

June 2003



NEM News

Bay State Games Adds Masters Swimming

For the first time, Masters swimmers have three divisions in the Bay State Games on July 11th, 12th, and July 13th at Harvard's Blodgett Pool. The three age group divisions for Masters are 19-34, 35-49, and 50+ as of June 6. Unlike the younger swimmers, Masters will not swim in pre-championship meet qualifiers and will not swim in trials on the day of the championship finals.

All NEMs in Massachusetts, New Hampshire and Rhode Island are eligible to swim in the Bay State Games. (Masters in the states of Maine and Connecticut cannot participate due to conflicting State Game charters). You must register in advance to swim in the Bay State Games. You may deck enter all your swimming events at the meet. You must swim in one of the Masters divisions (or in the Open division) for all of your events. Membership in the New England Masters Swim Club, Inc., is not required for swimming in the Masters divisions.

Go to baystategames.org or call 781-932-6555 for more information.

MASTERS SWIMMING SCHEDULE

Friday, July 11

4:00 PM Warm-up
4:45 PM 100 Free Finals
5:05 PM 100 Back Finals
5:25 PM 200 I.M. Finals
(5:55 PM 800 Free Finals
Scholastic and Open only)
7:30 PM Finish

Saturday, July 12

4:00 PM Warm-up
4:45 PM 400 I.M. Finals
6:20 PM 200 Free Finals
6:45 PM 100 Breast Finals
7:05 PM 200 Fly Finals
7:30 PM 400 Free Finals
8:40 PM Finish

Sunday, July 13

4:00 PM Warm-up
4:45 PM 50 Free Finals
5:05 PM 200 Back Finals
5:30 PM 100 Fly Finals
5:50 PM 200 Breast Finals
6:15 PM Finish

Masters meet July 20 Jenny Thompson Pool, Dover, NH

6 lane, 50 meter competition pool with additional space for warm up/warm down. Check-in is between 7:30 and 8:30 a.m. Meet entries will not be accepted after 8:30 a.m. Warm up is 8:00 a.m. to 9:00 a.m. The meet must be over by noon. \$5 meet entry fee plus \$3 per events 200 and shorter and \$20 for the 1500. You may enter a maximum of five individual events. All swimmers must be 2003 USMS registered. If your club is not New England, Maine, or Vermont Masters, you must show your USMS card. Electronic timing is planned but not yet confirmed. If no electronic timing, we will use hand watch timing. Notify meet personnel if you think you might set a USMS National record or FINA Masters world record. The Meet Director is Ed Gendreau. The USMS Sanction Number is 034-008-SLCM.

Events

1	200 IM	6	100 back	11	50 free
2	100 free	7	200 breast	12	50 back
3	200 fly	8	100 fly	13	50 fly
4	100 breast	9	200 back	14	50 breast
5	200 free	10	400 IM	15	1500 free*

* Unlike the heats in the meet's other events, the heats in the 1500 will be swum from fast to slow. All heats of the 1500 will be swum only if there is sufficient time for the meet to be over by noon.

* There will be a 35 minute time limit for swimmers in the 1500. Swimmers exceeding 35 minutes of swimming time will be stopped and asked to leave the pool. No official time will be granted for these swimmers.

Day of the Meet Notes

1) You must sign the USMS waiver on the entry form. If you do not sign the waiver, you will not appear in the meet results. There will be no exceptions.

Dover — continued on page 7

Drills Will Help You Swim Better: Part 2

From the Great Bay Masters website:
greatbaymasters.org

BREATHE OPPOSITE SIDE DRILL

Purpose

Practice rolling the head to breathe at the correct time in freestyle.

Description

This is a one arm freestyle drill used to work on breath timing. If you normally breathe to only one side, pull that arm to your side and leave it there. Swim with the opposite arm only. Breathe to the opposite side of the arm you are swimming with. Roll your head to breathe exactly when the swimming arm enters the water.

Why breathe at this time? As stated above, the correct time to roll your head to breathe is when the arm opposite the breathing side enters the water. When the arm opposite the breathing side enters the water, the arm on the breathing side should be under the chest. By rolling to breathe at this time, the power of rolling the torso can be transmitted to the pulling arm, i.e. the arm under the chest. It is easier to key on the moment in time when the arm opposite the breathing side enters the water than it is to try to think about when the arm on the breathing side is under the chest, which cannot be as clearly defined.

Common error: Breathing Late

What's wrong with breathing late? Swimmers who breathe late may roll the head to breathe when the breathing arm is all the way to the swimmers side. Since the arm on the breathing side has already completed the pull, the swimmer cannot use the body roll to transmit power to the arm.

BIONDI DRILL

Purpose

Work on body roll and stroke technique.

Description

Swim three long, perfect strokes of freestyle. At the end of the third stroke, roll on to the side opposite the arm completing the third arm pull. You should now be on your side with the arm nearer the pool bottom extended above your head, and the top arm at your side. Kick for six beats. Now swim three more long, perfect freestyle strokes, rolling onto your side at the end of the third stroke. You should

Drills — continued on page 7



My Swimming Life

produced by Kim Goodwin
Skwim3@aol.com

Bobby Mealey

37 years old and Past NEM for two years and hopefully a NEM again someday

Since this is the beginning of triathlon and open water swim season, I thought NEM Newsletter readers would enjoy reading about and gain valuable information from a top area triathlete. Bobby Mealey competed in a few mini meets as a NEM a few years ago but then began to concentrate more on his triathlons. Although, he is not a current NEM, he often works out with some NEMs, i.e., Karen Smyers, Julie Nievergelt, Chris Wood, John Pizzuto, and yours truly. Although we are quick to give Bobby tips to improve his swimming, these tips are nothing compared to what he has shared with us regarding overall fitness, diet, gaining the competitive edge, etc. Why do we listen to all his valuable advice? Well, Bobby ran the 1993 and 1995 Boston Marathons in 3:07 minutes, finished in the top 40% (11:21:51) in the Hawaiian Ironman. In 2001, he was the overall winner in the N.E. Grand Prix Triathlon (swim, bike, run, swim, bike, run) and has competed in over 75 other triathlons and duathlons. He finished every triathlon, except one when he blew a tire.

Bobby started competing in triathlons in 1989, making this his 15th season. In the early 1990s, he realized he had some talent for tri races and began to get serious about his training and preparation for these competitions.

The key to Bobby's early season, spring training is to wear a heart rate monitor so that he never gets his heart above 65% of his maximum. In this way, he is slowly and safely training his heart, lungs and muscles to be able to handle what is to come in later — more demanding training sessions. In early spring, he does long easy sets of 600s and 400s in the pool, stays in the small chain ring on his bike and will not get up out of the saddle (to pick up his pace) for at least 30 bike rides after a winter season ends. He will run for 6 weeks at a certain miles per hour, regardless of the terrain, even if it means crawling up a hill to keep a steady hourly pace. After weeks of this very disciplined training, he will then begin to do interval sets for all three aspects of a triathlon. In the pool, he will do 10 x 100s on 1:45; bike for 1.5 miles, rest and then repeat that 9 more times; and run 8 x 400s on a track. Bobby also adds speed sets once a week. He is a true believer that you will not get fast unless you train fast!

Typical Weekly Training

(Bobby is now preparing for a Half-Ironman Triathlon in August):

Although we are quick to give Bobby tips to improve his swimming, these tips are nothing compared to what he has shared with us regarding overall fitness, diet, gaining the competitive edge, etc.

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He has improved and gotten faster each year.

HELP!

Kim is again out of My Swimming Life profiles. Unless NEMs get in touch with Kim soon, My Swimming Life will be history. Please help Kim and NEM News bring these My Swimming Lives to our readers. Share your swimming life. Contact Kim. Thank you.

Monday

8 mile run.

Tuesday

Early morning swim of 2000 yards - 500 - 800 warm up; kicking w/fins for 500 yds.; 6 x 150s (50 drill; 100 build up speed); 200 warm down. A 35 - 55 mile bike ride after work followed by a 3 - 6 mile run.

Wednesday

5 - 10 mile bikes with a weight session after.

Thursday

A 22 mile group bike ride, then a 6 mile run.

Friday

Early morning swim similar to Tuesday's swim. An evening 3 - 6 mile run and a 20 - 35 mile bike ride.

Saturday

A long 12 - 18 mile run; eat and rest and then a 35 mile bike mile.

Sunday

50 - 85 miles biking; runs 6 - 10 miles, and swims 3,000 yards.

His swim includes a 500 - 800 warm up holding tennis balls (similar to doing a closed fist drill); 8 x 50s (drill 25/swim 25) on 1:00; 10 x 100s on 1:45 (all free); 10 x 50s (building up speed) on :50; long warm down (500 - 800 yards)

Other thought

Bobby feels that proper nutrition is the key to getting through these workouts. Even more importantly, proper nutrition helps your body to recover so that the next workout is successful! It has taken years for Bobby to develop his muscles so that they can handle the daily, and often, grueling daily workouts. It has been a slow, steady climb, but he has improved and gotten faster each year. Living in New England helps, because the winter months force you to rest your body. This much needed rest also helps to keep from getting injuries.

To maintain this rigorous workout regiment, Bobby needs lots of calories (300 - 500 calories every few hours and as much as 4000 per day). He states that he loves food and loves to eat, yet his body never changes. He tries to mix the carbs, proteins and fat at every intake. Bobby was brought up on the "3 meal a day" plan, but he is now dead set against this. It makes much more sense to him to eat smaller portions all day long. He begins to eat the moment he wakes up until he goes to bed. (OK - that is reason enough for me to become a triathlete!)

Bobby does all this training while supervising a 2 million dollar construction project 8 - 9 hours each week day, practicing and performing as an active member of the Colonial Boys of Norwood Fife and Drum Corp (22 years), and keeping his wife, Debra, happy!!!



The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net
(Al wants your story. Send it in. Make his day.)

Baby, it's cold outside

OK, I'm confused. We started spring-like activities, but it doesn't really seem like spring to me. As I looked out the window back in early May while preparing for a bike ride, I was a little surprised to see snow. Yes, that white stuff that made this past winter so, how should I say, challenging. Needless to say that, and the generally cold weather that has continued to plague us, has really put the kibosh on my cross training.

Last week I got up to compete in the Sudbury Triathlon. It consists of a 400 yard pool swim, followed by 7.5 miles on the bike and a 2.3 mile run. As I walked out of the house to head for the race, I noticed it was 31 degrees Fahrenheit, and my lawn was covered in frost. Yikes.

I recently did my first Walden Pond swim, in preparation for an obscenely long ocean swim coming up on June 8 down in the Chesapeake Bay. The bay is actually dropping in temperature. It's currently 58 degrees. I'm almost afraid to know what the temperature was at Walden, for fear it will be far warmer than I wanted it to be. By the way, thanks to the Boston Triathlon Team members for asking me to accompany them for breakfast. That almost made the swim worth it.

Now, as I write this article, preparing to go away for the long weekend, it's a blistering 45 degrees outside and forecasted to be raining all through Memorial day. To me the weather isn't really depressing. It's just boring. Its been non-conducive to outdoor training and racing for a long time, last fall to be exact. I guess I'm just ready for a change.

But mostly I really want that Chesapeake Bay to warm up about 10 degrees. Enjoy the weather, I'll let you know how it goes.

STROKE TIPS

Five Tips for a More Effective Freestyle

Relax

50% of the arm cycle, the entire recovery and glide phase of the stroke, should stay relaxed while the effort is being directed into the underwater pull.

Streamline

Get out of your own way. The speed you are moving when you push off the walls is the fastest you will be moving in the entire length. Don't slow yourself down by lifting your head too soon or taking a big kick.

Roll Hips

Don't rely only on your arm muscles for power. Involve the various muscles that extend down your back and side by driving your hips from side to side each time you extend your arms into the water in front of your head.

TEMPE RESULTS

2003 USMS Short Course Nationals

Combined - Large Teams

1	ARIZ Arizona Masters	3297.00
2	RMM Rocky Mountain Masters	2358.00

Combined - Medium Teams

1	WCM Walnut Creek Masters	1744.00
2	SDSM San Diego Swim Masters	1624.50
3	TOC The Olympic Club	1192.00
4	PNA Pacific Northwest Aquatics	1168.00
5	ISF YMCA Indy Swim Fit	1059.00
6	IM Illinois Masters	1033.33
7	NEM New England Masters	743.50
8	OREG Oregon Masters	613.00
9	CLVM H2o Velocity Las Vegas Masters	504.33
10	RGSC Rio Grande Swim Club	218.00

Combined - Small Teams

1	VMST Virginia Masters Swim Team	493.00
2	GOLD Gold Coast Masters	484.50
3	UCSB Ucsb Masters Swimming	357.50
4	NCMS North Carolina Masters Swimming	354.50
5	MACO Multnomah Athletic Club	311.00
6	DCM DC Masters	287.00

NEM had the most points of any team east of Indiana.

Ackermans Endorse Breast Cancer Swim

If you have any inkling of a notion to do an Open Water swim this summer, the Against the Tide Swim for Breast Cancer offers the perfect opportunity! Held on June 21 at Hopkinton State Park and on August 16 at Nickerson State Park, each has a recreational and competitive swim. This year there is also a walk for those who prefer not to get wet.

The atmosphere at the swims is nothing short of inspirational. The day is filled with fun, food and a chance to use your swimming skill for a good cause. Last year over 200 swimmers gathered in Hopkinton, pledging over \$121,000 toward breast cancer research.

For the novice open water swimmer, these two swims are ideal. The course and conditions are clearly marked, calm and the competition relatively low key. For the advanced swimmer, the opportunity is there to hone your open water skills and put in a quality swim to prepare for the beginning of the season.

We have participated in the Against the Tide swim for ten years. Each year we leave with renewed spirit and pride in helping this cause. Please come out and join us for what has become one of our best swims.

For more info: www.mbcc.org/swim

Extend

Push back past your hips until your arm is locked at the elbow. Then exit the water by lifting the elbow, keeping the arm and hand relaxed.

Turbo Kick

A small kick is all you need to balance your stroke and maintain a good body position. Want to go faster? Keep the small kick but increase the intensity. Large kicks take too long, take too much energy and produce too much drag.

"Ask the Swim Doctor" is a column written by Dr. Paul Hutinger. This column appears regularly in the Florida LMSC quarterly newsletter, which is the recipient of the 1998 USMS Newsletter of the Year Award. He is also the Coach and Fitness Trainer, Florida Maverick Masters of St. Petersburg, FL. Dr. Hutinger is also on the USMS Awards Committee and Professor Emeritus at University of Western Illinois.

What's All This About Negative Splits?

by Coach Emmett Hines

Negative Splitting. You hear about it every day at workout. Many of our workout sets are designed with negative splits involved. You know (or at least have been told that) negative splitting is important. But, do you really swim these sets the way they are intended to be swum?

What

To Negative Split (or N/S) a swim means to swim the latter portions of a distance faster than the earlier portions of the swim, i.e., the last half in less time than the first half - hence the word "negative." When the coach says to swim a N/S 300 he means the last 150 yards should be swum faster than the first 150 yards - say 2:05 for the first 150 and 2:01 for the last 150 (a 4 second N/S) for a total of 4:06 for the 300. A 300 that is N/S by 100s means that each 100 is faster than the previous one - say 1:45, 1:42, 1:39 - same 4:06, just swum a little differently.

Why

Compare this to a 4:06 300 swum "normally" with the front 100 at about 1:35, then, succumbing to lactate fatigue, each successive leg gets slower - say 1:43 on the middle leg and finally 1:48 on the back 100. This guy will finish the swim in more pain and with less control than his similarly conditioned lane partner who negative splits the swim. The N/S swimmer will enjoy a feeling of greater control and faster speed as the swim progresses.

The "normal" split swimmer will enjoy speed for the first 100 and then begin suffering physically as lactate accumulates and speed decreases. He will suffer psychologically as continued increases in effort are rewarded with even slower speeds and loss of control (not to mention being passed by all the people that are N/Sing the swim properly). (Note the subtle use of quote marks around "normal" in the preceding explanation. This is to indicate that this term has been applied incorrectly. Actually, coaches prefer to use the terms "positive" or "sucker" when referring to this type of splitting.) In the long run we really want your "normal" splits for any distance that

takes you in excess of 60 seconds to negative (or even) splits.

Once you get good at this you will automatically N/S longer swims because you will be able to swim them faster, with less pain and more control. *Warning* - until you have a lot of experience with negative splitting you cannot rely on your body to give you accurate feedback about your swimming pace. That sucker split swimmer, above, would have felt like he kept swimming harder every 100 even though he kept getting slower. But, judging by effort alone he would say something like "Gee coach, I sure felt like I swam the last half harder than the first half!" - and I might respond "I could tell you swam the last half harder - there is, however, a distinction between harder and faster."

The place to train for N/S swimming is in workouts - everyday. You must be constantly aware of the clock and what pace you are swimming. (If you are blind you have options, not excuses - Get closer to the clock, Get prescription goggles, Get a sports watch - hell, they even have these with braille readouts, bring a personal pace clock to set by your lane.) Without this constant feedback you cannot learn to N/S effectively. As your coach, I can offer you an iron-clad guarantee - If you do not know your splits on a given swim then it was not a negative split. Terminology distinction: Negative splits (N/S) refer to pacing within a continuous swim - say within a 300 or 500 or 1000. Descending (DEC) swims refer to pacing changes within a set of repetitions - say 3x100 DEC 1-3. (I know, it ought to be DES, but some dyslexic coach years ago coined the abbreviation DEC and it stuck - "Adapt or die," I always say!) *Coach Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected as United States Masters Swimming's Coach of the Year in 1993. This Article first appeared in Schwimmvergnügen, the monthly newsletter of H2Ouston Swims. Swim Arizona 12/02*

Bob Seltzer Interview in the USMS Coaches Committee Quarterly

USMS Club Profile: The New England Masters

Looking for marketing ideas? There's a lot to be learned from the New England Masters, that has grown from 600 to 1300 swimmers! We talked with Bob Seltzer, the man whom many say spear headed the campaign to take the New England Masters to be a bigger, and better club. Perhaps the most amazing part about the success of the New England Masters is that the changes happened at the grass roots level.

Bob, when did you first become involved with NEM (as a swimmer, and as a leader)?

I started swimming masters in 1992 as NEM for the first time since my last high school meet 23 years earlier. I started volunteering six months later and progressed from local workout group coordinator for Don Bosco HS in Chinatown section of Boston to NEM President in 1995.

When you became President of NEM, what was your vision for the organization? How has this vision developed over the years?

As a "true" believer in masters swimming I knew that we had to do a much better job of communicating the benefits of masters to potential swimmers. Early on, we developed marketing surveys to help us better understand how to make NEM more effective. This data helped us formulate our goals and our vision. Our vision statement became: "To ensure everyone in New England easy access to a quality coached workout." In 1996, our first agreed upon goal under the new leadership was to increase NEM membership from 600 to 1,000 members by the year 2000. Our slogan became: "1,000 in 2,000." We achieved that goal in mid-1999 and are now at 1,300 members. We haven't changed our mission statement because New England is still an area that is short of quality coached workouts. Our longer term goal is to see the NEM membership exceed the USA-New England membership (currently just under 6,000 athletes).

How did you use communication to your advantage? And how did you develop new methods of communication with your members?

One of the keys to our success are great volunteers. One of my first policy decisions as President was to institute strict term limits for NEM executive positions (no more than 2 consecutive 2 year terms). This forced us to set-up a structure to continuously recruit new

volunteers. It also made it much easier to recruit people who would not otherwise commit because of the fear that any volunteer stint would be a life sentence. We now have 25+ volunteers with set positions and some two dozen back-ups to help out when needed. The term limit system has worked well. Since I completed my second term in 2000, NEM has had two Presidents (Sharon Theriot 2000-2002, and Homer Lane 2002-present) and our success has continued under this new leadership. The other key to NEM success is good coaches. To attract and retain good coaches NEM developed a marketing organization to keep the programs filled with swimmers. We also provide information to coaches regarding ideal workout hours, how to organize their NEM workout group and encourage them to charge fees that will make it all worthwhile financially. Our goal is to fill up every lane in every new workout group within six months. To accomplish this we have built up a communication machine with several moving parts. Our NEM web page (www.swimnem.org) has a "places to swim" section. We also list 10 people with phone numbers and emails as local contacts available to provide further information about any of these groups. Our published monthly NEM News (both hardcopy and PDF on web page) announces new groups. We have a toll-free NEM information number that is listed in various newspaper ads. Every year, we distribute 4,000 four-color brochures to pools and athletic clubs in New England with information on workouts/meets/clinics. And we have developed a NEM E-News distribution system (1,000+ subscribers) that provides up-to-date information and pulls people to our web page.

How did the local workout group competition evolve? How has this competition affected participation locally?

In our surveys, we discovered that swimmers who strongly identified with their local workout group and NEM stayed involved in masters swimming. The retention rate of such swimmers was close to 90% (most of the other 10% moved into other areas). Traditionally, NEM had a strong team identity among a relatively small number of swimmers who pretty much worked out alone or in groups without formal coaching. We decided that what we needed was contests that enhanced both local pool affiliation (NEM workout group) AND NEM team association. Ed Gendreau was the NEM leader who first developed the idea of an intra-

NEM workout group competition. This evolved into a NEM Grand Championship centered around three contests (SCM, One Hour Swim and SCY). Fred Schlicher was the NEM leader who developed the idea of using the One Hour Swim to build the NEM team association (see below). We also invested a lot of resources in our NE SCY and SCM Championship to make them the highest quality regional meet possible. This year, some 400+ NEMS did the One Hour Swim (OHS), 670+ did the SCY Championship and 350+ will participate in SCM. Most importantly, the NEM Workout Group competition is based on team participation and not record-setting individual performances. Relays play a critical role in their success. As we say, these meets are won not in Lanes 1 or 2 but in Lanes 5,6,7,8. Relays are a very positive experience for all of our members and critical to building team spirit. All too often the team aspect of masters is not highly promoted—but not here at NEM where our 40+ local pools fielded 300+ relays at our 2003 SCY Championships

How did the One-Hour Swim participation evolve? How did you inspire others to successfully promote participation?

Fred Schlicher, our former VP of Marketing and our first One Hour Swim Czar came up with this one. Fred's idea was to use the OHS to build the NEM team identity. We basically stole this idea from Mike Collins and DAM who made the OHS a major activity of this group. We set this up as a contest against DAM and it took us two years to get the NEM troops rallied behind this idea. This event appeals to many NEMs who prefer not to swim at meets and our larger NEM workout groups get close to 90% participation. It's become a fun event and a very important component of our NEM Grand Championship (all swimmers score points regardless of the number of yards swum). The OHS is a major "fitness" event and we will soon be the first club to ever swim 2.0 million yards!

How has your leadership contributed to the membership numbers over the years?

Prior to the campaign described above the NEM membership pretty much tracked the USMS National membership. When the recession hit this region hard in the early 90s the membership didn't grow and actually declined for a few years. Since the mid-1990s we have grown at a 30% rate per year and have gone from 600 to 1,300. The USMS national membership is now around 40,000. The New England region

(excluding CT and ME) has a population that is about 1/50th of the US. Our long term goal is to get to 6,000 in seven years. That means we need to grow 20% per year. Looks like we'll do better than 20% in 2003. (By the way, getting NEM to 6,000 in seven years is equivalent to getting USMS National membership to 160,000+).

How has your leadership contributed to the membership retention over the years?

It's quality coached workouts combined with strong local pool identity enhanced by a very strong NEM team image that keeps our retention rate at 80% compared to 60% across USMS nationally. At the NEM level we increase our member services and keep our membership rates low. Our basic 2003 NEM membership (newsletter received electronically) is \$20. We kept this rate unchanged even though the USMS National organization raised their fees. NEM now receives \$0 dollars of that \$20. Still, we are expanding our services for next year. We are able to do this through our other fundraising activities (large championship meets) and because we don't pay any of our local NEM workers.

Who are some of the other key players that assisted you with your vision for the organization?

As we already discussed, Ed Gendreau and Fred Schlicher were instrumental in developing some of the critical ideas early on. So many others have been involved over the years that it's hard to single out a few without missing so many others. Sharon Theriot, NEM president right after me, did play an important role in leading NEM to another level of organization. Sharon led us through the incorporation process and really help put in place some needed structure. I think that the key player is now the whole NEM organization.

How has your involvement evolved from a grass-roots, local contribution to National influence?

I don't really have much national influence. My energies and efforts have been focused on making masters swimming in New England as strong as possible. Recently, I have become involved in some programs (see NEM SCM Challenge on the USMS Discussion Forum) that are an attempt to get other regions to develop "teams" at the LMSC Zone level. Ultimately we need a very strong and fast growing national organization if we are going to achieve our goals locally.

NEM ALL-AMERICANS

(All-American = fastest time in in the country in one or more events in 2002)

POOLS

Rebekah L Lorenz	19+	Edmund J Gendreau	40+
Emily S Wang	19+	Jennifer R Luker	45+
Daniel M Moran	19+	Joel T Feldmann	50+
Jenny L Mooney	25+	Jacki Hirsty	50+
Andrea H Packard	25+	Greg J Shaw	50+
Jessica N Stokes	25+	Kathy M Slifer	55+
Jason H Eaddy	25+	Daniel J Rogacki	55+
Stephan P Joe	25+	Al Craig	75+
Benjamin N Lo-Pinto	25+	Win B Wilson	75+
Stuart I Cromarty	35+	James K Edwards	80+
Jim Harvey	35+	Mardie L Brown	85+
Richard E Landry	35+		

LONG DISTANCE (OPEN WATER)

Jason H Eaddy	25+	Ethan Saulnier	30+
Claire R O'Brien	60+	Emily S Wang	19+
Christoph T O'Donnell	19+		

RELAYS

Mark E Alexander	James La Rochelle
Mike Anderson	Kirk K Larsen
Sarah Baker Ladd	Kristen E Larsen
Shereen Barry	Steven LeVan
Richard Bell	Susna Livingston
Elizabeth W Boehm	Benjamin N Lo-Pinto
Doug Bosley	Rebekah L Lorenz
David C Bright	Jennifer R Luker
Jeff Brown	Tom Mack
Pete Cadwell	George MacMasters
Lee Calderone	Tara McGarr
Timothy Caputo	Lisa McNamara
Aagje Caron	Jenny L Mooney
Rob Carr	Stephanie Morawski
Linda C Carstens	Sage Morrison
Brian Casey	Stephen D Myer
Matt Craig	Peter P Neilley
Stuart I Cromarty	Karla Nisley-Black
Christen Deveney	Rick Osterberg
Amy DeVito	Lisa Parrington
Dave Dornaus	Erin Powers
Jason H Eaddy	Ron Raikula
James K Edwards	Daniel J Rogacki
Lauren M Fabian	Fred Schlicher
Joel T Feldmann	Alice Seidel
Ann Fredette	Robert Seltzer
Amy J Freed	Erin E Shanahan
Kendra A Garrow	Greg J Shaw
Edmund J Gendreau	Karen Smyers
Mark Goldman	Krista Steenbergen
Tracy L Grilli	Jessica Stokes
Barb B Handler	Robert J Tarbell
Jacki Hirsty	Bob Tyler
Brendon Howe	Stephen Upson
Bob Hrabchak	Scott Vankuilenburg
Robert Hudek	Emily S Wang
Brandy N Hugo	Page Wasson
Manya Hult	Gayle Wettach
Stephan P Joe	Win B Wilson
Bruce R Johansson	Frank Wuest
David Kane	John E Young
Monica Kung	Timothy M Zadalis

PYRAMID WORKOUT

by Kerry O'Brien

Warm Up: S-300 K-200 P-200

Set I:

25 (kick)
50 (kick/drill)
75 (kick/drill/swim)
100 (swim EZ)
75 (swim moderate)
50 (swim fast)
25 (swim sprint)

Set II:

"Pyramid 300's"

5 x 300

Distance Option:

Descend 1st, 2nd, and 3rd 300 @ moderate interval

4th 300 is broken 10 sec. at the 150-faster than #3, but must be even split so that both 150's are the same speed

5th 300 is broken 10 sec. at each 100-faster than #4, but all three 100's must be the same speed

Mid-Distance Option

1st, 2nd, and 3rd 300 do as (150 + 3 x 50 @ 10 sec. rest)

-descend the 150's; maintain a "200 race pace" on the

50's - 150's can be freestyle while the pace 50's non-free if you choose

4th 300 is recovery

5th 300 is 200 for time + 100 EZ

Sprint Option

*** Set gives a total of 20 x 25 sprint!

1st 300-sprint the first 25 of each 100

2nd 300-sprint the first 25 of each 75

3rd 300-sprint the first 25 of each 50

4th 300-sprint the first 25 of each 75

5th 300- sprint the first 25 of each 100

Set III:

Pull 4 x 125 @ 20 sec rest

1st 75-descend stroke count per 25

2. Your success mechanism must have a goal — in this case, a perfect flip turn. It operates by steering you to this goal.

3. The automatic mechanism is established for your turn - timing, tuck, push-off, streamline. Think positively of this result and the "means whereby" will take care of itself.

4. Do not be afraid to make mistakes. Your servomechanism achieves this goal by correcting any mistakes and moving forward.

5. Learn to trust your creative mechanism and not "jam it" by being too anxious. You must "let it" work rather than "make it" work.

6. De-hypnotize yourself of negative thoughts. Use your imagination and program yourself for success with positive thoughts and actions, by seeing and thinking last 50-build up speed at that stroke count per 25

Set IV:

5 X 100 All Kick(Fast) To All Swim (Easy)

1) 100 all kick

2) 75 kick/25 swim

3) 50 kick/50 swim

4) 25 kick/75 swim

5) 100 all swim

Total 3,600

Kerry O'Brien is the head coach of Walnut Creek Masters. During his time there, they have won over 30 National Championships. In addition to being the USMS Coach of the Year in 1987, Kerry led the Arizona Mentor Coach and Swimmer Clinic at Phoenix Swim Club this past January.

March/April 2003 Arizona newsletter

The Secrets of Speed

By John Leonard, Executive Director, American Swimming Coaches Association

As an old and declining runner, I spent some time last week, rooting around in some old track training books, trying to find out why I am now so doggone slow, I came across an interesting thing. It's one of those things that you learn when you are young and then you forget for awhile, and then it pops back up into your consciousness. In my case, a very young coach had told me at the Gator Clinic in Many repetitions of short

distance at good stroke rate and good stroke length focusing on finding the "sweet spot" is another.. Ask them to ONLY apply force where it matters most. Don't over coach. Let them find the way.

The Secrets of Speed. Beautifully simple. Elegant. Teach them to your swimmers.

Reprinted with permission from the American Swimming Magazine, Volume 2002, Issue #4, a publication of The American Swimming Coaches Council For Sport Development. Their website is www.swimmingcoach.org.

North Carolina newsletter December 2002

McIntosh Sets World Record in Canada

From NEM Jack Courtney

Just wanted to get you the news as I'm almost 100% sure that Don won't be sending out the message.

Along with the attendees from the Boston area and myself, there was a quiet fellow who swam for NEM on Friday night at the Canadian Nationals. In addition to placing 1st in the 200 Back, 100 fly and 2nd in the 50 free in his 60-64 age group, Don McIntosh broke a world record! His time of 2:37.11 just picked off the current published record of 2:37.63 for the 200 back. I don't know what the official status of this record is, so its not official, but who cares....what an accomplishment! Don lives in Middlebury, Vermont, and swims for the Twin Oaks workout group out of Burlington. Way to go Don!

Karla Wants To Hear Your Swimming Story

Some of us still find ourselves getting up at 5:00 am to get in the water and swim, just as we have for nearly every day since we can remember. But Mom is no longer there, making us get out of bed, and there is no carpool to drive us to practice. We no longer say, "I swim because Mom makes me." There are other reasons why we swim and we want to know why you do it — whether it is to hang on to the shape your body once had, the camaraderie you experience as bond together to finish a set, or whatever else keeps you in the water.

We want to hear your story as we compile inspirational accounts from swimmers of all ages and abilities. Please tell us why you swim, what you think about during the hour swim, or something to pass on to the novice swimmer. You can submit your stories on-line at: <http://www.granitestatepenquins.org/stories/> or mail them to:

Karla Black
29 Shelburne Road
Nashua, NH 03063

Or you can e-mail your story directly to me: blackkb@attbi.com

Pictures can be worth a thousand words and are also welcome.

TRAINING AT 75

How June Krauser Does It

The essentials

Primarily trains herself, 5 times a week ("at least") for 2,500 to 4,000 yards or meters and mostly in the International Swimming Hall of Fame pool in Fort Lauderdale

Typical warm-up

500 free swim with some one-arm drills; 500 kick (free, breast, fly). On weekends, will alternate a 500 (50 free/50 back) in place of above.

A favorite set

5 or 7 x 300 free (100 swim, 100 pull, 100 swim)

Other sets

5 x 100 fly (25 kick, 25 swim, 25 drill, 25 swim)

5 x 100 or 200 IM (not done on same day as the 5 x 100 fly)

To break up workouts

Will sometimes do a slow 200 breast, followed by breast sprints

Backstroke 5 x 100 (25 kick, 75 swim)

Paddles

Never more than 500 per workout

Fins

Occasionally will kick 500 when pool is 50 meters

Pull

Some in the 300 sets

Weights

2—3 times a week for 30 minutes. Uses 3-pound weights to exercise an old shoulder problem. Uses machines mostly for legs

Steps

2—3 times a week. 5 sets of up and down 22 steps

Warm-down

"A hot shower when it's cold."

—*Gold Coast Masters newsletter spring '03*

Dover — continued from page 1

2) Your age for this meet is your age on December 31, 2003.

3) Seed times submitted must be for meter distances. If you need help converting your times from yards to meters, ask meet personnel.

4) Children may not swim in the warm-up warm down area during the swim meet.

5) Everyone can get a good warm-up during the open pool warm up 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.

Directions:

From Spaulding Turnpike North or South, take exit 8E. Follow to third light, a "T" intersection. Turn left. Proceed to next light. Go through the light. Follow around bend, see small white sign for Rt. 4 (Portland Ave.) Take a right. Go about 2/3 mile, see Philbrick's sports store on right. The pool is directly across the street.

Hotels:

Holiday Inn Express: 603 742 4100; Dover Days Inn 603 742 0400

Drills— continued from page 1

now be on your other side with the arm nearer the pool bottom extended above your head and the top arm at your side. Continue swimming this pattern.

Freestyle error: Snake-like swimming

Ideally the swimmer's hand should enter the water almost directly in front of the shoulder, perhaps a little further toward the centerline of the body. If the swimmer's hand crosses the body's centerline as it enters the water, snake-like swimming can result, with the feet fishtailing side to side. This problem can be exacerbated if the swimmer bends the torso in the direction of the overreaching entry. Some swimmers may be doing this in a misguided attempt to reach further, or to get more distance per stroke.

Corrective drill:

Pull freestyle with a buoy and a band wrapped around the ankles. Initially the swimmer's snake-like motion is actually exaggerated while pulling this way, and his/her feet may have significant side-to-side motion. The swimmer should try to feel what his/her feet are doing, and take corrective action to minimize that side to side motion. Once the swimmer begins concentrating on keeping the feet from moving side to side, there is usually rapid improvement.

More common freestyle errors

Hand too flat during the entry

The hand should enter the water with the thumb down. The angle between the palm and the water should be about 45 degrees. There is a nice article by Troy Dalby in the April-June 1999 issue of *Swimming Technique* on this subject.

Pulling too straight-armed:

Many swimmers pull with a straight arm from the entry all the way to the follow through. When the arm is under the chest there should be about a 90-degree bend in the elbow, and the hand should be almost directly below the center of the chest. You are able to transmit a lot more power to the water in this position, and can better recruit the large muscles in the back and chest.

Dropping the elbow at the entry

Some swimmers let their elbow drop just after their arm enters the water. This sacrifices a lot of power in the pull. Ideally the arm should enter the water and reach full extension. Almost immediately after reaching full extension, the fingertips should begin to pitch downward. As you proceed with the pull, the elbow should be higher than the wrist, the wrist higher than the fingertips. If you point your fingertips toward the bottom of the pool almost immediately after reaching full extension on the entry, it is almost impossible to drop your elbow. Try the position on land and verify it for yourself. Pointing your fingertips toward the bottom of the pool forces the arm into a favorable position throughout the freestyle pull.

Part 3 next month

Open Water Swims

- 7/4 Mike Rynne 2 Mile Swim, Merrimack River, Lowell, MA. Contact Jack Hall W-(978) 454-5411 H- (978) 475-2285 jhall@gltech.org
- 7/19 Save The Bay Swim (1.7 miles) Newport, RI. Contact: Jennifer Wheeler (401) 272-3540 x119 jwheeler@savethebay.org www.savethebay.org
- 7/19 1.2 Mile Buzzards Bay Swim, Outer Harbor, New Bedford, MA www.savebuzzardsbay.org
- 7/26 Jay Lodi Memorial Swim (1 mile) Carson Beach, South Boston, MA Contact: Jim Doty during work hours (781) 237-1515
- 7/26 2.4 Mile Peaks to Portland, Casco Bay, Portland, ME. Contact: Greater Portland YMCA (207) 874-1111
- 8/2 Grand Circle Swim for Boston Harbor (.5 or 1 mile) Carson Beach, South Boston, MA. Sponsored by The Save The Harbor Organization www.savetheharbor.org (617) 451-2680
- 8/9 1 Mile Harbor Swim, Niles Beach, Gloucester, MA. Contact: Ritchie Martin (978) 281-0670 lilomartin@prodigy.net
- 8/9 8 Mile Lake Champlain Swim. Starts at Willsboro Point, NY and ends in Burlington, VT. Sponsored by the Greater Burlington YMCA. Contact: Joanna Harrington at jharrington@gbymca.org
- 8/16 1 Mile Against the Tide, Flax Pond at Nickerson State Park, Brewster, MA on the Cape. Sponsored by: Mass. Breast Cancer Coalition (781) 961-7460 www.mbcc.org/swim
- 8/16 Boston Light Swim (10 Miles) Boston Harbor. Contact John Werner (617) 474-2400 johnwerner@citizenschools.org
- 9/6 1.4 Mile Swim for Life, Provincetown Harbor. Contact: Jay Critchley (508) 487-3684 www.swim4life.org

Open Water Swim information provided by Tom Dugan (TDugan7145@aol.com)

Swim Meets

■ ■ JUNE

13 & 14 — Thursday - Sunday
Massachusetts Senior Games,
Springfield College
Springfield, MA

Warm up time: 13 June, 12:00 pm, 14 June, 7:30 am. Start time: 13 June, 1:00 pm, 14 June, 8:30 am. USMS recognition 034-005-RLCM
Andrew Carter at 413.748.3812 or Senior_Games@SPFLDCOL.EDU

■ ■ AUGUST

14-17 — Thursday - Sunday
USMS LCM Nationals —
Rutgers Univ., Piscataway, NJ

At the USMS website or Edward Nessel: ednessel@aol.com; 908-561-5339, 10 Irene Ct, Edison, NJ 08820

Ask Dr. Swim

Q: Will stretching reduce injuries and soreness and improve performance?

A. While it is a “must do” for many, it may not be worth the time to do it.

According to a recent report in the *British Medical Journal*, as summarized in the September 10, 2002, issue of the *New York Times*, stretching did little to reduce injuries but may improve performance, especially in sports where flexibility is important.

“For many athletes, amateur or professional alike, the importance of stretching is nothing less than an article of fact. The goal is to reduce the risk of or muscle soreness, or to improve performance.

“The problem is that all that stretching may not be doing much good, a recent study argues. The report was written by Dr. Rob D. Herbert and Michael Gabriel, senior lecturer at the University in Sidney in Australia. The researchers based their conclusions on a review of seven studies that looked at stretching’s role in preventing injuries or muscle soreness. They found that the reduction in soreness reported by the athletes was so minimal that it wasn’t worth the effort.

“Although they said more research is needed, the researchers said it appeared that stretching did little to injuries. They cited two studies of military recruits that found minimal benefits. ‘The recreational athlete or weekend warrior might rationally choose, on the basis of this information, not to stretch,’ Dr. Herbert wrote in an e-mail message.

“Likewise, not enough research has been done to establish whether stretching helps athletic performance, the researchers said, But for sport where is special important to be flexible, it is probably useful, they said.

“Many athletes will probably be reluctant to give up stretching. Dr. Herbert said he quit some years ago. ‘It felt strange at first,’ he said. ‘Now I don’t give it a second thought.’ ”

Q: What are some push-up variations for swimmers’ muscles?

A. Try these.

1. Put your hands closer together than at shoulder or wider width. Even try touching thumbs. These push-ups are harder to do because they go after those swimming muscles that drive your arms when they are bent 90 degrees under your stomach in freestyle.
 2. Put your hands above your head instead of parallel with your shoulders. These are also harder than regular push-ups and will load up the muscles you use in freestyle after you have made the catch at the start of the stroke and are moving into the powerful front pull phase.
- Note: If you have trouble doing even one push-up from your hands and toes position, you can “lighten the load” by replacing your feet with your knees or putting your hands on a stool or low chair.

More Info

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Mastering It

“If she does well, men will look at her differently. But women will still look at her the same way. To us, it’s more important that she’s trying, that she’s going for it.”

Tennis icon Billie Jean King on Annika Sorenstam’s foray into a PGA (“men’s”) men golf tournament.

— Boston Globe



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