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## May 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. Perhaps the most essential Masters volunteer job in New England.

This is a great opportunity to give back to Masters swimming. Job requires a PC, accuracy, and a significant time commitment. Busiest in December and January. Find out more by calling Evelyn Hausberger 603-888-5122 (h) Bob Seltzer 617-576-1203 (w) or Tom Lyndon 781-235-8587(h).

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## NEMorabilia

### NEMS Featured in National Swim Magazines

**Michele Roy** is featured in the May/June issue of Fitness Swimmer in an article by Stephen Harris (husband of longtime NEM Kathy Harris.) There is a big picture of Michelle (on page 62) at the "Against the Tide" breast cancer swim in Hopkinton last year.

SWIM magazine also has a how-to-do-an-open-water-swim article in its May/June issue, which features several NEMS.

### New York Times Touts USMS Web Site

In its April 15 article entitled, "Organizing Electronic Resources for America's Swimmers," the Times points out "The [USMS] site has streamlined communication in the organization, which includes swimmers who practice with teams, race others of their age group and travel around the world for competition." Oddly, the site's innovative, effective and extremely hard-working webmaster, **Jim Matysek**.

[Click here to go to the USMS web page.](#)

## **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](mailto: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](mailto:seltzer@metasoft.com).

## **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 at the 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	CMAS	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, individual and group scores) for the 1999 New England Masters Swimming Championships. [Click here for results.](#)

## Meet Notes from East Providence Masters Coach, Frank McQuiggan

Kudos to meet director **Bob Seltzer** and Great Bay Masters coach and results guru **Ed Gendreau**. Bob is to be congratulated on a running a fine meet. Ed gets my vote for "NEM Coach of the Year" for developing his team. They really kept the pressure on us and pushed us to exhaustion.

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. She also swam five relays and her enthusiasm pushes others on the team. She is an inspiration to the other swimmers.
- **Lynne Czech:** In spite of shoulder problems, she hung in there for every event and relay.
- **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 without sleep.
- **Michelle Papagan:** A marathon runner who swam marathon distances, over 4,000 yards total. She picked up the slack for her fiance Mike Powers who had to serve his country that weekend. She dropped three minutes off her 1650.
- **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 Schlicher! Just when I think I can get within 25 seconds of him in the 200 fly, he widens the gap. How lucky am I? He is always in my age group.

## ***Praise for Meet Director Bob Seltzer***

Here is a sampling of the 'attaboys' for Bob Seltzer's management of the New England championships:

*Referring to the Brown meet and drawing upon his 27 years as a NEM at about every big meet we have ever had: "We owe a great deal of gratitude to Bob Seltzer." -- Jim Edwards*

*"Congrats on a fabulously run regional meet. More than seven people commented to me on what a class act you directed." -- Fred Schlicher*

*"Running a big meet is intellectually challenging, a vast and complex undertaking fraught with unexpected problems -- truly exhausting. You conceived, planned, and executed our best NEM championship ever. Thank you." -- Tom Lyndon*

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## ***Aquatics Positions Available***

### ***Full-Time Assistant Aquatic Director Wanted***

*The North Shore Jewish Community Center in Marblehead needs a full-time assistant aquatic director for indoor and woutdoor pool facilities. Certification in WSI, CPR and First Aid required. CPO perferred. Call Meagan Ivers, Senior Assistant Aquatics Director, at 781-631-8330.*

### ***Masters Coact Wanted***

*Newton Jewish Community Center needs Masters coach for Tuesday and Thursday mornings 6:15-71:15 and Sunday mornings 7:45-8:45. Salary negotiable: \$20-\$25 per hour. Contact Allen Abusamura 617-558-6468. [Return to list of articles at top of page.](#)*

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## ***Ask Dr. Swim***

***Q. Are there mind games that will help me swim better?***

***A. Yes, but they go beyond tapping into the going-for-the-jugular mindset.***

*"In competitive sports, the mind/body problem isn't just fancy philosophizing; it's the difference between a solid performance and a gold medal," writes Madeline Drexler in the 4/15/95 Boston Globe. "[Sports psychology] teaches athletes not how to tap into their killer instincts, but rather how to quell their jitters, picture their victories in finely detailed reveries, and to talk themselves into confidence."*

*"One of the first things [Glyn Rogertson, professor of kinesiology at the University of Illinois in Urbana] instills is the notion that winning isn't everything, but mastery is. The problem is,*

*competition-driven athletes often lose confidence and tenacity when the going gets rough. Mastery oriented athletes, by contrast, are driven by internal satisfactions. They pursue a sport with the idea of learning, which they achieve by setting a series of short-term goals. Instead of blaming themselves (or someone else) for failure, they analyze what they did wrong and address it."*

*"You want to look at what you're doing well," said Jerry May, the official psychologist for the US 1992 Olympic team, "because refining what you do naturally will give you a big bump up." He also teaches Olympians to stay in the moment by forgiving themselves for mistakes, not comparing themselves to their competitors, and not dwelling on the past or future.*

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**NEW ENGLAND MASTERS SWIM CLUB**

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