



April 1999

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New England Registrar Needed NOW

Maintain and annually update membership records for all of the swimmers in the New England Local Masters Swim Committee (NE-LMSC) area. About 75% of these 1,100 NE-LMSC swimmers are NEM's. Computer required. Busy season in winter.

Perhaps the most essential Masters volunteer job in New England.

This is a great opportunity to give back to Masters swimming in a job requiring accuracy and that is largely free from problems and big decision-making pressures. Find out more by calling Evelyn Hausberger 603-888-5122 or Tom Lyndon 781-235-8587.

New England Masters is developing ways to off-load some of the registrar's work and to make more use of the registrar's membership database. We will recruit a team of volunteers for a membership renewal drive this fall to process more renewals submitted in late November and early December. We will also recruit a team for a "trouble desk" on One Hour Swim registration problems.

To help us with our primary mission of every member having easy access to a quality coached workout group, we are developing a long-range plan to promote workout groups in 'gap' areas of our region. For this, we need good demographic information about our members, pool facilities, and coaches. A marketing database created specifically to assist us in 'mining' this information will be a big help. The registrar's database will be a major contributor to this effort.

NEM's growth is due in large part to the success of programs created by our marketing team. Current membership is 820, well ahead of last year, and on track to 1000 by 2000. The New England Local Masters Swim Committee (NE-LMSC) membership for all its clubs could top 1300 in 2000. Process over 1,100 membership applications to process each year. Computer required. Deadline-sensitive work, busiest in winter and early spring. No pay and no perks. But, the thanks of many and the indebtedness of all. Perhaps the most essential Masters job in New England.

THE REASON: Evelyn Hausberger has been our registrar since December 1996. She has done an

outstanding job. She is now working longer hours at a paying job. Her registrar resignation was accepted with great regret as well as with great appreciation for the job she has done so well.

TO FIND OUT MORE: Contact Evelyn Hausberger at 603-888-5122 or Ehausberg@aol.com or Tom Lyndon at 781-235-8587 or TomLyndon@aol.com

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NEMorabilia

New England Championship Meet Results Available

Thanks to **Ed Gendreau**, the complete results (including splits) from the 1999 New England Masters Swimming Championships are now available. [Click here for results.](#)

Key Holder Awards to All NEM One-Hour Swim Participants

One-Hour Swim key holders are now available. If you did not get your key holder from Fred Schlicher at New England Championship Meet, send Fred an e-mail request schlicher@mindspring.com.

NEM Email Database Growing

The NEM email database, assembled and maintained by **Bob Seltzer**, now has 600 addresses. Wow! That's 75% of the total NEM membership, and a great opportunity to provide more service to members. If you are not in the database, drop Bob an email at seltzer@metasoft.com.

One-Hour Swim Awards at Brown

The Gold Medalist Workout Teams were awarded their special "Lighthouse" trophies at a short (but sweet) awards ceremony at Brown on Sunday, April 11. The recipients were:

Teams with most yardage

First	Cambridge Masters, MA 263,200 yards (65 people)
Second	Great Bay Masters, NH 99,340 yards (26 people)

Teams with most yardage per swimmer

First	Atkinson Pool, Sudbury, MA 4,342 yards
Second	East Providence, RI 4,236 yards

Teams with highest percentage participation

First	South County Y, RI "118%"
Second	Beverly Y, MA 100%

NEM T-Shirts and Caps Available

NEM team shirts and caps are now available with our three-color logo in pool blue and sea green on sunset red.

- shirts are 100% cotton, white, with a small logo on the left breast.

- caps are white with a large logo.

[Click here for an order form.](#)

Note: Because of the need to periodically reorder from suppliers, your order may take up to four weeks for delivery to you.

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New England Championships Wrap-Up

East Providence Masters First in Workout Group Competition

The contest for workout group champion and New England Masters Short Course Championships was very close this year. East Providence and Great Bay were separated by only 15 points coming into the last day of the meet. East Providence eventually prevailed, thus becoming the meet's first repeat champion team.

The top ten workout groups were presented awards at the meet. Congratulations to all of the groups!

Top Ten Workout Groups

1	EAST PROVIDENCE MASTERS	EPMAS	2075
2	GREAT BAY MASTERS	GB	1997
3	CAMBRIDGE MASTERS	CMAST	1880
4	LONGFELLOW CLUB	LONGF	1175
5	ANDOVER YMCA	ANDOV	584
6	BROWN UNIVERSITY	BROWN	544
7	MAINE MASTERS	MESC	538
8	BOSTON YMCA	BOSTO	331
9	SOUTH COUNTY Y	SOCOY	311
10	CONCORD YMCA	CONCY	310
11	WELLESLEY CENTER	WELL	292
12	TWIN OAKS	TWNOA	278
13	MINUTEMAN	MINUT	262
14	BOSTON UNIV. MASTERS	BU	213
15	NASHUA PENGUINS	NASPE	201
16	DUXBURY	DUXBU	179
17	BEVERLY YMCA	BEVER	149
18	DEDHAM	DEDHA	145
19	WESTERN NEW ENGLAND	COLLW	137
20	CAPE COD YMCA	CAPEY	137

High Point Totals -- Top Ten Women

Congratulations to Linda Carstens of the Longfellow Club for winning the women's individual high point total.

1	CARSTENS, LINDA	46	LONGF	104
2	SAMUEL, BRIDGET	30	LONGF	94
3	SLIFER, KATHY	53	GLOUC	93
4	LEVENS, DEBBIE	45	LONGF	86
4	POWERS, ERIN	24	CMASF	86
6	PRESCOTT, CAROL	30	GBM	85
7	KELLEY, LYNN	27	BROWN	84
8	CORWIN, BETH	39	KEENE	81
9	GOODWIN, KIM	41	DEDHA	80
10	GARROW, KENDRA	24	GBM	79
10	LESSARD, PAULA	35	LONGF	79

High Point Totals -- Top Ten Men

Congratulations to Dan Rogacki of the Andover YMCA for winning the men's individual high point total for the second straight year.

1	ROGACKI, DANIEL	51	ANDOV	130
2	GREEN, ARNIE	67	MESC	110
2	BOYD, KINGSLEY	55	LSC	110
2	GENDREAU, EDMUND	36	GBM	110
5	LANE, HOMER	49	EPMAS	99
6	KURTZ, BRUCE	63	NEM	88
7	MURRAY, WILLIAM	61	FITCH	88
8	HAFFERTY, CHRIS	49	CAPEY	82
9	LIQUORI, JIM	24	SOCOY	73
9	COURTNEY, JACK	45	TWNOA	73

Record-Breaking Swims

We saw a number of very fast swims, including some that set new New England and national records. Fred Schlicher, swimming in the 50-54 age group, set three new national records (subject to confirmation). He missed a fourth

American record in the 100 fly by fractions of a second. Additionally, 23 New

England records were set.

400 IM	M	50-54	F. Schlicher	4:34.62 (NR)	Cambridge Masters
500 FR	W	45-49	J. Hirsty	5:36.91	Brown University
1650 F	W	19-24	M. Cox	18:55.27	Longfellow
1650 F	W	35-39	J. Nievergelt	19:21.74	Wellesley Center
100 BR	M	25-29	J. Banville	1:01.14	Cambridge Masters
100 BR	M	55-59	K. Boyd	1:11.10	Lyndon State College
100 FR	W	45-49	J. Hirsty	55.87	Brown University
200 FL	M	50-54	F. Schlicher	2:02.56 (NR)	Cambridge Masters
100 IM	W	45-49	J. Hirsty	1:07.74	Brown University
1000 F	W	19-24	T. Young	11:46.14	East Providence Masters
1000 F	M	40-44	T. Mack	10:40.92	Great Bay Masters

200 BR	W	25-29	S. Wriede	2:33.11	Cambridge Masters
200 BR	W	45-49	L. Carstens	3:01.83	Longfellow
200 BR	M	25-29	J. Banville	2:15.81	Cambridge Masters
200 BR	M	55-59	K. Boyd	2:41.74	Lyndon State College
50 FL	W	19-24	M. Ivers	28.01	BU Masters
200 FR	W	45-49	J. Hirsty	2:06.63	Brown University
200 FR	M	50-54	F. Schlicher	1:48.53 (NR)	Cambridge Masters
50 BR	M	25-29	J. Banville	27.74	Cambridge Masters
50 BR	M	55-59	K. Boyd	32.43	Lyndon State College
100 FL	W	45-49	J. Hirsty	1:11.74	Brown University
100 FL	M	50-54	F. Schlicher	54.82	Cambridge Masters
100 FL	M	55-59	J. Galper	1:04.19	Twin Oaks

Thanks to **Ed Gendreau**, who compiled the complete results (including splits, individu

Meet Notes from East Providence Masters Coach,

Kudos to meet director **Bob Seltzer** and Great Bay Masters coach and results guru **Ed G**

EP Masters stars for the meet go to:

- **Homer Lane:** Not only did he score 93 individual points, but he also swam five relays. To make a family commitment, Homer drove to Lincoln, NH after the 400 free relay on Saturday night and was back on Sunday morning.
- **Kate Farrington:** Our top female point scorer hit her new age group in style. Sh
- **Lynne Czech:** In spite of shoulder problems, she hung in there for every event a

- **Peter Russo:** This five-time Ironman finisher showed true grit. Called away on business on Saturday, he only missed one event. He then had to work the night shift Saturday night and showed up Sunday to swim all of his events and relays
- **Michelle Papagan:** A marathon runner who swam marathon distances, over 4,000 ya total. She picked up the slack for her fiancé Mike Powers who had to serve his
- **All my rookie masters swimmers: Neville Barry and Trina Young,** right out of college. **Mike Hogan** and **Jeff Lenihan,** who have come back to swimming after many years (20 in Mike's case) to swim good times. **Peter Ottmar,** who made his swimming debut at 51 by breaking 29 seconds for the 50 free with a two-handed open turn.
- **Francie Mantak, Dini Hall** and **Diane Robitiale** who always seem to go just a

little bit faster in relays than we think they can.

And finally...incredible swims by Fred Schicher! Just when I think I can get within

NEM News Editor Note:

Anyone else who has a way to "normalize" the One Hour Swim distances for age and sex is invited to send it to NEM News (tomlyndon@aol.com) or to comment on these two approaches.

Five Tips for a More Effective Butterfly

1. **Enter the water** with your hands shoulder width apart, palms facing outward rather than down. Drive your chest forward as your hands drop below the surface. This should drive your hips up and create a "swimming downhill" effect.
2. **Breathe every other cycle.** This will help you maintain a better body position by preventing your legs from dropping and causing you to swim uphill. Do not lift your head to breathe, simply stretch your neck forward (like a turtle).
3. **Recover with your arms straight but relaxed.** This will keep you in a long rhythm for the stroke cycle and help you pull more effectively without tightening up.
4. **Two kicks for each stroke.** The critical kick is timed to occur just before your arms exit the water (palms facing inward). You need the combined momentum of the arm push and the quick kick to get your arms out of the water and through the recovery phase. The second larger kick occurs as your hands enter the water.
5. **Head** should enter the water slightly before your hands. Relax your head and neck during all phases of your arm cycle.

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Longfellow Swim Club Masters

by Sharon Theriot

The Longfellow Team

The Longfellow Masters Program has grown significantly in the past three years. We currently have approximately 25 swimmers, a mix of ex-college and high school swimmers, triathletes and recreational swimmers. Ages range from 30-48 (plus two 24-year-olds and one 68 year-old who comes occasionally). Only one or two of us can swim 100 free in less than a minute, but if you need some cutting edge public health policy or you're in the market for medical data storage, Longfellow Masters can get the job done.

As recently as two years ago, most of us did not participate in NEM meets. That started to change when Pam O'Neill joined our ranks and started relentlessly recruiting us to swim in meets. (Those of you who know Pam will understand that she is hard to say no to.) At the first workout group competition, in 1997, Longfellow finished 7th -- a pleasant surprise since we did very little planning for the meet. We also had three swimmers who swam at the LCM Nationals Meet in Florida in August.

For this winter's SCM championships at Bentley, we organized and prepared a little more and came away with a 3rd place finish, behind the talented Cambridge Masters and Great Bay Masters teams. Linda "I hate to be bored Carstens," who swam the maximum ten events and all of the relays, was our high point scorer.

The Longfellow Swimmers Fly to Boston

Our first annual Fly to Boston Contest was held in 1998. The first swimmer to complete 22,880 yards of butterfly (the distance between Natick and Boston) was the winner. Team workout yardage and yardage from personal workouts counted.

The result was a fierce dual between two of our swimmers, Pam O'Neill and Debbie Levens, who would swim as much as 1000 yards of butterfly each day of the weekend in an effort to gain an edge. In the end, the contest was declared a tie between these two fly maniacs. The rest of us are still somewhere in the vicinity of Newton.

The Longfellow Social Scene

Every 18 months or so, we hold our annual Awards Banquet, with ribbons for everything from Best Backhand Drag Drill to Best in Swimsuit. Our Longfellow Masters Hall of Fame inducts two new members every year, whether they like it or not. Our team beverage is the Bloody Marygood even after the earliest morning meet.

In the end, though, the best thing about swimming with the Longfellow Masters is the tremendous sense of camaraderie we all share. There is something about starting our day together without the challenge of a hard workout that has bonded a group of very different people together.

*The Longfellow Masters Web Site (currently under construction) is:
<http://www2.bc.edu/~laddge/lscswim.html>.*

The Longfellow Coaches

GT Ladd

(Monday and Wednesdays) - GT is a 6'5" former UMASS water polo player and swimmer and is currently working on his Ph.D. in Psychology at Boston College. GT's workouts are known for pushing you to your mental and physical limits. "It was a GT workout" is all one Longfellow swimmer has to say to another. It's sort of the workout equivalent of saying you had a 32-hour labor and delivered a 10 lb baby with a head like a pumpkin.

Jen Dutton

(Tuesdays, Thursdays, Fridays) - In addition to coaching our Masters team, Jen coaches a high school swim team and the Longfellow Childrens Swim Team. She is a licensed massage therapist and has completed the 10-mile Boston Harbor swim three times no wetsuit. Jen is known for tough workouts that have a pleasing pattern to them. She stresses good stroke mechanics and drills that are done correctly. Sometimes watching us flounder through her drills must cause her great pain, but she is brave and keeps on trying.

The Facts

**203 Oak Street
Natick, MA 01760
(508) 653-4633**

Pool Information

25 yard pool (4 lanes are available for Masters practice) in a bubble. The bubble comes off in May and we swim outdoors all summer. Hot tub adjacent to the pool.

Schedule

*Monday through Thursday, 6:15 am-7:15 am
Tuesday: 9:00am-10:00am
Friday: 8:15am-9:15am*

Longfellow Club Membership is required to swim the Masters Workouts. Parking is free.

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Aquatics Positions Available

Age Group Team in New Hampshire Seeks Assistant Coach

The Lakes Region Wavemakers team, in Laconia New Hampshire, seeks an assistant coach to work with head coach and NEM Susan Maguire. The fifteen year-old team is a developmental USS program of 50 members, and is growing. The assistant coach will work with the team 2-3 nights a week during the winter season, plus travel to meets on weekends. The club will pay up to \$14.00 an hour for a qualified candidate. The club will also pay for and assist in certification. For more information, contact Kevin Sullivan, club president:

sully@lr.net

Kevin Sullivan c/o Melnicks
574 Main Street
Laconia, NH 03246
603-524-1276 (phone)
603-527-0893 (fax)

Aquatic Professionals Wanted

HealthPoint, a CareGroup Wellness and Fitness Center in Waltham, MA, is seeking aquatic professionals to fill the following positions:

- *Aquatics Director*
- *Lifeguards*
- *Youth Swim Instructors*
- *Water Exercise Instructors*
- *Swim Instructors*

High energy and enthusiasm necessary. Candidates should have WSI, Red Cross Lifeguard, first aid, CPR, aquatics certification. Please send or FAX resume and recent salary history to Michael See, HealthPoint, 916 Winter St., Waltham, MA 02451 FAX 781-522-2223.

Pool Director for Summer '99

Pool Director Sudbury Swim & Tennis Club is seeking a Pool Director who will be responsible for: management of all phases of pool operations, maintenance, swimming lessons and the swim team. Experience preferred and certifications required. Pay is \$14-16 per hour depending on experience. Please send resume to: Stephen Kozak, 20 Axdell Road, Sudbury, MA 01776. Email: medlink@ziplink.net.

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Ask Dr. Swim

Q. Are cheap "sport drinks" any good?

A. Some powdered versions are better.

Powdered versions of sports drinks are cheaper than the bottled stuff, but saving your shekels isn't the only bonus. You get more nutrients, too. Beta carotene and vitamin C tend to destabilize in water, so sports drink mixes can contain more of them than ready-to-drink liquids, says Robert M. Hackman, Ph.D., a nutrition professor at the University of Oregon, who has studied sports drinks extensively. The difference matters because exercise makes your body produce free radicals -- biochemical bad boys that have been linked to heart disease and cancer. The antioxidants mop 'em up before they can do damage.

Another thing you might find in a mix that you won't find in a bottle is glutamine, says Hackman. Glutamine, an amino acid that's the latest ergogenic buzz, helps reduce lactic acid build-up, but exercise drains it from your blood and tissue fluid. Two good powdered mixes are Citrus Sport and Ny-Tro Pro40. Citrus Sport is aimed at women athletes because it delivers 20 percent of the daily requirement of folate (which appears to prevent birth defects) and 25 percent of the calcium women need every day. It also has 100 percent of vitamin C needed daily. Ny-Trt Pro40 is a high-protein meal replacement with extra glutamine as well as 100 percent of the daily requirement for C. from January/February '99 issue of Fitness Swimmer

Some swear by these old-fashioned energy sources, especially before/during competition:

- *bananas, oranges, and other fruit*
- *coffee, tea, and other caffeine sources*
- *bread and baked goods*

- *sports bars (not so old-fashioned but generally thought to help.*
- *fig newtons, candy bars, honey, etc, for quick energy (they may give you a short boost)*

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NEW ENGLAND MASTERS SWIM CLUB

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

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