-down during his swimming cycle may trigger his body to pop up and down.

Lifting the head is not necessarily a bad thing, however. As long as a swimmer can do this without affecting balance and horizontal body position - e.g. by jutting his or her chin forward -, there seems to be little harm. Possibly, Thorpe is one of those few swimmers, as he can lift his head and at the same time he is a perfect streamlined glider. It is very difficult looking forward and not lifting the head off the spine line which means a low frontal profile. For "the rest of us" looking down is probably the preferred solution.

15 The right arm is thrusted forward. The left leg passed the upper end point and is about to kick down. The right leg just started to move up.

16 High velocity entry with the right arm. With his left arm Hackett initiates the high-elbow position. By popping the elbow up and forward he seems to reach over a barrel to tap the other side. The kick of the left leg initiates hip and body rotation from the left to the right side. The model that the rotation is initiated by legs and hips is important. Many coaches and swimmers who try to copy this swimming technique without comprehending the underlying biomechanics think that the snap starts with the stroke and the shoulders.

17 Note front quadrant swimming (the right arm is about to enter). Exhalation starts (note bubbles leaving nose).

18 The camera position makes it somewhat difficult to note the high elbow position of Hackett's left arm. After the turn this is excellent to see with both swimmers (s. frame below).

19 Hackett gets his arm down his body with the elbow bent. If you look from the deck or even better from above, his hand follows a straight line which is in contradiction to earlier swimming technique models (so called S-shaped stroke pattern). It is not important to draw an "S" as told by many coaches, rather you should try to hold onto a spot in the water.

20. Although Hackett and Thorpe cruise with world record pace they produce very little bubbles, waves and splashes. Their swimming is not noisy. They do not waste energy.

21 At this point I want to address Hackett's kick which starts with his right leg in frame 19 and ends in frame 22/23. You never see a flexion of more than 45° at the knees - and even less in Thorpe's case. Most of the kick is coming from the hips on both swimmers. And where we do see knee flexion we also see plantar flexion of the ankle so we know the knee bend is happening during the "down-beat" of "kick" phase of the kick-recovery cycle. Not bending the knee during the recovery phase of the kick is a fundamental aspect of initiating the hip-snap.

23 & 24 = photos only

24 The last frame concludes Hackett's freestyle cycle. Thorpe has not yet finished his. To finish this lap Hackett needs 33 strokes, Thorpe only 28. Because both swimmers swim at the same speed (29.5 seconds) this means that Thorpe can swim much farther per cycle, or to put it this way: he is even more efficient (less resistance and/or more propulsion). Some examples: Thorpe splashes less when he enters his arms, his chest and hips remain more constantly in a horizontal position trough out the whole cycle, and after push-offs he glides much better. He starts his catch when his upper body is beyond the 5 m mark (practically no kick!). In contrast, Hackett starts his stroke when the fingertips reach the 5 m mark. The question arises why Thorpe does not kick after the push-off, although this guy has something close to flippers on the ends of his legs. Again this is in stark contrast to what many coaches tell you, namely, kicking wildly after push-off. Could it be that Thorpe wishes to save energy by not kicking much, or because he perceives little advantage in trading lots of energy for just a small increase in speed, or because he does not achieve additional speed as a result of kicking whilst he is moving at a faster-than-swimming speed (or maybe it even slows him down some).

Concluding remarks

Swimming technique is improved continuously, and the focus of training principles changes over time. In the 1970s and 1980s the center of interest was on physical factors and conditioning, swimming technique came only second in most teams. With the beginning of the 1990s aspects of swimming technique became more important (again). The swimming technique shown on this page and the basic physical, biomechanical, and cognitive models, respectively, will be subject to scrutiny and improvement. They represent state-of-the-art freestyle swimming, however.

TECHNIQUE PAY$ $ OFF

I do not teach many private lessons. I will be teaching clinics this summer. The clinics are one-hour long and cost $10 per swimmer with a max of ten per clinic. I will do a video analysis twice this summer. Again the session is one-hour long but will cost $20 per swimmer with a max of five. The clinics have 15 minutes of dry-land/ lecture and 45 minutes in the pool.

Dale Bogard
Lake Tahoe, CA

I do teach private and group lessons in my swim school for beginning masters swimmers. I charge $35.00 to $45.00 per one-half hour. My club does not take any proceeds. I also have an assistant coach that does private lessons during the masters times. He charges $35.00 per one-half hour and he keeps the proceeds. If one of my swimmers needs a little extra attention I will get in the water and work with them no charge.

Carol Macpherson
Rinconada Masters
Palo Alto, CA

Yes I teach outside of coaching. The cost varies. Privates (one on one) are $25- $30 for one-half hour and $50-$60 for an hour. For group lessons my rate slides depending on the number of people. For 4 people I charge $55 per hour. For 5 swimmers I charge $60 and for six I charge $65. Usually it' s one hour per week, for 6 weeks. These rates are what I am paid for the lessons. The swimmers pay more. The club gets 40%-60%.

Brad Cole
Metro Masters, New York

No, when someone comes to me for a private lesson, I have them attend a Masters workout, correct one item (when the head is wet, it is all it can handle), and tell them to work on it for 6 weeks, and then we will correct the next item.

Barney Hungerford
Masters Swimming Coach
Upper Main Line YMCA, Berwyn, PA

I help anyone who has the courage to come up to me and ask for help. I can usually assist with all strokes, training techniques, and general questions. I am honored to help anyone become a better swimmer. I have never asked or required any compensation. Generally a lesson lasts about 15-20 minutes because time is limited and I don't want to over load people with information. I usually take the most obvious issue and work on it.

Fred Nelis
Dutch Masters Team
Holland, MI

We do teach private lessons and they typically run a half an hour at thirty dollars. Private lessons focus strictly on technique and include underwater filming, drill work, and customized workout programs.

Eric Chang
YNS Masters
North of Boston

Yes, I give a lot of private lessons during the year. I average about 8 lessons per week. During the indoor season, I give lessons in half-hour slots at the Rutgers Olympic aquatic complex. I do this before my masters practices. I get $60.00 a half hour, $110/hour, checks made out to Rutgers University but with my name in the bottom legend for bookkeeping. Rutgers has a policy of charging for private lessons, and we came to a financial agreement that works for both of us: they get $15.00 of the $60 half hour fee and $25.00 of the hourly rate.

Coach Ed Nessel
Rutgers Masters Swim Team
Edison, NJ

My wife and I do one-hour videotaped single person clinics for the YMCA Masters. We volunteer our time and the $25 fee all goes to the YMCA Children's Swim Team scholarship. My wife video tapes the entire session, which includes my analysis and instructions for improvement. Then I copy the camcorder onto a VCR tape and give it to the person.

Dick and Ruth Webber

I only teach during the summer seasons because many people don't heat their pools. I will not reveal my price because if they are interested I will then let them know what I charge. We offer private 20 min. lessons for stroke work and the club receives a percentage of that money and then taxes are taken out of what we earn. Lessons are scheduled on our own time, when it is available.

Debra Ann Cruze
SOCAL Aquatics, Tustin, California

We offer private lessons and stroke clinics periodically. Lesson payments are handled differently depending on the location. At one pool we simply collect cash on deck for lessons and the other pool requires that privates lessons be bought through the club in sets of four. The club's cut depends on salary of the coach doing the lesson. I make $20 per thirty-minute lesson. The stroke clinics are for 2 hours and cost $25 and allow for up to 20 swimmers. These involve video and classroom discussion of the stroke being offered and in-water drilling. 2-3 coaches work these at their private lesson rate. For me this would be $80 for 2 hours.

Angie Friday
Blue Tide Aquatics Masters

I do loads of private/semi-private lessons outside of workouts - they account for over 25% of my income. I charge $125 per hour (+$25/hr for each additional swimmer involved, +$25 if video is included in the session). I've found that every time I raise my prices demand goes up, not down. I rent a lane for the lesson (anywhere from $0-15 per hour). Typical lesson is one hour scheduled once per week. I offer 100% "money-back" guarantee (if they do not think they learned enough during the lesson they owe me nothing for the lesson). I try to schedule back-to-back lessons whenever possible . To avoid burnout, I won't do more than 3 lessons in one day or 10 in one week. Because I charge a high price, some swimmers recruit one or more of their buddies to join them for the lesson. This means some lessons become mini-clinics (where the first swimmer did the marketing, not me) with 3 or 4 people involved. Often, this group will decide to go for TWO hours instead of one. And, for some reason, ALL such groups decide video should be included. Do the math - such a lesson-turned-clinic is good for about $400 in a couple hours.

Coach Emmett Hines
H2Ouston Swims

I sometimes teach private lessons, but not regularly. Depending on the situation and person, I charge anywhere from $30 / half hour to having them pay for dinner afterward.

Erik Scollon
Long Beach Grunions

Yes I teach private and group lessons outside of coaching masters. I have typically taught children, but I am currently teaching an adult class. I am an employee of an athletic center, which advertises and provides a facility for the lessons. Group lessons are 40 minutes for 8 sessions providing there are 4 or more participants registered. Private (1 participant) and semi-private (2 participants) lessons are 30 minutes each and can be purchased by the session, a group of 4 lessons, or a group of 8 lessons. I receive a percentage of the fees depending on how many participants are in the class.

Amber Price
Kingwood Athletic Club
Kingwood, TX

Coaches Committee Quarterly, Summer 2003
www.usms.org/coach/ccq

SOME TECHNIQUE TIPS

from swiminfo.com/techniques/tips

WARM-UP TIPS FOR MINIMIZING SHOULDER PAIN

The risk of shoulder pain during swimming is a real one. Even with perfect technique, the number of repetitions can wreak havoc on your rotator cuff. Improper technique can increase your risk of injury. It's important for you to use a correct catch motion with your hands and maintain a high elbow recovery at all times, including during warm-up.

During the arm recovery above water, keep your fingertips pointed down toward the bottom of the pool on freestyle and extend your arm directly in line with your shoulder (vs. crossing in front of the head). Your rotator muscles are relatively small and weak. If you're just pulling your hand through the water (versus rotating your body while you pull), you may be putting too much stress on rotator muscles.

Important factors to consider about your workout and shoulder pain:

* In the span of a 3,000 yard workout, your shoulders will endure nearly 1,000 repetitions.
* Incorrect repetitions can cause impingement of the tendons of the rotator cuff muscles (Supraspinatus, Infraspinatus, Teres Minor, and Subcapularis muscle tendons). These muscles help hold the ball and socket joint of the shoulder tightly in place.
* The soft tissues surrounding the rotator cuff can become inflamed. Since the tendons all cross through a relatively small space, the space tightens and impingement occurs and you experience a "pinching feeling."

There are several things you can do during warm-up to minimize the risk of shoulder pain and injury:

* Use the first 200-300 yards as "stretching while swimming," by putting your shoulders through the motions with little force on the hand. This will stretch and loosen your rotator cuff muscles.
* Use pulling early in workout to help your shoulder. Pulling easy – or, "soft pulling" — can continue to loosen the rotators while strengthening these muscles.
* While doing warm-up and "soft pulling," think about riding a bike in an easy gear, or spinning. This movement allows free rotation of the joint and there is very little power involved.

In addition to stretching before and after swimming, you should acknowledge the first sensations of shoulder pain, rather than try to ignore them. The earlier you recognize the pain and allow the inflammation to retreat, the quicker your recovery will be. Icing and anti-inflammatory drugs (NSAIDS) can also decrease the inflammation. You might also consider strengthening your external rotators. Ask your coach about surgical tubing and shoulder strengthening exercises.

BASIC DRILL FOR BALANCE AND BODY POSITION:

The following drill can be valuable for all swimmers, from beginners to elite athletes. This is a drill that emphasizes balance: keeping your body still and relaxed in the water. Body position refers to the angle the body maintains in relation to the surface of the water from both head to toes, and shoulder-to-shoulder. To maintain an ideal body position, keep your eyes looking downward (except on backstroke). While looking down, your hips and shoulders should be parallel to the surface. Press down on your armpit in order to keep your hips and feet on the surface.

EXTENSION KICK ON THE SIDE

This drill will help you control your rotation on freestyle and backstroke. Starting on your side (shoulders and hips are perpendicular to the surface), extend one arm out in front of the body, palm down, and the other arm at your side. The arm that is at your side should be at or above the surface of the water from the shoulder to the wrist. When working on freestyle, your eyes should be looking straight down, with your cheek against the extended shoulder. When breathing, rotate your head to the side using only your head and neck, trying not to affect the rest of your body.

When using this drill on backstroke, keep your eyes focused on the sky or ceiling, keeping the tips of both ears slightly and evenly submerged underwater. Your feet will tell you whether or not your body is perpendicular to the surface: if your feet are kicking perfectly side to side and making very little splash, then your body position will be correct. You may have to adjust your head position and lower the angle your eyes are looking at to keep your hips on the surface. If you find your hips sinking, you may be lifting your head and eyes to breathe (rather than simply turning your head to breathe).

This drill also can be modified in order to work on rotation for freestyle. Begin kicking on your side, as explained above. After 10 kicks, begin to lift the elbow of the arm that is at your side, dragging your fingertips across the surface. Once your hand has reached your armpit, and your elbow is pointing directly up, begin to pull with the other arm and rotate into the same extended position on the other side. The extension kick drill can also be used with butterfly kick. Keep your cheek on the surface, and your eyes above water, looking toward the side of the pool. Do butterfly kick keeping your upper body balanced and your extended arm fairly still. You should try to begin the kick from the upper abs down into your hips and legs. This will prevent you from pressing the chest too far, or allowing the shoulders to bounce while doing fly kick.

HOW I BECAME TOTALLY IMMERSED

By Carol Yunker

After 50 years of swimming, I finally learn how satisfying a fluent, efficient stroke can be.

Late last year at Masters workouts at the Andover/North Andover YMCA, I heard some teammates talking about attending a Total Immersion weekend workshop. I visited the TI website for a bit of research and decided to sign up for the May 2nd workshop in Randolph.

TI Head Coach Terry Laughlin was the class leader, assisted by five women TI coaches. All were great. The classroom presentations were valuable and the pool practical experience was even better. I had always thought I knew what coaches meant when they talked about "feeling the water" but I never really understood, until my TI weekend, how much more attuned to the water I could be. The TI drill sequence made the water my friend! I stopped fighting and trying to "pull harder" and let the energy come from my hips and shoulders. Wow—it felt so different!

Changing the habits of a half-century

At the conclusion of the workshop, we vowed to make the fullest use possible of the TI methods. At practice, I now modify drills and employ focal points from the TI curriculum. Where I used to punch down and pull for all my worth with my elbows bent, now I pierce the surface with my knuckles and use body rotation to drive my arm down to the "4 o'clock position." Instead of pulling harder, I remain "patient" with my extended arm until I feel the water return pressure to my hand and my other arm passes my ear, which adds power from the core. Instead of pushing back, I concentrate far more on driving forward. I "hide my head and hug the surface" to improve balance and reduce drag. The bottom line is I go farther on each stroke with noticeably less effort. When I want to swim faster, I make it an exercise in coordination and control, rather than sheer effort.

I have learned that being "clever" can take you farther than simply being "physical" in training, that there *is* gain without pain – and that swim training can be emotionally and intellectually satisfying too. The results have been astounding! Four weeks after the workshop, I competed at National Senior Games and took seconds off all my times (from two seconds each in the 50 free and 50 fly to 16 seconds in the 500 free!) The combination of greater self-awareness, purposeful practice, greater economy and efficiency have greatly increased the dividend for the fitness I'd gained from my three years of training in the Masters program.

I have been swimming for 50 years and competing on and off since for 45 years. I've also taught Red Cross lessons and coached a Masters team, as well as 8-and-under age groupers. Do I still have goals? You bet. I have gotten up the courage to enter the USMS Long Course Nationals in New Jersey this summer.

The Total Immersion site is www.totalimmersion.net.

TEAM NEM IS FIRST AND THIRD

Long Course Nationals at Rutgers University in August

Women - Large Teams

1	1776-DV	Colonials 1776	873
2	GSM-NJ	Garden State Masters	673
3	NEM-NE	New England Masters	610
4	METR-MR	Metro Masters Swim Club	560

Men - Medium Teams

1	NEM-NE	New England Masters	875
2	NCMS-NC	North Carolina Masters Swimming	483
3	CONN-CT	Connecticut Masters	399

Combined - Medium Teams

1	NEM-NE	New England Masters	1,623
2	NCMS-NC	North Carolina Masters Swimming	891
3	CONN-CT	Connecticut Masters	861

NEM ROOMS FOR THE 2004 SHORT COURSE NATIONALS APRIL IN INDIANAPOLIS

(Thanks to our NEMs at Nationals Czarina, Tracy Grilli)

I have reserved 20 rooms at University Place for NEMs. The hotel is within walking distance of the pool. Ten rooms for Wednesday night, April 21st, for those swimming 1000's and 1650's on Thursday. Twenty rooms for Thursday, April 22, through Saturday, April 24th. The rate is $129 per night. I am the NEM contact person and it's "first come, first served." I can be reached at 800-550-SWIM (7946) or tracyswims@mindspring.com.
Note: No shuttle service provided at the meet from any hotel.

MASTERS WORLD SWIMMING CHAMPIONSHIPS RICCIONE, ITALY JUNE 2-13

The Official web site is www.masters2004. This website has all the necessary information regarding the organization of the Championships.

WHEATON COLLEGE NORTON, MA MASTERS WORKOUTS

Under new Head Coach JP Rowdy
Tues & Thurs. eves from 8 - 9
Sat. mornings from 8 - 9:30 a.m.
$5 drop-in fee. For more info, directions, etc. contact JP gowdy_jp@wheatonma.edu

MY 2003 OPEN WATER LESSON

BY Tim Morse

This year's lesson about open water swims is that there are all kinds of open water races and some are more fun than others. What makes a good open water race? Lots of things. Water temperature and a good day to swim are always at the top of my list. After this summer, I'll have to add course layout. I used up some frequent flier miles going to some '2nd tier' cities this year. Translation, these are affordable, and not high traffic destinations. In the process, I came across some great courses. There was a cable swim in Austin, a mile swim on the US Rowing Association's national course in Indianapolis, a swim along the beach in Hempstead, NY, and a swim in a dammed up river that became a lake in Tempe, AZ.

The main attraction of open water still is that it's great to get outside and swim in one direction for longer than 20 seconds. Which brings me back to course layout. If you've done an open water swim, you usually have to follow some sort of triangle, or other geometric figure that escapes me. There are buoys to mark the course, although usually not enough of them. It also amazes me how small the buoys look once you get out there at water level.

First up this year was the USMS 2 Mile Cable Swim in Austin. Cable swims lay out a length of rope with buoys all along it to establish the _ or _ mile course that has to be lapped to cover the stated distance. I like these events because you get a lane line to keep you on the straight and narrow. Also, the length of cable is a big improvement over the floating triangle at some races that changes in distance every year. The cable swim is basically a good idea, but they usually have to have several heats to give people a chance to get around the end buoys in some order.

Good things about the cable swim: set distance, easy to follow. It was like doing a bunch of long laps without touch pads at the ends.

Next up was the USMS 1 Mile Swim in Indianapolis. The U.S. Rowing Association's 2500 meter national course is at Eagle Creek Park west of town. This is the coolest thing since Zoomer swim fins. You know the course is measured. The US Rowing Association wouldn't screw that up. And the whole thing is a straight line, with football sized white buoys every 5-6 strokes. They also placed highly visible, large buoys every _ mile. There was a 3 to 4 story tower at the end, which provided a great land mark to aim for. This was even better than a cable swim. There was only one turn at the very end to cover the 200 yards into shore. Hard to get lost when all you have to do is aim for the tower.

Good things about the rowing course: set distance, straight shot, 1 turn, easier still to follow. Thank you, US Rowing Association.

The Metro Open Water 1 Mile was held along the beach in Hempstead, NY. Although there was some seaweed and some chop towards the end of the race, the course was also very easy to follow, with huge orange balloons ["*die BEMA Schwimmflugel*"] marking the way every 200 yards, and even bigger yellow buoys for the one turn into shore. I don't know who BEMA is, nor why it's called a *Schwimmflugel* [swim trumpet?], but they are easily the most visible thing out there. No mistaking somebody in an orange swim cap for one of these bad boys, they're huge.

Good things about the ocean course: straight shot, 1 turn, lots of highly visible markers. I hope this is a USMS championship site some day.

Tempe Town Lake Swim included a _ mile and mile swim, as well as a triathlon. This much going on at once had me nervous until I realized that the organizers had given everybody plenty of time to get out of each other's way. And what's a lake doing in the middle of Tempe, AZ? Seems they dammed up the Snake River at both ends. In early October, it was a comfortable 80+ deg air temp at 9 am. The water was an ideal 71 deg. We went out and part way back for this one, which threw some people off, but one turn is better than lots of turns.

Good things about the lake swim: you're swimming in a dammed up river in the desert in October.

Not every location can find the room to run a linear race, have 70+ deg water in the fall, or have a 4 story lookout tower at the finish line, but if I could have an ideal race, it would include some of the elements of the events I swam in this year: In the water start [less crush], straight course with one turn at the end, lots of highly visible buoys along the course and all the usual wish list stuff like great weather, no wind, no current, no critters, etc.

Keene State College
October 19, 2003

200 Free		
Grilli, Tracy	46	2:19.93
Fries, Beth	45	2:21.86
Garrow, Kendra	29	2:23.70
Zeller, Lucyann	41	2:44.15
Toensing, Trent	64	2:41.16
Webster, Ted	70	2:49.32
Henshaw, David	62	2:49.73
Kjaersgard, Frank	36	2:51.75
Pickering, Wayne	66	3:06.61
Clapp, Richard	66	4:24.99
200 IM		
Prescott, Carol	34	2:40.90
Taylor, Jim	57	2:52.74
50 Fly		
Shaw, Greg	51	24.6
Baker, Henry	36	27.27
Fabian, Jack	40	28.24
Prescott, Al	34	33.65
Kjaersgard, Frank	36	50.58
100 Back		
Nixon, John	48	1:05.66
Baker, Henry	36	1:09.38
Smith, Norman	58	1:28.47
Dieffenbach, Fred	70	1:30.28
Merrill, John	86	1:45.76
Pickering, Wayne	66	1:50.01
50 Free		
Feldman, Joel	52	26.77
Prescott, Carol	34	28.97
Fries, Beth	45	29.68
Grilli, Tracy	46	29.86
Garrow, Kendra	29	30.63
Golden, Kay	48	30.86
Zeller, Lucyann	41	36.32
Baker, Henry	36	25.42
Prescott, Al	34	28.34
Toensing, Trent	64	29.89
Henshaw, David	62	30.18
Webster, Ted	70	31.96
Kjaersgard, Frank	36	36.13
Clapp, Richard	66	53.76
100 Fly		
Prescott, Carol	34	1:12.69
Garrow, Kendra	29	1:22.21
Shaw, Greg	51	55.06
Baker, Henry	36	1:01.09
Fabian, Jack	40	1:03.48
50 Back		
Nixon, John	48	31.14
Smith, Norman	58	39.13
Dieffenbach, Fred	70	40.55
Merrill, John	86	46.86
100 Free		
Feldman, Joel	52	1:01.75
Fries, Beth	45	1:05.31
Grilli, Tracy	46	1:08.51
Zeller, Lucyann	41	1:17.91
Golden, Kay	48	NS
Baker, Henry	36	57.6
Prescott, Al	34	1:02.26
Toensing, Trent	64	1:09.65
Henshaw, David	62	1:11.43
Webster, Ted	70	1:13.55
Kjaersgard, Frank	36	1:18.77
Pickering, Wayne	66	1:23.95
Clapp, Richard	66	2:02.89
50 Breast		
Shaw, Greg	51	31.69
Nixon, John	48	33.5
Prescott, Al	34	DQ
100 IM		
Garrow, Kendra	29	1:16.54
Baker, Henry	36	1:08.26
Taylor, Jim	57	1:17.21
Toensing, Trent	64	1:34.57
Kjaersgard, Frank	36	1:34.84
Smith, Norman	58	1:35.57
Pickering, Wayne	66	1:38.31
1000 Free		
Prescott, Carol	34	12:48.82
Grilli, Tracy	46	13:04.16
Fries, Beth	45	13:53.82
Zeller, Lucyann	41	14:49.84
Fabian, Jack	40	12:11.32
Henshaw, David	62	16:43.07
Kjaersgard, Frank	36	16:52.74
Merrill, John	86	21:09.79
Clapp, Richard	66	24:00.30
Webster, Ted	70	NS

WHY STROKE DRILLS ARE GOOD

By Terry Laughlin

You scoff at stroke drills because they take up too much of your precious workout time. You'd rather get in the mileage than tinker with technique. But before you race off to the pool, consider this: Fitness benefits are measured not in yards but in time spent with your heart in the aerobic training zone. Whether you swim 2,500 yards in 45 minutes or 2,000 yards of drills in the same time, your cardiovascular system gets the same workout, provided your drill practice pushes your heart rate up to the same rate. Since swimming depends on at least 70 percent stroke efficiency and 30 percent fitness, the improvement in your swimming can be far greater with drills than with just doing laps.

Stroke drills can perfect your stroke better than anything else you can do in the pool. Here's why

Swim down memory lane

Muscle memory is wonderful, unless what your muscles memorize is inefficient form. If so, you reinforce old habits as long as you keep swimming. That's where stroke drills come in. They're different enough from your normal stroke that your nervous system doesn't interpret them as swimming. That gives you a blank slate for practicing changes and memorizing more efficient m/ethods.

Stay small

You pick up skills more easily when you break up a complex movement into manageable segments. Your stroke is made up of so many finely coordinated parts that it's hard to digest the whole thing. Stroke drills reduce the stroke into a series of mini-skills, which can be mastered easily and give you the key to solving the next puzzle. When ready you reassemble these building blocks into a new, more efficient stroke.

Stop the slop

Mini-skills can be mastered quickly and easily, which means you begin practicing smooth moves right away. Instead of trial and error, it's trial and success. The more you practice these skills, the more they become your new habits and crowd out the sloppy old ones. The less time you spend swimming with your old habits, the faster you learn to swim better. Your string of successes boosts your motivation and self-confidence, and you learn faster.

Speak the right language

Conventional stroke instruction tries to get to your muscles through your mind. First you read or hear a description of what to do, then you try to figure out what the movement feels like, all the while wondering if you got it right. Drills bypass those vague translations. They simplify and accelerate the learning process by teaching your body how it should feel when you swim well. Because drills heighten and focus your kinesthetic awareness, it's easier to fine-tune your form doing drills than when swimming whole-stroke.

Drill it in

The more you have to learn about technique, the more you should drill. Novices (and even some advanced swimmers who need to improve their technique) should spend four times as much pool time on drills as on normal swimming. Every lap of drilling (which you can learn to do well quickly) is positive reinforcement for your swimming, while every lap of swimming may pull you back toward old habits.

TI for Drills

If you do drills carelessly or hurriedly, they won't work their magic. Although they take more time than swimming, they pay far greater dividends. Study the drill photos and text carefully in *Fitness Swimmer's* Drills department, then practice them with understanding, attention, and a clear sense of purpose to get the greatest benefit.

Feel It

Drills create the most direct mind-muscle connection. If you're really tuned in, you'll know what the skill you're practicing feels like when you're doing it right. During the first sessions with a new drill, persist with it for at least 10 to 15 minutes to imprint the new sense firmly into your muscle memory, so you can eventually work by sensation rather than intellect. Experiment with subtle adjustments. Concentrate on economy, smoothness, and ease. As these become habits in your drilling, your entire interaction with the water—even while swimming—will be transformed as well.

Keep it short

Stick to short repeats and short sets of drills for the greatest benefit. Repeats of 25 to 50 yards with 15 to 30 seconds between for rest, reflection, and adjustment are most effective. Every rep should feel a bit smoother and more relaxed, a bit more precise and economical. If not, check the pictures and instructions again (or have a friend watch as you practice), or go back to the previous drill and polish that before returning to the drill that's giving you trouble.

Test your skills

After you've practiced a drill long enough to make it second nature, begin alternating laps of drilling and swimming. Try to make each lap of swimming feel a bit more like what felt different and better and more efficient in the lap of drill. When pressing your chest and head into the water, for instance, your hips and legs should feel lighter as they rise gently to the surface. You should focus on that same feeling when you do a lap of swimming. Drills give you heightened awareness into how to make your swimming feel more efficient. When you find yourself swimming with the same feeling of awareness, you'll know you've learned your lessons.

Affix a Fin

Although many of our drills are designed to get your body so well-balanced that you won't need much of a kick to swim well, you'll still need a reasonably good kick to maintain momentum and keep your drills smooth and useful. If your kick is weak, you'll waste so much energy struggling that you won't have any left to drill with. Practice with fins and you'll be able to pay attention to the fine points (see Flip Out! on page 52).

From the January/February 1999 issue of Fitness Swimmer

New England LMSC Results 2003 Long Course Natls. Rutgers Univ. August 15-18

Compiled by
Tracy Grilli

Maine Masters Swim Club

Rupert, Bill M60
50 Back 36.15 2
200 Free 2:48.21 7
200 Back 2:55.82 2
100 Back 1:17.57 1
50 Free 31.84 7

New England Masters Swim Club

Alexander, Mark M45
800 Free 10:22.83 12
50 Back 33.13 11
50 Fly 31.21 18
200 Back 2:33.39 10
100 Back 1:10.04 8

Bright, David M50
1500 Free 19:53.59 5
800 Free 10:15.16 5
200 Free 2:17.22 6
200 Back 2:34.90 5
100 Free 1:02.76 10
100 Back 1:11.65 4

Casey, Brian M40
100 Breast 1:11.87 2
100 Fly 1:02.78 3
200 Breast 2:43.03 3
200 IM 2:22.14 1
200 Fly 2:24.85 1

Chappell, Todd M31
100 Back 1:12.43 9

Corben, Garrison M41
100 Breast 1:43.52 11
50 Fly 39.68 19
50 Breast 45.14 11

Courtney, Jack M50
1500 Free 20:53.67 9
50 Back 32.84 3
200 Free 2:19.82 8
200 Back 2:40.10 6
100 Free 1:03.15 12
100 Back 1:11.73 5

Cromarty, Stuart M39
800 Free 8:55.04 2
100 Fly 1:00.20 2
200 Free 2:00.80 3
50 Fly 27.40 3
400 Free 4:17.61 1
100 Free 55.61 3

Davis, Bradley M51
50 Fly 32.67 12
100 Free 1:10.49 22

Davis, Guy S M44
200 Free 2:11.05 4
50 Fly 28.86 8
400 Free 4:45.69 3
100 Free 58.20 6

Eaddy, Jason M27
50 Back 29.53 1
100 Fly 56.42 1
50 Fly 25.67 1
200 Back 2:13.88 1
100 Back 1:01.97 1
200 Fly 2:07.75 1

Edwards, James M81
1500 Free 30:39.50 1
800 Free 15:59.33 1
200 Free 3:38.61 1
400 Free 7:53.58 1
200 Back 4:14.75 3
100 Back 1:54.56 3

Eger, Laszlo M58
1500 Free 21:43.08 6
400 IM 6:43.60 5
200 Back 3:05.31 6
100 Back 1:22.92 3
200 IM 3:04.16 7
200 Fly 3:35.95 6

Gallagher, Michael M32
100 Free 57.73 3
100 Back 1:08.80 6
50 Free 25.17 1

Garrow, Kendra F29
1500 Free 21:59.58 4
800 Free 11:24.95 4
100 Breast 1:35.30 4
400 IM 6:20.42 4
200 Breast 3:23.09 6
50 Breast 43.19 6

Gendreau, Edmund M41
100 Breast 1:16.65 5
100 Fly 1:03.24 4
400 IM 5:19.85 3
50 Fly 28.75 7
200 Breast 2:45.08 4

Gilson, Matthew M36
200 Free 2:06.86 5
100 Free 56.6 5

Goldman, Mark M32
100 Fly 1:01.42 3
100 Free 58.24 5
50 Free 26.24 7

Grilli, Tracy F46
1500 Free 20:39.39 2
800 Free 10:43.87 3
200 Free 2:27.99 5
100 Free 1:08.84 7
400 Free 5:12.73 3
50 Free 31.01 3

Gulla, Tara L F30
200 Back 3:12.33 6
100 Free 1:18.03 10
400 Free 5:55.28 10
100 Back 1:33.14 6
200 IM 3:15.95 9

Haartz, F.H. Ted M75
100 Breast 1:47.79 3
200 Breast 4:07.27 3
50 Breast 47.66 3

Halliday, Renee F43
100 Breast 1:42.80 10
50 Back 40.48 8
50 Breast 45.78 9
100 Back 1:24.75 5
50 Free 32.16 11

Hallor, Sara F32
100 Free 1:09.48 7
400 Free 5:33.39 8
50 Free 31.35 5

Handler, Barb F46
100 Fly 1:24.80 6
50 Fly 33.82 3
100 Free 1:11.36 8
50 Breast 44.20 10
200 IM 3:09.63 8
50 Free 31.21 5

Hirsty, Jacki F51
800 Free 10:21.14 1
200 Free 2:22.18 1
50 Fly 32.62 1
100 Free 1:03.58 1
400 Free 4:59.43 1
50 Free 28.46 1

Kolb, Karl A M42
1500 Free 19:53.70 5
800 Free 10:20.20 8
400 IM 6:13.25 9
200 Free 2:19.89 9
400 Free 5:02.33 9
200 Back 2:57.62 6

Lincoln, Walter M70
100 Breast 1:41.73 4
50 Back 44.53 4
50 Fly 39.14 2
200 Breast 3:45.90 3
50 Breast 42.37 3
50 Free 31.94 2

Livingston, Susan F65
50 Back 44.79 1
100 Fly 1:48.55 2
400 IM 7:53.19 1
200 Back 3:31.86 1
100 Back 1:36.52 1
200 Fly 3:59.39 2

Lorenz, Rebekah F23
800 Free 9:49.13 1
100 Fly 1:11.46 2
200 Free 2:16.42 2
100 Free 1:02.54 1
400 Free 4:44.82 1
50 Free 28.91 3

McIntyre, Joan F75
200 Free 4:22.67 3
200 Breast 6:13.18 2
800 Free 19:01.86 4
50 Back 1:00.01 2

McQuiggan, Frank M55
1500 Free 21:18.23 5
800 Free 11:19.51 8
100 Breast 1:41.01 5
100 Fly 1:24.34 7
200 Breast 3:41.10 9
400 Free 5:21.67 9

Miller, Gregory M39
100 Breast 1:19.96 2
100 Fly 1:13.48 10
50 Fly 30.98 16
200 Breast 2:58.87 3
100 Free 1:03.60 20
50 Breast 35.50 7

Mooney, Jenny F26
100 Fly 1:07.55 1
400 IM 5:26.47 1
200 Back 2:27.37 1
100 Back 1:08.94 1
200 IM 2:32.56 2
200 Fly 2:37.97 3

Mooney, John M43
200 Free 2:39.86 13
100 Free 1:05.67 19

Murray, William M66
400 IM 8:40.06 5
200 Free 3:31.47 9
400 Free 7:13.27 8
200 Back 3:37.01 6
100 Back 1:37.52 7
200 IM 3:40.02 3

Nisley-Black, Karla F48
200 Breast 3:32.54 8
200 Back 3:10.19 8
100 Back 1:27.56 7

O'Brien, Claire F64
1500 Free 25:27.13 2
800 Free 13:09.72 3
200 Free 3:07.00 3
100 Free 1:25.72 2
400 Free 6:28.32 4
50 Free 39.53 3

Scozzaro, Gian M29
50 Back 30.71 4
100 Fly 1:02.92 5
200 Free 2:09.05 4
50 Fly 28.42 6
100 Free 57.64 6
100 Back 1:07.16 5

Sherwood, Kelly F50
200 Free 3:31.84 9
400 Free 7:09.89 7
50 Free 40.13 10

Song, Mingjie M56
400 IM 7:19.85 6
200 Breast 3:33.49 8
200 Back 3:21.38 8
100 Back 1:30.53 4
200 Fly 3:32.83 5

Story, Karen F29
1500 Free 23:20.76 6
800 Free 11:59.04 5

Tendy, Sue F54
100 Back 1:42.94 6
50 Free 35.26 6

Vankuilenburg, Scott M38
200 Back 2:44.79 12
50 Breast 33.68 1
100 Back 1:17.23 11
200 IM 2:40.82 7

Volckening, Bill M37
1500 Free 19:46.85 5
100 Breast 1:20.39 3
400 IM 5:44.94 6
200 Breast 3:02.72 4
50 Breast 35.88 9
200 Fly 2:58.52 5

Worland, Peter M45
200 Free 2:07.27 4
50 Fly 28.82 10
400 Free 4:38.11 4
100 Free 56.91 5

Wuest, Frank M43
800 Free 9:51.04 2
100 Fly 1:08.64 9
200 Free 2:15.20 6
50 Fly 30.95 17

Yunker, Carol F56
200 Free 3:14.05 6
50 Fly 42.06 3
100 Free 1:29.53 7
400 Free 6:56.89 7
50 Free 38.80 7

Mixed 200 Free Relay 160+ 3 1:50.69
Gendreau, Edmund
Handler, Barb
Hirsty, Jacki
Cromarty, Stuart

Mixed 200 Free Relay 200+ 6 2:07.85
Bright, David
Grilli, Tracy
O'Brien, Claire
Casey, Brian

Mixed 200 Free Relay 280+ 2 2:54.10
Edwards, James
Yunker, Carol
McIntyre, Joan
Haartz, F.H. Ted

Mixed 200 Free Relay 100+ 1 1:50.91
Scozzaro, Gian
Mooney, Jenny
Lorenz, Rebekah
Eaddy, Jason

Mixed 200 Free Relay 160+ 7 2:06.65
McQuiggan, Frank
Halliday, Renee
Garrow, Kendra
Gilson, Matthew

Men 200 Medley Relay 120+ 2 1:56.42
Gallagher, Michael
Scozzaro, Gian
Eaddy, Jason
Gilson, Matthew

Men 200 Medley Relay 160+ 3 1:59.00
Davis, Guy
Casey, Brian
Gendreau, Edmund
Cromarty, Stuart

Men 200 Medley Relay 200+ 5 2:17.64
Alexander, Mark
Song, Mingjie
McQuiggan, Frank
Worland, Peter

Men 200 Medley Relay 280+ 4 3:00.89
Murray, William
Haartz, F.H. Ted
Lincoln, Walter
Edwards, James

Men 200 Medley Relay 160+ 6 2:09.44
Bright, David
Volckening, Bill
Miller, Gregory
Mooney, John

Women 200 Medley Relay160+ 12:19.64
Grilli, Tracy
Lorenz, Rebekah
Handler, Barb
Hirsty, Jacki

Women 200 Medley Relay200+ 6 3:00.71
Halliday, Renee
Yunker, Carol
Livingston, Susan
O'Brien, Claire

Mixed 200 Medley Relay160+ 3 2:08.88
Grilli, Tracy
Casey, Brian
Davis, Guy
Hirsty, Jacki

Mixed 200 Medley Relay100+ 1 2:00.78
Mooney, Jenny
Scozzaro, Gian
Eaddy, Jason
Lorenz, Rebekah

Mixed 200 Medley Relay120+ 5 2:22.59
Goldman, Mark
Miller, Gregory
Garrow, Kendra
Gulla, Tara

Mixed 200 Medley Relay200+ 7 2:38.11
Bright, David
Yunker, Carol
Davis, Bradley
Tendy, Sue

Mixed 200 Medley Relay240+ 8 2:50.61
Eger, Laszlo
McQuiggan, Frank
Livingston, Susan
O'Brien, Claire

Mixed 200 Medley Relay160+ 12 2:47.17
Mooney, John
Corben, Garrison
Halliday, Renee
Sherwood, Kelly

Men 200 Free Relay 120+ 1 1:41.06
Eaddy, Jason
Gallagher, Michael R
Goldman, Mark
Scozzaro, Gian

Men 200 Free Relay 160+ 4 1:44.44
Gilson, Matthew
Casey, Brian
Davis, Guy
Worland, Peter

Men 200 Free Relay 200+ 9 2:13.08
Corben, Garrison
Davis, Bradley
Murray, William
Eger, Laszlo

Men 200 Free Relay 280+ 2 2:25.95
Edwards, James
Haartz, F.H. Ted
Lincoln, Walter
McQuiggan, Frank

Men 200 Free Relay 160+ 7 1:54.92
Vankuilenburg, Scott
Miller, Gregory
Mooney, John
Alexander, Mark

Women 200 Free Relay200+ 1 2:09.47
Hirsty, Jacki
Handler, Barb
O'Brien, Claire
Grilli, Tracy

Women 200 Free Relay100+ 2 2:02.58
Mooney, Jenny
Hallor, Sara
Garrow, Kendra
Lorenz, Rebekah

MIT – Pool – Cambridge, Mass – November 1, 2003

Steve Korbly: Meet Director and meet results

		50 Fr	100 Fr	200 Fr	400 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 Fly	100 Fly	200 Fly	200 IM
Women															
Blasiak, Leah	22	29.15	1:04.73		5:16.67							31.90			
Cook, Kristen	24			2:27.26	5:06.10			3:02.47			3:13.30				2:55.96
Martonosi, Susan	25	32.36	1:10.63		5:26.18										
Smith, Courtney	26	32.06				41.91						40.47			
Alvarado, Christine	27		1:07.88	2:27.91	5:14.17		1:22.63								
Vaughan, Alison	27	32.10	1:11.17	2:38.12	5:37.39										
Dunn, Katherine	29					33.61	1:10.99	2:35.07							
Boyle, Keri	30	38.18													
Landau, Gabriela	30	51.98													
Hugo, Brandy	31			2:19.44								30.79			2:39.12
Hester, Ursula	32	31.13	1:08.47	2:36.16											
Higgins, Lisa	33	32.12				38.94			44.20			38.67			
Damianos, Laurie	39							3:28.36					1:28.55	3:31.13	3:13.83
Goodman, Tara	39				7:16.49							45.64			
Ivey, Julianne	39	35.14				43.11									
Prescott, Judy	39	40.91	1:52.70			1:10.69			1:13.80			59.45			
Hoberman, Mindy	43	39.15							51.28	1:57.60					
Connolly, Katharine	44			3:16.40									2:08.51		3:47.75
Goodwin, Kim	45			2:43.37			1:19.48								
Wettach, Gayle	46	30.86							43.61			35.51			2:55.99
McDermott, Ann	49	33.78		2:53.89							3:29.98				
Matchan, Linda	50	48.96							58.55	2:09.41					
Sharlin, Judith	50			3:07.42					49.48						3:48.85
Sherwood, Kelly	50	41.49	1:34.51												
Wasson, Page	50			2:58.77				3:40.79							3:39.04
White, Emily	50	38.61			6:26.25										
Craffey, Eileen	52					43.33	1:34.19		47.03	1:42.24	3:37.31				
Feldmann, Joel	52	29.44	1:08.63				1:18.58					32.43			
Livingston, Susan	65						1:40.35	3:32.30				46.97	1:50.61		
Matorin, Barbara	65			3:57.44								58.83			4:50.29
Stavis, Ruth	66	44.98		3:43.35			2:05.41					56.77			4:30.09
McIntyre, Joan	75			4:19.31	9:09.89	1:01.69	2:12.07	4:40.34							
Burrill, Billie Ann	82	51.15	1:58.34	4:24.02											
Men															
Rigual, David	23									1:16.70					
Sutherland, David	24								37.26			30.49	1:09.46		2:38.94
Chu, Quentin	26	29.58	1:08.45	2:37.72	5:45.73					1:23.47					
McGill, Eric	26	27.99	1:00.88				1:10.96								
Overbosch, Bas	26		1:00.18												
Searles, Dave	26		57.34										1:02.36		2:20.91
Eaddy, Jason	27				4:19.30							25.86	58.17	2:10.77	2:15.96
Houlihan, Mike	27	26.77	59.92	2:08.67	4:45.43										
Jiang, Leaf	27			2:29.51							3:07.49				
Jiang, Leaf	27											36.94			
Lam, Alex	27			2:12.07						1:16.57	2:50.55				
Tarbell, Robert	27	26.97							36.65			30.07			
Andersen, David	28	34.28	1:18.32		6:05.70										
Joe, Stephan	28		1:14.26							1:11.18	2:38.39				
Grabarek, Kris	29				5:33.06				40.44	1:26.09		28.16	1:06.62		
Stockl, Thomas	29	27.45	1:00.49	2:15.84								32.53			
Arnos, Reed	30	27.91	1:03.63				1:16.46					30.54			
Burns, Jason	30		1:01.60	2:17.51	4:57.55										
Flightner, Barry	30						1:05.63					28.21	1:02.29		
Ramsey, Christopher	30	31.76	1:09.80		5:23.32	42.80									3:01.75
Chappell, Todd	31			2:11.53	4:42.35		1:08.64	2:26.47							
Orginos, Costas	34	31.17	1:08.84	2:39.52	5:43.15										
Gamble, David	35	39.48		3:38.66											
Sternberg, Doug	35	30.41	1:08.54												
Gilson, Matthew	36	25.78	56.53	2:06.84						1:17.80					
Gingold, David	37		1:20.24	3:01.00											
Humberto Pereira, Jose	37		31.19							36.65					
Defandorf, Jack	39	55.10	1:55.55	4:35.38											
Moreno, Pedro	39	32.50	1:10.63									34.10			
Clayson, Davis	40								36.83						
Mitchell, Adam	40								35.43	1:17.75					2:29.23
Borroff, Richard	41								40.64	1:28.74					
Hudek, Rob	41		57.27	2:04.11	4:26.19								1:06.29		
Kuchar, Thomas	41	32.96	1:11.84	2:47.73											
Forman, Russell	42	30.52		2:36.11			1:32.01				3:19.46	36.24			
Gawboy, Galen	42				7:42.33						3:24.48	36.17	1:27.18		
Hartley, Christopher	42	32.87	1:18.45	2:52.17					46.02						
Bullinger, Stephen	43		1:13.12	2:42.43	5:38.08										3:00.15
Mansilla, Frankin	43	29.10				35.98			38.63	1:31.11		30.74			
Hoffman, Keith	44			2:18.76			1:20.39				2:58.16	34.13			2:35.03
Alexander, Mark	45				4:53.80	31.51	1:08.06	2:27.67							
Casey, David	45	31.93	1:13.07												
Tharion, Bill	46	31.74	1:14.56	2:44.43											
Judelson, David	47				5:57.21	35.43						31.81	01:12.7		
O'Brien, David	47	29.25	1:04.89	2:26.50	5:24.66	39.58									
Stacy, John	47	33.61							46.60						3:14.97
Hineline, Larry	48	29.23	1:05.81	2:33.74								35.79			
Shaw, Greg	52		57.09			31.17						26.79	1:00.48		
Bertrand, Robert	55	32.53				42.09									
Morse, Tim	55		1:13.12	2:25.77	5:09.30										
Myers, Richard	56								39.69	1:29.37		36.42	1:26.66		
Rogacki, Daniel	56	27.39	1:01.06							1:20.24					2:35.13
Song, Mingjie	56					40.74			42.67		3:25.23	37.82			
Smith, Norman	59					44.59	1:39.38	3:38.54				42.84			
Henshaw, David	62	33.96	1:20.43	3:10.63											
Kurtz, Bruce	67			4:05.01	9:07.78			4:11.83						5:05.25	4:39.93
Craig, Al	76	34.71							44.31		3:29.54				

NEW ENGLAND MASTERS SWIM CLUB
PHILLIPS EXETER MINI MEET

Sunday, February 1, 2004
Sanctioned by: New England LMSC for USMS, Inc., (Sanction no. pending)
Location: Phillips Exeter Academy, 20 Main Street, Exeter, NH
Time: 8:00 am Warm-up, 9:00 am Start
Entry Fee: $3.00 entry fee and $2 per event (maximum 5 events)
USMS Membership: Required
Deck entries will be accepted until just before the start of the meet.
Meet Directors: David and Tracy Grilli, 9 Wiley Hill Road, Londonderry, NH 03053
Order of events (circle the events you are entering):

1. 50 Freestyle	5. 100 Individual Medley	9. 50 Breaststroke
2. 100 Butterfly	6. 200 Freestyle	10. 100 Freestyle
3. 50 Backstroke	7. 200 Butterfly	11. 50 Butterfly
4. 100 Breaststroke	8. 100 Backstroke	12. 1650 Freestyle*

* Swimmers swimming the 1650 are responsible for securing a counter and a timer
Total Number of events entering = _____ X $2.00/event = _____
+ $3.00 meet entry fee = _____ Total due
Make checks out to New England Masters Swim Club

Name:_____

USMS Registration # (required): _____

Address:_____

City, State, Zip: _____

Birth Date:_____ Phone: _____

Age:_____ Gender: Male _____ Female _____

Athlete's 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: _____

NEW ENGLAND MASTERS SWIM CLUB
SEEKONK HIGH SCHOOL

Arcade Ave., Seekonk, MA
New pool: 25 yards, 6 lanes, electronic timing
Ample parking, showers, lockers.
Sunday, January 25, 2004
Warm-up at 8:00 am; meet starts at 8:45
Enter on deck. Up to 5 events
Entry $5 plus $2 per event
USMS registration required or register on deck ($25)
(Separate checks from entry please)
Sanction pending
Contact: Jacki Hirsty at swim@jjhirsty.com
Events:

1	200 IM	6	50 FREE	11	200 BACK
2	200 FREE	7	100 BACK	12	50 BREAST
3	50 BACK	8	200 BREAST	13	100 FLY
4	100 BREAST	9	50 FLY	14	100 IM
5	200 FLY	10	100 FREE	15	500 FREE

Directions: I-95 to I-195 East. Exit Taunton Ave/Rt. 44. Head east for approximately 5 miles. Traffic light at Arcade Ave. (Getty gas station on right, Shell on left) turn left. Go almost 1 mile and you will see sign on left at intersection with Ledge. Enter school parking lot just past that sign off Arcade, or turn left onto Ledge and enter lot to right.

NEM Swim Meets

January 25 Seekonk High School, Seekonk, MA

February 1 Phillips Exeter Academy, Exeter, NH

More information on page 8

NEW ENGLAND MASTERS SWIM CLUB
2004 MEMBERSHIP APPLICATION

Last name _____

First name _____ Middle initial ____
(Please use exactly the same name you will use if you swim in a meet.)

Street _____

Town _____ State _____ Zip _____

Home telephone (_____) _____ - _____

Work telephone (_____) _____ - _____

E-mail address _____

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

My workout group's name (if applicable) _____
(Examples: Andover YMCA, Cambridge Masters, Granite State Penguins)

I am a coach Yes ____ or No ____

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 INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

United States Masters Swimming

Signature _____

Date _____

☐ Membership for 2004 is $25 if you join between 11/1/03 and 8/31/04.

☐ Membership for 2004 is $20 if you join between 9/1/04 and 10/31/04.

[Please request the 2005 membership application if you join after 11/1/04.]

These are optional and in addition to the membership dues above.

$____ I am adding $5 to receive the club newsletter (4 issues) by mail. (The newsletter is also on the NEM website as a PDF file.)

$____ I am contributing this additional amount to New England Masters to help the club provide even more benefits to its members.

$_____ I am contributing $1 (or more) to the USMS Foundation. (Tax deductible)

$_____ I am contributing $1 (or more) to the International Swimming Hall of Fame. (Tax deductible)

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

Mark Murphy, New England LMSC Registrar
PO Box 625, Cohasset, MA 02025

Please allow two weeks for processing.

☐ I am interested in volunteer opportunities. Please contact me.

☐ Check here only if you do not want to receive E-mails from NEM.

Your New England Masters Swim club, Inc., 2004 membership includes your USMS membership and a subscription to the bimonthly SWIM magazine through Nov/Dec 2004. Members of United States Masters Swimming 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 United States Masters Swimming policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

MORE ABOUT NEW ENGLAND MASTERS: WWW.SWIMNEM.ORG AND 1-888-SWIMNEM

New England Masters Swim Club, Inc.

1/2/04 nn

ASK DR. SWIM

Q: Does it really matter if I get/stay in shape when I am young?

A. Yes, you may be three to six times healthier.

A study over 15 years has found that people approaching middle age were more likely to have high blood pressure and diabetes if they did poorly on treadmill tests as young adults, ages 18 to 30. The finding suggest that it is important to lay the groundwork for cardiovascular health early.

The researchers drew on data involving more than 4,000 people from four cities who were periodically examined over the course of the study. The results were published December 17 in the Journal of the American Medical Association.

In their initial evaluations, participants were tested on treadmills. Women unable to last six minutes were ranked as "low fitness." Men had to last 10 minutes. More than 2,400 participants were tested seven years later. After 15 years, those volunteers who were found to have low levels of fitness were three to six times as likely as the other participants to have diabetes, high blood pressure, or warning signs that predict diabetes and heart disease, like high cholesterol and abdominal obesity.

Being overweight accounted for only part of the medical problems, the study said, suggesting that being fit by itself may improver cardiovascular health.

Excerpts from the December 30 The New York Times

More Info

NEM newsletter PDF
Download it in color at www.swimnem.org by clicking on "News" and then "NEM newsletter"

NEM website
www.swimnem.org

NEM telephone info
1-888-SWIMNEM

USMS website
www.usms.org

NEM newsletter
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Wellesley, MA 02482

Mastering It

Pool your resources for a rewarding long, as well as short, term investment.

NEW ENGLAND MASTERS SWIM CLUB

November/December 2003

NEM News