

NEM News

Preliminary One Hour Swim Results

Official results will not be available until next month but it appears that NEM topped last year's performance both in the number of participants and the total yards swum. Our USMS One Hour Swim Championship appears secure. Thanks to all of the coaches and volunteers who helped make this a very successful year. Special thanks to Bill Paine, this year's One Hour Swim Czar.

Will you be a NEM volunteer?

Find out about opportunities to help. Contact NEM President Sharon Theriot at sharontheriot@mac.com or (508) 872-2099.

Attorney Wanted

Help NEM become NEM, Inc.

NEM needs an attorney to — pro bono — help NEM update its by-laws and form a not-for-profit corporation. Contact NEM President Sharon Theriot at sharontheriot@mac.com or 508-872-2099.

NEM Bag man — or woman — wanted

NEM has a meet bag that must be at NEM swim meets. NEM needs a volunteer to arrange forgetting the bag from one meet to the next. You will work with Kim Goodwin, NEM Meets VP, and meet directors. Contact Sharon Theriot at sharontheriot@mac.com or 508-872-2099.

NEM News wants you!

Get involved with NEM News. The editor can use some help. More important perhaps, you can make the newsletter better! Compile meet information and edit it to NEM News format, write a one-time, occasional or monthly column, gather information about stroke technique and workouts, prepare mailing labels, put stamps and mailing labels on newsletters. Do you have ideas about other things you could do? Contact the editor, Tom Lyndon. Information is on page 8.

Draft of 2001 Short Course Meters Top Ten List on the Web Site

Check out the draft compilation of 2001 USMS SCM National Top Ten listings at: <http://www.swimgold.org/tt/age/>. It's a pretty good picture of how fast some swimmers (including quite a number of NEMs) move through the water.

in this issue

Harvard	1
My Swimming Life	2
Non-Elite Swimmer	3
Self Coached	4
Weak Link Training	5
Exeter	6
Swim meets (cont)	7
Meets, Dr Swim	8

2002 New England Short Course Yard Championships at Harvard's Blodgett Pool April 5-7

by Bob Seltzer

YOU HAVE FOUR WEEKS TO GET YOUR MEET ENTRIES IN FOR THE 2002 SCY NEW ENGLAND CHAMPIONSHIP

This is the largest regional USMS Championship meet east of California. We expect a record turnout for this year's SCY Championship to be held April 5-7th at Harvard's Blodgett Pool. We expect to draw swimmers from near (CMSC at Blodgett) to far (relay from Belarus). Get your entries in right now and help us ease the processing crunch at the end. Also be sure to make hotel reservations right now—the rooms are going fast.

NEW ENGLAND SCY CHAMPIONSHIP MEET AGAIN OFFER LATEST TECHNOLOGY IN ELECTRONIC MEET MANAGEMENT

Our 2002 NE SCY Championship meet will again benefit from the meet management skills of Rick Osterberg, Stephanie Wriede, Katherine Veazey, Rob Berry and the Harvard's Men/Women swim teams. As usual, results—including splits and peel off labels, will be posted shortly after every event is completed. Our special meet website: <http://www.swimindex.com/meets/2002/nem-scy/> currently has pre-meet information including meet entry forms and information sheet and will feature live online scoreboard and webcam for those who would like to follow the action remotely.

SWIMMING DATABASE TO HELP SWIMMERS WITH SEED TIMES

CMSC Jason Eaddy has created a website <http://www.swimmingtimes.com/> with more than 600,000 swims by age group, college, USA and Masters. We've given Jason past results from both New England championship meets—SCY (we have results from 1999, 2000 and 2001) and SCM (we have results from 2000 and 2001). Thanks to Jason you can now look up your past swims at championship meets to help you enter accurate seed times. You can search the results by name or meet and can also check our performances in events that you want to enter from years past. Remember you must enter a seed time for every event. It's also good sportsmanship to enter a realistic seed time—it helps create a more competitive race for all.

NEM WORKOUT GROUP CHAMPIONSHIP OUTLOOK

Last year, Great Bay Masters came to the Cambridge Masters pool and beat the home team. This year, GBM and CMSC have more at stake than just another SCY Championship. The two large teams are the leading contenders to win the NEM Grand Championship (GC). The NEM workout group with the most combined points from 2001 SCM Championship, 2002 One Hour Swim and 2002 SCY Championship will be crowned the NEM Grand Champion team. Another 15 NEM workout groups are contenders for Top Ten. Here's our first look at a possible top ten finish:

- 1/2 Great Bay/CMSC. Too close to call. GBM is ahead in NEM GC points so CMSC must win big. to gain NEM GC
 - 3 Minuteman. Solid third. MM needs a big turnout to stay ahead of Andover and EPM in NEM GC points
 - 4/5 Andover/EPM. Too close to call Both did great job in One Hour Swim. Final finish to be decided in SCY Champs
 - 6/7 WNEC GB/Longfellow. Too close. WNEC GB may surprise Longfellow with big showing
- The next three places are pretty much up for grabs. Contenders include: Wheaton Wahoos, South County Y, North Shore Penguins, Concord Y, Twin Oaks, North Suburban Y, JCC of Newton, Wellesley Center, BU Masters, Duxbury, Northampton JFK, and MIT.
- Workout group leaders/coaches: Tell us the probable size of your SCY Championship team and we will update our predicted finishes.

Harvard meet information sheet and entry form

If you need the meet info sheet and an entry form and don't have the ones that were in NEM News last month and can't access <http://www.swimindex.com/meets/2002/nem-scy/>, send a self-addressed and stamped envelope to NEM News for a meet info sheet and entry form.



My Swimming Life

produced by Kim Goodwin — Skwim3@aol.com

Frank McQuiggan

Frank, 53, has been a Masters swimmer since 1978. Prior to his "Masters" years, Frank swam in high school for only two years. He attended URI, but URI did not have a men's swim team at then

Frank states that he does have a basic plan to his training, but that he seldom gets to follow it because, like so many other Masters, it is a constant to juggle among work, family, training, etc. He adds that his sometimes 53 old body parts (i.e., right shoulder, left knee) don't always



Bob Seltzer and Frank McQuiggan at Harvard last year.

cooperate with his workout goals. Frank also runs the Eastern Providence Masters group. So all these distractions and detours prevent him from following the "basic plan" very closely.

The following weekly training routine represents what Frank tries to do from October to late April. He participates in road and mountain bike riding and open water swims during the late spring and summer months.

Tuesday: (His training week begins on Tuesdays): 3500 - 3800 yards in a group training with his fellow EP Masters.

- Warm up - 400 - 600 yards of easy swimming focusing on stretching. Every 4th length is a stroke other than freestyle
- 10 x 50s drill w/ 10 sec. rest
- 6 x 50s Kick w/ 15 sec. rest
- 400 free on 5:45 (holding one hour pace which is 1:18 - 1:20;
- 300 on 4:30 (each 100 should be 2 sec. faster than 400 pace)
- 200 on 3:00 (each 100 should be 2 sec. faster than 300 pace)
- 5 x 100s on 1:30 (descending past 500 pace - sometimes these 100s are done by increasing the interval by 5 sec.)
- 8 x broken 100s (break at the 50 for 10 sec., at the 75 for 10 sec., rest 1:00 - repeat doing free or stroke)
- 200 yards warm down

Wednesday: 40 - 60 minutes of cardio work and light weight training

Thursday:

Mostly freestyle with the group because it has only one hour of pool time.

- 400 - 600 warm up
- 100 on 1:30
- 200 on 3:00
- 300 on 4:30
- 400 on 6:00 (hold all 100s up to this point close to 1 hour pace)
- 400 on 6:00 (5 sec. faster than the preceding 400)
- 300 on 4:30 (8 sec. faster than the previous 300)
- 200 on 3:00 (10 sec. faster than the previous 200)
- 100 (whadda ya got?)
- 10 x 50s Free/Stroke on :55/1:05
- warm down

Friday:

40 - 60 minutes of cardio training and moderate weight training.

Saturday:

4000 - 4500 yards with EP Masters. Similar workout to Tuesdays but with more time/yardage so more time for strokes and drill sets. Starts and turns practice also.

Sunday:

45 - 60 min. of bike and/or elliptical trainer and hard weight training. If time permits I do an easy swim before or after to stretch out.

Monday:

Day off or a day used to make up another day that I may have missed during the week.

Other ideas for favorite workouts:

Group swim - 20 x 50s on :50 keeping to set goal pace. If a swimmer missed one 50 at goal pace, the set does not count and he/she starts over. When 10 in a row are done at the goal pace, it's quitting time.

Swimming alone

8 x 400s w/ 1 1/2 - 2 min. rest (all are done as a 200 pull/ 100 kick/ 100 swim); #1 - free; #2 - back; #3 - breast; #4 - fly or IM; #5 - free (at least 15 sec. faster than #1); #6 - back (at least 15 sec. faster than #2) and so on.

CCRI meet March 3

Frank is hosting a mini meet at CCRI In Lincoln, RI, on March 3rd. More information on page 8. Frank is the meet director. He would love for all NEMS to join his East Providence Masters for the meet.

DECK ENTRIES WILL BE ACCEPTED AT THIS CCRI MEET IN LINCOLN, RI. Disregard the no deck entries statement in the February newsletter.

Another One Hour Swimmer Delivers

Tom,
The bad news is that we have one less swimmer representing the East Providence Masters for the one-hour swim, the good news is that my wife Michelle and I had our first child last week. Nicholas Walter Powers was born January 7th at 4:59 a.m., 4 lbs 14 oz.

Frank McQuiggan told me that he is the first official EP Masters baby. Michelle and I met in the pool where we both swam for EP Masters (both NEM swimmers), she was swimming in lane 5, I was in lane 2. We were married in 1999 and are still swimming with EP Masters.

In fact we both swam at Saturday morning practice on the 5th. Michelle began having contractions the morning of the 6th. I still managed to talk her into going to her Mother's that afternoon where family and friends were waiting to ambush her with a surprise baby shower. We went directly from the shower to Women & Infants Hospital where she was later admitted. The baby was delivered the following morning.

Mother and baby are both home and doing fine. We hope to start teaching little Nicholas to swim later this spring or summer.

Mike Powers



The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net
(Al wants stories from everyone. Send him yours.)

Open Water Fiasco

by Bill Volckening

A few years ago, my friend Rae Ellen Donovan and I decided to go to an open water swim at Evergreen Lake in Allentown, Pennsylvania. Neither of us had been to the lake before, but since I had a bigger car, I drove and Rae Ellen navigated. Unfortunately, she wasn't the most precise navigator (on land, or in the water). We both agreed to drive along the Pennsylvania side of the Delaware River, since it was much more scenic than the New Jersey side. We left an hour earlier to allow ourselves time to wander and get lost.

Along the way, there was a great big house and barn that looked like it was a hundred years old. Outside, there was a sign — "Yard Sale." Being a compulsive yard sale junkie, of course I had to stop the car. Although we didn't find anything we wanted to buy, we chatted with the woman who owned the house. She told me about her collection of old, carved wooden fish stored somewhere in the attic, which she wanted to sell off (if she could ever find them). We exchanged e-mail addresses, and started driving again.

It was a cloudless spring day, and the old, two-lane road twisted along the river's edge. Since there was only one lane going in each direction, we soon found ourselves stuck behind a slow driving Lincoln Continental, crawling north along the river. No problem, we thought. We had certainly allowed ourselves enough time to get there, and it was a beautiful day for a leisurely drive.

About 20 minutes later, we realized we were lost. The directions on the entry form were not clear, and it was getting closer to starting time. The next half hour was an absolute panic. We stopped to ask for directions, turned the car around, looked at the clock on the car radio, and sped down any road we thought might lead us to the lake. Finally, we arrived at the lake. We were late, super-stressed and barely speaking to each other. I saw the race was also a few minutes late getting started. At the bottom of the hill, the swimmers were all standing by the side of the lake in their swimsuits, caps and goggles. I ran directly to the first person who looked like he was in charge, and asked if we could still jump in to the swim. At that point the swimmers had entered the water and were ready to start the swim. The race official picked up his walkie-talkie and contacted the starter, who was at lakeside. The next thing we heard was a chorus of swimmers moaning "Awwwwwwww!"

From the sound of this chorus, they had apparently decided to wait for us. We were instructed to change as quickly as we could and go directly to the lake. After thrashing around in the port-o-potty for a minute or two, I untangled myself, emerged in my swim suit and dashed toward the lake. It looked like more than 100 swimmers waiting in the water, and I heard one call out,

"Oh no! It's Bill Volckening — don't wait for HIM!" It was my good friend, MaryAnn McClain who led the cat calls, but it was all in good fun. Another swimmer called out, "No Awards for Bill!" We all had a good laugh about it. I didn't expect to know anyone participating in the swim, but as it turned out there were many swimmers I knew. Soon, we were ready to start the race, even though I had no swim cap and no idea which way we were going. The lake was warm, and it was a short, one-mile swim. Even though it was warm, there were a lot of triathlete types wearing wetsuits.

It was a fun swim, and I was one of the first ten swimmers out of the water. I watched in amazement as several very fit looking, younger men came out of the water minutes later. I thought to myself, "Hmm....I guess I had a good swim....it must have been the adrenaline." Meanwhile, I didn't see my friend, Rae Ellen. As it turned out, she was in the process of going around the triangular course one time more than she should have. She didn't know the course, either, since the swim started as soon as she reached the water.

Later, when everyone had dried off and found a spot on the hill, the event organizers started to give the awards. They had awards for the top three in each age group, and they presented the awards in reverse order. I thought I might have a chance to get an award, since I was out of the water before most of the others — but you never know with open water swims. When they got to my age group, they read off the third and second place finishers, but the announcer was having trouble with the name of the first place finisher.

I thought "Oh no! It's me. How embarrassing!" Sure enough, I had won my age group, and received a very nice bottle of wine with a custom label of the race logo. I asked the announcer for the microphone, because I wanted to thank everyone, and apologize for keeping everyone waiting. When I did, the cat calls started again. One swimmer called out "If you're so sorry, give back the wine!" which was followed by much laughter and chatter. We all had a lot of fun, and everyone was a good sport about it.

The next day was Father's Day, so I went to visit my parents. I shared the story, and the bottle of wine with them. As I told my parents, whenever I'm speaking to friends who haven't tried an open water swim, I always say, "if you go to an open water swim and return without a great story to tell, you haven't done it properly!"

Editor note: Bill Volckening, has roots in New England and is a NEM, despite living on the west coast. He is also the USMS editor of SWIM Magazine.



Three stages of satisfaction for Chris Sullivan after swimming a 200 fly in 2:06 at the Brown University meet on February 17.

They Like Al Down Under

Hi All'm the editor of the AUSSI masters national newsletter (down under) and I read your latest article in the NEM newsletter, Sometimes You Get Lucky. I really enjoyed this article and I am asking permission to include this in the next edition of our newsletter AUSSINEWS.COM. The article would not be altered and be duly recognised with source/author. If you would like to view past issues of the national newsletter, I publish these on the national website at www.aussimasters.com.au Hoping to hear from you soon. Cheers, Pauline Samson, National Director of Communications AUSSI Masters Swimming in Australia Inc.

www.aussimasters.com.au

NEW ENGLAND LMSC SWIMMERS ON THE 2000 WORLD (FINA) TOP TEN LIST

Extracted by Tracy Grilli

Long Course Meters

Women

25-29										
Andrea Hill	5	100 Breast	3	200 Breast						
40-44										
Jennifer Luker	8	50 Free	4	50 Fly						
Connie Hallett	6	1500 Free								
Tracy Grilli	9	1500 Free								
Nanci Sirois	6	400 IM								
45-49										
Joel Feldmann	4	50 Free	7	50 Back	3	50 Fly				
60-64										
Claire O'Brien	8	400 Free	7	800 Free						
75-79										
Petey Smith	4	50 Free	3	100 Free	2	200 Free	2	400 Free	2	800 Free
Barbara Boley	3	1500 Free	##	200 IM						

Men

25-29									
Brian Fehlau	8	200 Breast							
Ken Fletcher	9	100 Fly	8	200 Fly					
35-39									
Rich Landry	9	50 Free							
Stu Cromarty	8	200 Free	6	400 Free					
40-44									
Tom Mack	8	800 Free							
65-69									
Barr Clayson	7	50 Back	6	100 Back					
75-79									
Jim Edwards	6	800 Free							
80-84									
John Woods	9	1500 Free							

Relays

Womens 280+ 200 Freestyle	2				
Petey Smith, Billie Ann Burrill, Mary Stadig, Joel Feldmann					
Womens 200+ 200 Medley	5				
Susan Maguire, Carol Adams, Joel Feldmann, Tracy Grilli					
Men 100+ 200 Medley	4				
Rob Berry, Brian Fehlau, Ken Fletcher, Chris Barrett					
Men 160+ 200 Medley	9				
Dave Bright, Al Keith, Joseph Wotton, Rich Landry					
Mixed 280+ 200 Medley	9				
Barbara Boley, Ted Haartz, Dan Rogacki, Mary Stadig					

Short Course Meters

Women

25-29												
Andrea Hill	3	1500 Free	1	100 Breast	2	200 Breast	5	100 Fly	3	200 IM	4	400 IM
Kari Andersson	5	50 Back	1	100 Back	10	200 IM						
40-44												
Connie Hallett	7	200 Free	7	400 Free	6	400 Free	3	1500 Free				
Kim Goodwin	8	200 Back										
Jennifer Luker	7	50 Fly										
Gayle Wettach	9	100 IM										
45-49												
Jacki Hirsty	1	50 Free	3	100 Free	2	200 Free	1	400 Free	3	100 IM	10	200 IM
60-64												
Claire O'Brien	9	100 Free										
Susan Livingston	9	100 Back	4	200 Back	4	200 Fly	9	400 IM				
70-74												
Clara Walker	3	100 Back	1	200 Back								
Joan McIntyre	9	200 Back										
75-79												
Barbara Boley	5	400 Free	7	200 IM								

Men

30-34														
Jonathan Banville	1	100 Breast	1	200 Breast	9	100 IM	7	400 IM						
35-39														
Rich Landry	10	50 Free	7	1500 Free										
Stu Cromarty	7	100 Free	5	200 Free	4	400 Free								
40-44														
Tom Mack	5	1500 Free												
Dave Cote	6	200 Back												
45-49														
Greg Shaw	10	50 Fly	9	100 Fly										
50-54														
Dan Rogacki	8	50 Free	6	200 Back	9	50 Breast	8	100 Breast	8	100 IM	9	200 IM	6	400 IM
65-69														
Barr Clayson	3	50 Back	2	200 Back										
75-79														
Jim Edwards	9	400 Free	9	200 Back										

Relays

Womens 100+ 200 Freestyle	7				
Shreen Barry, Tara McGarr, Kim Wesson, Carol Prescott					
Mens 280+ 200 Freestyle	6				
John White, Roger Snow, Norman Seagrave, John Woods					
Mens 160+ 200 Medley	5				
Stu Cromarty, Scott Vankuilenburg, Fred Schlicher, Kevin Stapleton					
Mixed 120+ 200 Freestyle	3				
Brian Fehlau, Kari Andersson, Roma Kusznr, Stu Cromarty					



The Self Coached Workout

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

If you were trained to swim as a wee lad or lass you probably learned butterfly, back stroke and breast stroke at a tender age. If your coach was any good you may have even learned them correctly. A majority of the lap / fitness swimmers churning up the water at our local pools can swim only free style.

Since we are doing this for physical fitness, I always try to persuade adults swimmers to try the three other strokes. Most novice swimmers are reluctant at first but as they acquire some prowess, they find it's not so bad. I am an advocate of using swim flippers while learning fly and back stroke. The flippers let you extract more propulsion from your kick while your arms can learn the proper fluid motions of the stroke.

I have seen some interesting renditions of butterfly including a few of my own. After watching a video tape of my butterfly, I didn't do the stroke again for several years.

But one should not give up so easily. Realizing the stroke was somewhat intricate, I decided to break it down. This helped but I really didn't start figuring it out until I used

flippers. The added leg propulsion got the upper body out of the water and I could then figure out the undulation of the stroke.

With back stroke the added propulsion from the flippers lifted my sinking body and got me planing on the water a little better. The problem with back stroke is it really is body type specific. If you are a sinker you will struggle with back stroke. But this doesn't mean you cannot do the stroke. You just won't keep up with anyone.

Some people are born to be breast stokers. I train a lot of kids and some kids do breast stoker straight away. In fact some kids can even do a breast stroke kick while swimming free style. It's funny to watch but for some reason they are catching the water. Adult swimmers are similar, some will do breast stoke as if it were natural, while others will never quite get it. Here is where I like to have swimmers try breast stroke with flippers. Of course I recommend a dolphin kick, not a frog kick while using the flippers. The stroke now becomes fun and doable. You are using different muscles and thus getting fitter. Or so my theory goes.

Learning proper breast stoke will require you to read another author, however.

Bill Volckening email to David Grilli

I'm busy working on the Fitness section of the USMS Web Site, and I would like to ask permission to feature the "Self-Coached Workout" article from the February 2002 NEM News as our Fitness "Article of the Month." So, I would love to see this article be the very first Fitness "Article of the Month" on the USMS Web Site.

[Permission was granted.]

WEAK LINK TRAINING

by David Samuelsohn

(from the February 2002 Connecticut newsletter)

Swimming is the best exercise in the world because it works every muscle in the body. So stuff it, runners! Right? Well, not quite right. If you're a God-awful swimmer and you try sprinting across the pool, you just might use every muscle. You also just might strain a few. (At the very least, you should be most entertaining!) But if you're a fairly good swimmer and you take a leisurely gliding lap across the pool (with long streamlined push and glides of course) you really haven't done much, have you?

The point is: there are differences in just which muscles get worked hard and which don't, depending on how we swim. When we swim at workout speeds we use, to a large extent, the typical "swimmer's muscles", the lats, the triceps, the pectorals if we have a good push through, and others, including even the calf muscles from all these push-offs. Some muscle groups get used a lot, but at workout speeds, some muscle groups do not.

When we swim we encounter resistance. (duh) When we swim just a little faster we encounter a lot more resistance (not fair, huh?) And when we swim very fast - like say 4 MPH (4 MPH! Watch your hair doesn't catch on fire!) - resistance increases a gazillion times. And when that happens, all the little muscles that never get worked very much suddenly get worked a lot. Too much. They fail.

It doesn't matter how much you've worked your major "swimming-muscle" groups: since each movement - or stroke - is complex and brings many muscles into play, when the weak link muscles in the chain break, you lose your ability to hold water. Your stroke breaks down. You lose altitude. And speed. (Hey...that solves the resistance problem!)

Consider: How fast do you recover your arms when you swim a long set in work-out? How fast do you recover your arms when you race a 100? How 'bout a 100 fly? ...or a 200? What happens to your arm recovery toward the end of a race like that? Yes, ouch. You're starting to get it. The little shoulder muscles that work your recovery in say, "that's it for me - I'll be leaving now..." ...not to mention your legs, which, during work-out, float up nicely all by themselves: suddenly they're working harder in say, fly, to recover from your kick. Your back muscles and your hamstrings quit ...it gets ugly.

You've seen it. You've lived it. Now fix it! We can identify some of the weak link muscles: When we swim at workout speeds - and at lower resistance - a lot of our motion through the water is inertia -gliding. We don't force our arm recovery at all. Unless we're unusually conscientious, we probably don't keep pressure on the water throughout the pull phase. We catch later, there are probably gaps in our contact with the water through the middle portion of the pull, and we probably don't accelerate much to keep pressure on during the push-through.

Also, we ride lower - with our shoulders and our head. The muscles that keep us planing high on the water when we race aren't doing much when we swim slower. And our legs, which at workout speeds work more to maintain bilateral balance, aren't moving nearly as fast - and probably not through the upsweep at all.

Yeah but...so what do we do? We've been working on specific drills to attack specific weak link areas. Here are a few basic ones.

Head-high Freestyle: We do head-high Freestyle with a bit of a twist. Typically, head-high Freestyle works the shoulders, specifically the muscles that help us to ride higher when we swim fast. In head-high Freestyle we swim 25's with the water level at our chins, facing forward with our heads motionless. The twist is, we count strokes. While head-high forces you to catch stronger by pressing down harder, counting strokes helps us to link the next portion of the pull and keep pressure on the water longer. The lower the stroke count, the better we're doing. By the way, we hate Head-High Freestyle. Probably because it uses those weak muscles and gets us tired quickly.

Head-high sculling; Same idea but we keep our arms out in front and just scull, using and strengthening our hands and forearms. This helps our

ability to keep the wrist cocked - or pitched - to best hold the water and direct it back. We hate this too.

Underwater Backstroke Kicking; We kick half a lap underwater dolphin before surfacing to complete the lap with flutter kick. But the focus is always on the downsweep to strengthen the hamstrings and the lower back. Zoomers or short fins help here.

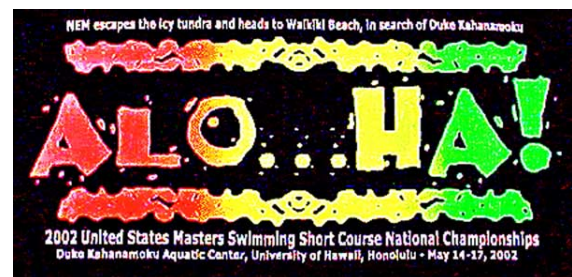
"One arm "Freestyle", "Catch-Up Freestyle", "Half Catch-Up", "Alternate-Arm Butterfly"there are many drills you can do to focus on specific weak link areas. And you'll know it's working because those muscles will get tired fast. Pick a different area to work each day at the end of workout. (It's not a bad idea to do 25's for some of those drills. Helps you think, too.)

Not long ago I was asked about specific weight training exercises for swimmers. The suggestion I made was to see a specialist in weight training to be evaluated - someone who sees a lot of weight trainers and can identify the areas where you are unusually strong, and unusually weak. (There will be a disparity.)

Then design a routine to strengthen your weaknesses rather than the areas that swimmers usually like to work on (we like it because we're good at it.). There's just no point in good working on muscles that are probably bigger than they need to be already, i.e., lats, tri's, etc. So work on the areas that need work: the WEAK LINK areas (Brilliant, huh?) and build more balanced strength that won't fail you. Also work on the torso muscles in which all your strength is centered: your abdominals and lower back (be careful here.) Sit-ups, back-ups, leg lifts, and hanging "L's" especially, are all

And last but perhaps most important of all, do some quality work regularly - timed "race-pace" swims from a dive - to work your body under conditions it will encounter when you get to the big race. Be ready. We will be.

Hawaii Nationals ALO...HA! NEM T-shirt exclusive



Show your sense of adventure and NEM team spirit at the USMS Short Course Nationals in Honolulu, Hawaii, in May with this special edition, exclusive NEM T-shirt. (Other teams can beg and plead, but they won't get!) Short-sleeved, navy blue 100% cotton Hanes "Beefy-T" with a 4-color, rainbow neon bright full front design that says "ALO...HA!" The shirt also says (in small white lettering above and below the main design) "NEM escapes the icy tundra and heads to Waikiki Beach, in search of Duke Kahanamoku" and "2002 United States Masters Swimming Short Course National Championships, Duke Kahanamoku Aquatic Center, University of Hawaii, Honolulu - May 14-17, 2002." T-shirts are \$15 and are available first-come-first-serve in M, L, XL and 2XL. Limited supply. For details, e-mail Bill Volckening at BillVolckening@usms.org.

Philips Exeter Academy, Exeter, NH: February 3, 2002

Sanction 032-021-SSCY David and Tracy Grilli: meet directors; Tracy Grilli: meet results.

		50 Free	100 Free	200 Free	1650 Free	50 Back	100 Back	50 Breast	100 Breast	50 Fly	100 Fly	200 Fly	100 IM	400 IM
Women														
Lang	Angela	23	31.36	1:12.88										
Duff	Angie	24				44.60				39.97	1:25.04	3:08.54		
Boyd	Kathleen	25						1:16.04			1:06.49		1:09.99	
Paradis	Kristyn	25						1:19.91	36.82	33.18			1:15.97	
Breglia	Caroline	26				37.01	1:22.84						1:24.92	
Brown	Brandy	28	29.34	1:16.63				1:22.75						
McGarr	Tara	29	27.90	1:00.21	2:14.52								1:12.03	
Dziamalek	Heather	30			2:48.58			1:29.23					1:24.30	
Telford	Amanda	32	31.92		2:33.08						1:23.25		1:19.45	
Fox	Michele	32		1:02.45	2:12.75	33.64								
Roy	Michelle	37	27.65		2:19.01			34.95	1:16.14	30.65				
DelGrosso	Patti	37	28.19	1:03.96									1:14.51	
Nollet	Ann	39	27.60			32.28	1:12.20			32.81			1:12.26	
Edin	Deborah	39						42.84	1:41.68					7:24.57
O'Sullivan	Marianne	39				43.99	1:36.90						1:33.35	
Uecker	Anne	41		2:25.23	21:46.96					32.54	1:12.52			
Hallett	Connie	42	28.62	1:01.96	20:19.78				1:26.85					
Boland	Jan	43					1:11.24			32.65			1:12.80	
Misiorski	Marcia	44	33.15		2:41.24									6:44.26
Grilli	Tracy	44			21:38.79	34.68		41.14					1:15.21	
Luker	Jenny	45			21:44.01									
Fellows	Sally	46							1:30.44					6:19.26
Sullivan	Susan	48	31.97					42.57		36.55			1:24.37	
Feldmann	Joel	50	26.44	1:02.42				1:12.87						
Hardy	Barbara	57		2:59.72	28:24.63			1:38.31						
Livingston	Susan	63				40.75	1:27.78				1:34.83			6:52.86
McIntyre	Joan	73			33:31.57								1:58.10	
Men														
Chang	Eric	20	27.26					35.22	1:15.14					
Jones	Shawn	27	24.99		1:59.36				1:10.33					
Fischer	John	28		59.10	2:10.26						1:06.42			
Bloemen	Scott	28					1:00.59		1:09.34		57.07			
Popadich	Brent	31		1:00.77	21:09.15									
Smith	James	31	22.50	52.11		26.56	57.64							
Baginski	David	34				29.01	1:02.46			27.03				
Baker	Henry	34	24.35	54.91		29.91					58.52		1:04.19	
Case	Charlie	36			2:19.95									
Howland	James	36			2:21.31			35.98	1:16.80	30.02				
Jacobson	James	37				31.63	1:08.58			27.81	1:01.92			
Landry	Rich	37	23.26										1:00.03	4:47.40
Pride	Doug	38		51.86	1:56.91						56.83			
Kostousov	Andre	39	26.79	59.75					1:12.34				1:07.97	
Riley	David	39	26.53	57.74		34.73							1:13.39	5:59.82
Gendreau	Ed	39			2:21.80 (br)	18:14.46	1:00.88				56.52			
Hirst	Michael	41					1:03.62				1:02.52		1:03.99	
Swan	Rob	41						39.77		31.21	1:20.51		1:15.72	
Doherty	Paul	42	33.83	1:21.78	2:57.74				1:44.99					
Colby	Richard	43	30.08	1:09.57	3:04.69				1:22.32				1:31.71	
Mack	Tom	43	27.45	58.06	2:07.07	19:18.40								
Mitsch	Mark	44	24.11	54.67		29.82	1:05.30						1:07.48	
Kearns	James	45	37.55	1:24.51										
Stacy	John	45	29.56	1:07.71		39.93				36.90			1:23.05	
Vear	Brad	46		56.71	2:06.54	20:17.47					59.05			
Grilli	David	47			22:10.57									
Seltzer	Bob	50	25.65		2:02.25									5:13.71
Myers	Fred	50	25.56					36.52		1:06.42			1:08.83	5:30.76
Cooper	Jeffrey	50	40.25		3:21.17		1:55.09		1:44.47					
Martin	Ritchie	53	28.72	1:02.58										
Rogacki	Daniel	54	24.14					30.47					1:00.41	4:53.03
Berry	Ethan	54	30.02	1:09.53				35.44	1:16.13					
Song	Mingjie	54						39.01			1:17.98		1:17.53	
Keilty	Joseph	55	50.92							49.84				
Galper	Jeffy	59		1:02.26						30.29	1:07.81	2:34.16		
Jensen	Eric	60	28.47				1:11.61						1:11.37	
Henshaw	David	61	30.10	1:12.10	2:46.54									

Subj: Jim Edwards article [in the January issue of NEM News]
 Date: Tuesday, January 1, 2002 3:52:16 PM
 From: RS Celt Pr
 To: Skwim3

Kim [Goodwin]:

Happy New Year. Read your article on Jim Edwards and found it to be quite interesting. I am not writing to negate the accomplishments of Jim but find the article somewhat negative toward Buster Crabbe. Mr. Crabbe was a French foreign legionnaire, Flash Gordon, and a cowboy in quite a few B-movie westerns. I am in my fifties and owe my motivation to swim from Buster Crabbe. His daily workouts consisted of 1.5 to 3 miles per day, 150 push-ups, and 200 sit-ups. I swam quite a bit when I was in my 30's but got mono and stopped for 3-4 years. The last 7 years I swam off and on and now swim every week. If Buster could swim every day, I could swim at least a fraction of what he did!

You left out some significant facts in your article. First of all, Buster was 64 years old and Jim was 49 years old when they swam in the 1st Masters meet. Also, you mention Jim's swim time but fail to mention Buster's time. To even try to compare a sixty year old to a forty year old in a swim race is ludicrous. Buster Crabbe was a great swimmer who accomplished a lot in his life. To build up Jim Edwards on the past accomplishments of Buster's reputation is really a stretch. Lastly, Buster is not even around to defend himself so I felt I had to take the time to set the record straight. You don't appear old enough to know about what Mr. Crabbe really did in life, therefore you should research your subject matter before you write such fiction in the future.

Sincerely,
 J. Boudreau (NEM swimmer)
 [Editor note: NEM News did not edit this letter.]

Swim Meets (continued from page 8)

epmaster@aol.com. Put "Meet Registration" in the subject line. First Name, last name, age, address, USMS registration number (if applicable), event name, seed time and phone number in case we need to clarify your entry. You can pay and sign the release at them meet. You may pre-enter a relay with the first name, last name and ages of all swimmers in order, team captain or coach, event and seed time.

■ March 17

City of Portsmouth Pool (short course meters) Portsmouth, NH

Warm up 8:00 a.m. to 9:00 a.m., Start 9:00 a.m. Must be finished by 12:30 p.m. Facility: 6 lane 25 meter competition pool, racing in 5 lanes, 1 lane reserved for warm up / warm down Hot Tub: relax in the hot tub between races or after the meet Meet Director: Ed Gendreau Fees: \$3 base fee plus \$2 for each individual event up to a maximum of five individual events. Entry Procedure: Deck Enter a maximum of five events Timing: Hand watch timing. Notify meet personnel if you are attempting a USMS or Masters world record, and we will provide three hand watches (the requirement for national or world records). Sanction 033-001SSCM. Information at <http://www.nh.ultranet.com/~gendreau/ports020317info.htm>

- | | | |
|--------------|---------------|----------------------|
| 1) 200 back | 6) 50 back | 11) 200 free |
| 2) 100 fly | 7) 200 breast | 12) 100 breast |
| 3) 50 breast | 8) 100 IM | 13) 200 fly |
| 4) 200 IM | 9) 50 fly | 14) 50 free |
| 5) 100 free | 10) 100 back | 15) 200 Medley Relay |
| | | 16) 200 Free Relay |

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

Hotels: Holiday Inn of Portsmouth: 603-431-8000

Day of the meet Notes:

- 1) You must sign the waiver sheet. If you do not sign the waiver sheet, you will not appear in the meet results. There will be no exceptions.
- 2) Your age for this meet is your age on December 31, 2002.
- 3) Seed times submitted must be for meter distances. If you need help converting your times from yards to meters, ask meet personnel.
- 4) Everyone can get a good warm-up during the open pool warm up from 8:00 to 9:00 a.m. if each lane has people of the same speed. Select your warm-up lane based on your continuous swimming warm-up pace per 50 YARDS: Lane 1 - 60 seconds, Lane 2 - 50 seconds, Lane 3 - 40 seconds, Lane 4 - 35 seconds, Lane 5 - 45 seconds, Lane 6 - 55 seconds, if you are warming up in an inappropriate lane, an official may ask you to move.

Join us at the Redhook Brewery for lunch after the meet!

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

■ March 23

Regis College (short course yards/6 lanes) Weston, MA

9:00 warm up/10:00 start. Meet Director: Rich Axtell rich.axtell@hanscom.af.mil or minutemanmasters@juno.com. \$5 meet entry plus \$3 per event (up to 5 events). Must be a registered 2002 USMS swimmer. May register at the meet. This meet will be a great opportunity to warm up with a quality workout for the upcoming New England's at Harvard. And a great chance to warm down in a Jacuzzi. Sanction 033-009-SSCY.

- | | | |
|----------|--------|------------|
| 50 FR | 50 BR | 50 FL |
| 100 BK | 50 BK | 100 BR |
| 100 FL | 100 IM | 200 CHOICE |
| 200 FREE | 100 FR | |

Directions to Regis College (781-768-7000)

If traveling north on Route 95/128, take Exit 24 to Route 30 west. Continue approximately two miles and make a right turn onto Wellesley Street. Regis College is on the left.

If traveling south on Route 95/128, take Exit 26 to Route 20 west. Continue approximately two miles and make a left turn onto Wellesley Street; bear right at the fork in the road. Regis College is on the right.

If traveling east on the Massachusetts Turnpike (I-90), take Exit 14 to Route 30 west. Continue approximately two miles and make a right turn onto Wellesley Street. Regis College is on the left.

If traveling west on the Massachusetts Turnpike (I-90), take Exit 15 to Route 30 west. Continue approximately two miles and make a right turn onto Wellesley Street. Regis College is on the left.

From Route 9 in Wellesley, take the Weston Road exit. Continue north and cross Rt 30 where Weston Road changes to Wellesley Street. Regis College is on the left.

To reach the Athletic Facility: Take the 2nd Regis College entrance and we are the Bldg. with the sloping metal roof that you can see across the large parking lot. Go up the stairs to the upper level door and you will be in our main lobby.

■ March 24-30, 2002 IX FINA Masters World Champs Christchurch, New Zealand

■ April 5-7

New England Short Course Championships Blodgett Pool, Harvard University Cambridge, MA

Entry form and info sheet on pages 4 and 5 and <http://www.swimindex.com/meets/2002/nem-scy/>

■ April 14

Southern Connecticut State College (short course yards) New Haven, CT

8:00 warm up/9:00 start. All events through 500 free except 400 IM. Mail in entries encouraged. For full information send a SASE to : Eric Burns, Gutbuster Classic, 86 Vesper Street, Fairfield, CT 06432 or email to aldavis1974@yahoo.com. 203-366-0046. Deck Entries will be \$5 more and will be accepted until 8:30 AM. Sanction pending.

■ April 21

Burbank YMCA (short course yards) Reading, MA

8:00 warm up/9:00 start. Meet Director: Andrew Kirkpatrick kirkpatrick@bigfoot.com. More info in next newsletter

■ April 18-21, 2002

YMCA Nationals (25 yard pool) International Swimming Hall of Fame Pool, Ft Lauderdale, Florida

YMCA headquarters is running meet: <http://www.ymcaswimminganddiving.org>. Stu Marvin, a pool administrator at Ft Lauderdale: 954-828-4581.

■ April 19-21, 2002

Colonies Zone Championships (two 25 yard pools + 25 yard warm up pool) University of Maryland, College Park, Maryland

David Diehl: 301-314-5372 (work), 301-946-0649 (before 9 pm) Entry deadline: Postmarked by March 27 or received by April 1. www.colonieszone.org

■ May 14-17, 2002

2002 USMS Short Course Champs (25 yard pool) University of Hawaii, Honolulu, Hawaii

Amy Patz, U of HI Swimming, 1337 Lower Campus Rd., Honolulu, HI 96822, 808-956-7510, patz@hawaii.edu. Info at www.usms.org and <http://www.hawaiimastersswim.org>

■ August 2002

2002 USMS Long Course Champs (50 meter pool) Cleveland, Ohio

Pieter Cath, 35400 Bainbridge Rd, Solon, OH 44139, cath.p@worldnet.att.net. 440-248-8270

World Top Ten List

Copies of the FINA Masters Swimming Top 10 Tabulation can be ordered through the FINA Office at the price of \$10 (US). This includes postage. FINA Masters Swimming Top Ten Patches are \$5. The numeral patch which coordinates with Top Ten patch is an additional \$3.

FINA
Av. de l'Avant-Poste N 4
1005 Lausanne, Switzerland
Phone (41-21) 310-4710
Fax (41-21) 312-6610

[New England LMSC swimmers who made the 2000 list are on page 4.]

Swim Meets

■ March 3rd

UMass - Amherst (short course yards)

THIS MEET IS NOT AT UMASS - BOSTON

9:00 warm ups/10:00 start. Meet Director is Russ Yarworth
yarworth@admin.umass.edu or yarworths@hotmail.com. \$5 meet entry and \$2 each event up to 5 events. Must be USMS registered - can register at the meet. Sanction #033-003-SSCY.

50 Free	50 Fly	200 IM
200 Fly	100 IM	50 Breast
100 Breast	200 Breast	100 Fly
500 Free	50 Back	100 Back
200 Back	100 Free	200 Free

The following directions lead to UMass - Amherst. Once on campus, go to the Boyden pool located in the Southwest corner of campus across from the Southwest dorms (5 towers) on Commonwealth Ave.

Via I-91 North, Exit 19 in Northampton. From the exit ramp, turn right onto Route 9 and go approximately 4.5 miles to Route 116 North (left turn at the lights) 1 mile to UMass exit. Travelers coming from I-91 be advised the bridge at EXIT 19 is undergoing major repairs. Traffic delays may be significant.

Via I-91 North, Exit 24 in Deerfield. At the stop sign at the top of the ramp turn right onto Routes 5 and 10, and immediately turn right again at the traffic lights onto Route 116 South. Continue 8 miles to the UMass exit.

To Campus from the North

Via I-91 South, Exit 25 in Deerfield. At the end of the ramp turn left and follow the road to the intersection. Turn right onto Routes 5 & 10 South. Go 1 mile, then turn left onto Route 116 South. Follow for 8 miles to the UMass exit.

Via I-93 South. Follow I-93 to I-495 South. Follow to Route 2 West. Continue on Route 2 to exit 16 (Belchertown/Amherst). Follow Route 202 for about 15 miles to blinking light at Route 9 and 116 Amherst exit (Pelham). Turn right and follow for 7 miles to Amherst center. Follow signs to UMass.

To Campus from the East via Route 2: Via Route 2 West to exit 16 (Belchertown/Amherst). Follow Route 202 for about 15 miles to blinking light at Route 9 and 116 Amherst exit (Pelham). Turn right and follow for 7 miles to Amherst center. Follow signs to UMass. To Campus from the West via Route 2

Via Route 2 East. Follow Route 2 east to Greenfield/I-91 exit. Follow I-91 south to exit 25 in Deerfield. At the end of the ramp turn left and follow the road to the intersection. Turn right onto Routes 5 & 10 South. Go 1 mile, then turn left onto Route 116 South. Follow for 8 miles to the UMass exit.

To Campus from the East or West via I-90 (Massachusetts Turnpike) Exit 8 (Palmer). Follow Route 32 South to Palmer, take Route 20 West to Route 181 North into Belchertown, and then Route 9 West to Amherst. Follow signs to UMass. Exit 7 (Ludlow). Follow Route 21 North to U.S. 202 North to Route 9 West to Amherst center. Follow signs to UMass.

Exit 5 (Chicopee). Follow Route 33 North to Route 116 North to Amherst center. Turn left at the light into Route 9 West. Follow signs to UMass.

Exit 4 (W. Springfield). Follow I-91 North to exit 19. From the exit ramp, turn right onto Route 9 and go approximately 4.5 miles to Route 116 North (left turn at the lights) 1 mile to UMass exit. Travelers coming from I-91 be advised the bridge at EXIT 19 is undergoing major repairs.

■ March 3

Community College of Rhode Island (CCRI) (short course yards)

Lincoln, RI

DECK ENTRIES WILL BE ACCEPTED. DISREGARD THE "NO DECK ENTRIES" REQUIREMENT IN THE FEBRUARY NEWSLETTER.

8:30 warmups/9:00 start. Meet Director: Kevin Salisbury 401-333-7324 or contact Frank McQuiggan at epmasters@aol.com. Maximum five individual events. \$10 for first three events. \$3 each for fourth and fifth events. Open to all swimmers but only times of USMS registered swimmers will be considered for top ten lists.

- 1) 800 Free Relay (preregistered only) @ 9:00
- 2) 200 Choice (part 1) ** (should start 10-10:15)
- 3) 100 Fly 8) 50 Breast 13) 50 Fly
- 4) 200 Free Relay 9) 400 Medley Relay 14) 400 Free Relay
- 5) 100 Back 10) 100 Free 15) 200 Choice (part 2) **
- 6) 100 IM 11) 50 Back 16) 200 Medley Relay
- 7) 50 Free 12) 100 Breast 17) 500 Free/ 400 IM (if time allows)

** You may swim only one 200 event.

You may deck enter the meet (register at the meet). If you want to register in advance of the meet, email the following information to

Swim meets...continued on page 7

Ask Dr. Swim

Q. What are the benefits of stretching?

A. Not everything they are touted to be.

An article in the August issue of The Physician and Sportmedicine says, "Many of the common practices are either ineffective or potentially harmful." "Here is as summary of some of the findings from recent studies.

- Stretching before exercise does not appear to decrease the risk of injury, but does reduce pain or discomfort from stiffness, extending the comfort range of motion.

- Warming up— engaging in light activity before strenuous exertion — does not increase range of motion, but does reduce rate of injury, most likely by increasing the temperature of muscle tissue.

- Bounce stretching — repeated brief stretches of a muscle — can increase stiffness and actually be harmful.

4. For most people, one 15- to 30-second continuous stretch will suffice for most muscle groups.

- Adding heat or cold to a muscle makes stretching more effective, most likely by reducing the pain of stiffness.

- The best stretching strategy is likely to vary from person to person and varies depending on injuries.

August 5, 2001, New York Times

Q. What's a gimmick to help me swim faster?

A. A whiff of peppermint may turn you on.

As reported in the Journal of Sport and Exercise Psychology, 40 male and female runners who sniffed peppermint ran faster, did more pushups, and showed greater grip strength than those who did not. Certain scents improve mood. "And simple logic says that an improved mood would increase motivation, leading to better performance...the effect was probably psychological, but it resulted in measurable improvement in performance." Three ways were cited for getting a peppermint "high." Sniff peppermint oil, be in a room with a lighted peppermint candle, or chew peppermint flavored gum.

January 2002 Runners World

More Info

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

Mastering It

"It's not the medal that counts. It's the experience...and I'm psyched about the friendships."

Jim Shea Jr.

Salt Lake gold medalist on the skeleton



NEM News

MARCH 2002