

NEM News

The Newsletter of the New England Masters Swim Club, Inc.

Warm, Sunny Florida Beats Cold, Wet, Dreary New England for SC Nationals

By Tracy Grilli, NEM Registrar

NEM swimmers escaped cold, wet, and dreary New England to compete at USMS SC Nationals in warm and sunny Fort Lauderdale. 57 NEMs, ranging in ages of 21 (**Kaitlyn Wroblewski**) to 82 (**Jim Edwards**), representing all 6 New England states (as well as Ohio, Florida and Arizona) traveled to the ISHOF Aquatic Complex in Fort Lauderdale to compete at the 2005 USMS Short Course Nationals May 19th – 22nd. It was a great mixture of rookies through veterans, gathering each day to don their NEM National Team swim caps, compete, cheer, team up for relays and at the end of each day, do a little socializing.

NEM workout groups bringing “travel squads” were - Swim RI led by **Frank McQuiggan**, Minuteman Masters coached by **Rich Axtell & Nate McBride**, and the Tri-Y gang from the northeast corner of CT led by **John (I mean Jack) Mooney!**

The weather was beautiful, the meet well run, and the swimming fast - in most age groups VERY fast! We had our share of fast swimmers, scoring points to the following team places: Combined – 8th, Men - 8th, Women just out of the money - 11th (for the first time, all clubs competed in one division, awards were given through 10th place).

Congratulations goes out to all who participated – our rookies (first meet ever) **Lee Brumet** (Mom of **Barb Handler**) and **Michelle Gallagher** (wife of **Michael Gallagher**). First time at Nationals (**Liz Hale**, **Stefanie Carter**, **Kaitlyn Wroblewski**, **Bob Tyler**, **Lori Geisler**, **TJ Foley**, **Victor Bevilacqua**, **Stephen Schonholz**, **Kathryn Farrington**, **Kevin Coulon**, **MaryLou Tierney**, **David Cardedi**, **Kate Lamanna**, **Jeffrey Stanley**, **Heather San Bento**, **Mike Lane**, **Meredith Gilson**, **Gerald Sullivan**, **Ellen Spacek**, **Stephan Joe**, **Jocelyn Reeve** & **Donna Neuendorf**.

Our National Champions – **Jim Edwards** (80-84 - 200, 500 & 1000 free), **Brandy Hugo** (30-34 - 50, 100 & 200 Free, 50 Fly), **Mike Lane** (35-39 – 100 & 200 Breast) and the Men’s 25+ Medley Relay of **Michael Gallagher**, **Stephen Joe**, **Jeremy Gross** and **Mike Lane**.

Our 2nd Place finishers – **Kevin Coulon** (18-24 - 50 & 100 Breast), **Jim Edwards** (1650 Free), **Matt Gilson** (35-39 – 1650 Free), **Jeremy Gross** (30-34 – 100 Free, 100 Fly), **Ted Haartz** (75-79 – 200 Breast), **Brandy Hugo** (100 & 200 Fly), **Stephen Joe** (25-29 – 200 IM), **Homer Lane** (55-59 – 50, 100 & 200 Free), **Mike Lane** (50 Breast), **Joan McIntyre** (75-79



NEM at USMS SC Nationals in Fort Lauderdale.
Photo courtesy of Frank McQuiggan.

– 200 Back), and the Mixed 75+ Freestyle Relay of **Peter Phildius**, **Lee Brumet**, **Joan McIntyre** and **Ted Haartz**.

Our 3rd Place finishers – **Brian Casey** (40-44 – 200 Fly), **Jim Edwards** (200 Back), **Jeremy Gross** (50 Free & 50 Fly), **Barbara Hummell** (50-54 – 100 Breast), **Stephen Joe** (200 Breast), **Joan McIntyre** (100 Free), and the Mens 35+ Freestyle Relay of **Matt Gilson**, **Brian Casey**, **Mike Lane** and **Bob Tyler**.

Then there are the rest of us - we may not have gotten a “BIG” medal, but swam our best, had a great time and were happy to be in Ft Lauderdale – **Karl Kolb**, **Keith Hoffman**, **Kristin Wilkes**, **Bob Bertrand**, **Susan Ketchen**, **Brad Davis**, **David Grilli**, **Al Prescott**, **David Bright**, **Bill Volckening**, **Trent Toensing**, **Michele Roy**, **Rick Battistini**, **Marc Broudy**, **Tracy Grilli**, **Larry Dunham**, **Evelyn Hausberger**, **Ann McDermott** and **Barb Handler**.

Other “highlights” included a team dinner on Saturday night at the Cabanna (organized by **Mary Lane** – thank you Mary!). **Ellis Meyers**, retired coach of the Seekonk Dolphins, who winters in West Palm, stopped in on Sunday to say “hi” and visit with past swimmers – **Frank**, **Tracy**, **Kathryn** and **Katie**. **David Grilli** played golf each and every day, sacrificing his 100 and 200 freestyle events. President **Lane**, anchoring the Men’s 18+ freestyle relay. **Big Al Prescott** stepping up to swim the Men’s 25+ Free Relay on Sunday so that we didn’t have to scratch.

It was a GREAT meet in many ways. All National meets are. For those of you who have not gone to one, think about attending on in the future. It isn’t necessarily about how “fast” you are but more about the people you meet and the “fun” you have. Right, **Nate**?

All results can be found on the USMS website at www.usms.org.

Treasurer Wanted

The New England Masters Swim Club, Inc. is looking for a new Treasurer for the organization. This is a volunteer position that requires on average only a couple of hours per week to handle. The function is responsible for all aspects of money management and cash flow for the Club. Responsibilities include:

- Paying bills and reimbursing volunteers for authorized expenses
- Making deposits of funds received for the Club
- Managing all of the club's cash accounts
- Preparing tax returns, 1099s, and Commonwealth filings
- Providing financial statements as needed
- Assisting the NEM President in developing an annual budget

Skills: Ability to keep accurate records and analyze and make recommendations about Club expenditures. Knowledge of filing requirements for a not-for-profit corporation would be helpful as well as experience with Quicken or Quick Books accounting software.

If you have any interest please contact Homer Lane, President at hlane@mbi.edu or by telephone at 508-289-7201.

Coach Dan Rogacki Retires

By Carol Yunker, Andover/North Andover YMCA Masters

Dan Rogacki announced his retirement at the first Annual Andover/North Andover YMCA Masters Swim Team Banquet where he and his coaching staff were feted along with the swimmer accomplishments over the year. Dan is a man of many talents. He is an accomplished artist, art teacher, and world class swimmer.

Dan's swimming accomplishments include a world record in the Men's 55-59 100 Meter Individual Medley (1:06.45) set in 2002. He is a member of two world record relay teams (Mixed 200-239 200 Meter Freestyle and Mixed 200-239 200 Meter Medley.) Listed as an All American for five years (1996, 1997, 1999, 2002, and 2003), Dan currently has 12 Top Ten short course yards events, 11 Top Ten short course meters events, and 4 long course meter events.

Dan's records include:

Colonies Zone

- 6 short course meter records, 2 in 50-54 and 4 in 55-59 age groups
- 4 short course yards records, 2 in the 45-49 and 2 in the 50-54 age groups

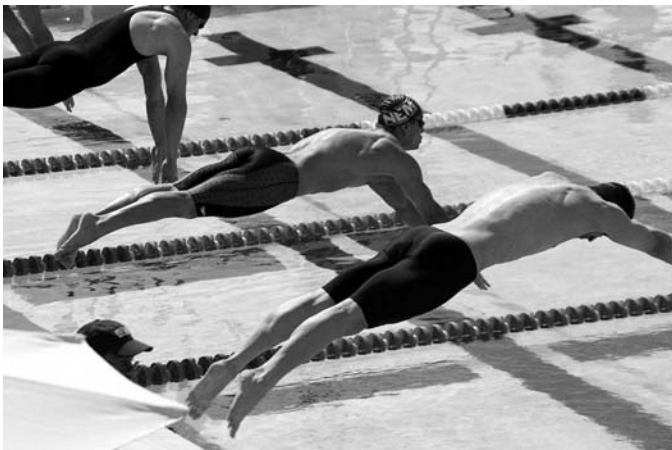
YMCA Nationals

- 5 short course yards records in the 55-59 age group

A testament to Dan's prowess is the longevity of his swimming times. Dan has Top Ten New England times going back to the 35-39 age group. He has 2 in that age group for long course meters (100 Backstroke and 50 Butterfly). He has 11 long course meters and 6 short course meters Top Ten in the 40-44 age group. In the 45-49 age group, he has 9 long course meters and 13 short course yards Top Ten New England times. Dan has 14 long course meters and 18 short course yards Top Ten New England times in the 50-54 age group. In his current age group (55-59), Dan has 10 long course meters and 17 short course yards Top Ten New England times. He is a member of 10 long course meters and 12 short course yards Top Ten New England relays.

Correction

EP Masters coach Frank McQuiggan wrote the story entitled *Rhode Island Aquatic Hall of Fame Inducts New Members* in the March 2005 issue. The accompanying photograph was taken by Matt Gilson.



Mike Lane starting the 100 breast at USMS SC Nationals. He placed first in the 35-39 age group, and it was his 35th birthday. Photo courtesy of Frank McQuiggan.



Brandy Hugo starts off the blocks for one of her many victories at USMS SC Nationals. Photo courtesy of Al Prescott.

Moments with Dan

A Tribute to Dan Rogacki

By John Mitchell, Andover/North Andover YMCA Masters

Backward turn backward oh time in your flight
And I'll spin you a tale about practice one night
I walked from the locker room ready to swim
Upon hearing the voice...I knew it was him
I felt my wide smile fade away like a tan.
When next to the pool stood none other than Dan.

I wondered aloud "there must be some mistake"
I looked at the schedule...it's supposed to be Jake
But there stood Dan perched a top on the deck
That ridiculous whistle slung round neck
His glasses reflected the soft neon rays
His hands on his hips, with chin slightly raised
He stood like a prison guard forthright and tall
Barking out orders "two-hand touch on the wall"
He was pacing the deck like a pit bull at night
Ready to pounce on something not right.
I reached for my buoys, my paddles and fins
When Dan shouted at me... nevermind those, get in!

Not wanting to argue, not wishing to fight
I knew then and there it would be a long night.
I motioned to Cliff it was time to get wet
Then came the next holler... why aren't you in yet?
And so from the wall, I pushed off really hard
But before I had swum a measly 10 yards
I was caught in the web of Dan's awful stare
Viciously watching like I was the only one there.
Up on the block I could see his face frown
He shook his head twice then backed himself down.
Across crystal waves I started to hear
Instructions from Dan ring clear in my ears.

"Keep a low count and push out on the turn,
Kick past the flags before your arms start to churn
Don't slap the water and extend on your glide
Don't over-rotate so much on one side
I've said this before till my face has turned blue"
Why don't you listen...what is it with you?

A usual practice, an hour gone by
Under the threat of Dan's watchful eye.
Trying to please him, yet feeling perplexed
Never quite knowing when Dan would strike next!

Alas...I could talk for a month, but I'll end this right here.
Swimming for Dan year after year.
Hasn't been easy, but it's been lots of fun
I'm going to miss Dan when he is all done
Although I chide him, be it known in the end
For 20 long years... I've called Dan a friend.

Dan on Dan

By Dan Rogacki



Photo by Caroline Breglia.

I was conceived, born and raised in the Buffalo N. Y. area. I'm the oldest of three. My brother Don is in Amesbury, MA., and my sister Diane has become a southern bell in Richmond, VA. I attended Buffalo State College. I began swimming in a summer recreation program around grade 5 and, in 1976, started teaching in the Tewksbury school system (29 fast years.) My daughter, Erin, is a 28-year-old landscape designer and a beautiful, young woman. My son, Justin, is in his senior year of college with a major in Sports Management, and he, like his sister, is over 6 feet tall and a handsome offspring. (It should be noted that the kids' good looks come from Mom.) My most significant accomplishments are my children on a life scale. In swimming, I have had so many honors that it is a bit difficult to remember them. Small college All American, being inducted into my high school Wall of Fame, and two individual world records top my swimming highs. As a coach, I have received numerous league titles as a kids' coach, and the same as a masters coach. The 2004 YMCA national title for small team still makes me smile. I think one area that I should comment on is all the great kids, families, and fellow masters swimmers I have worked with and known over the years.



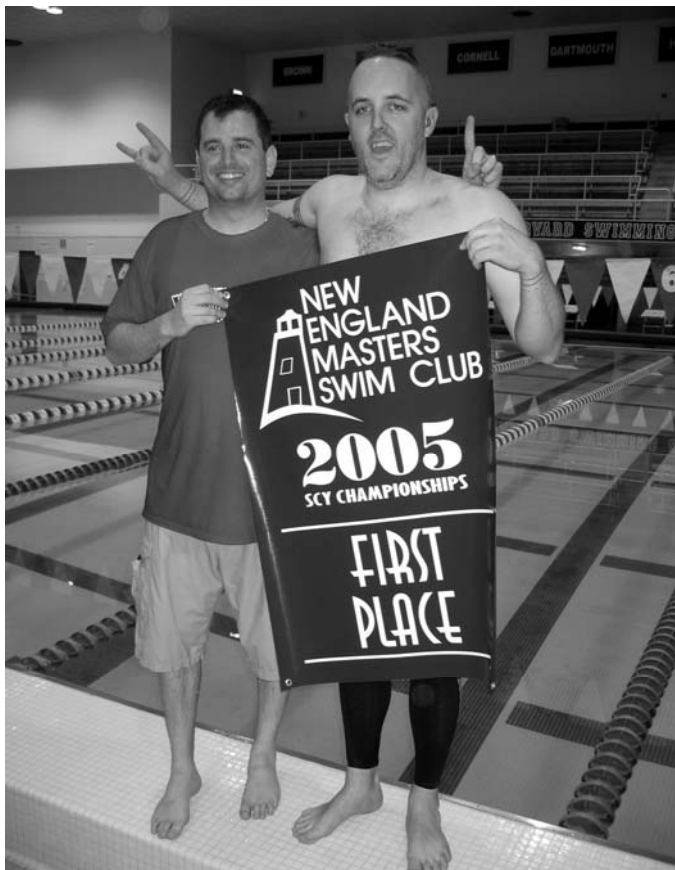
Dan Rogacki swimming breast stroke at YMCA Nationals 2003.
Photo courtesy of Carol Yunker.

122 Miles to Victory

By Nate McBride,

Assistant Coach for Minuteman Swim Club

January 3rd, 2005, 5:25 AM. Outside temperature is 37 degrees, while the inside temperature is a steady 80. “GET YOUR BUTTS IN THE POOL SLACKERS! Harvard is only 39 workouts away...”



Minuteman coach Rich Axtell and assistant coach Nate McBride celebrate their victory after a long, hard winter of training. Photo by Laurie Damianos.

39 workouts and 197,000 meters later we entered the Blodgett pool as a well-oiled machine: a big, hungry team-eating machine. Coach **Rich Axtell** and I had shared almost as many emails as our team had swum meters in the few weeks before the meet. We discussed everything from relays (would that be the key to this meet?) to meet t-shirt design (definitely Sox) to how we could ensure no DQ's. Every last detail was discussed to the most intricate level. In the end, we may never know precisely which ingredient it was. Was it the fact that we had the largest amount of participants EVER? (More men participated for our team than did our whole team at Wheaton.) Was it the fact that we had an aggregate of almost 57 minutes dropped for personal bests throughout the team? Was it the relays? Was it my mohawk? (My wife would prefer you say “NO” to that last question.)

While prowling around the deck all weekend, I had the distinct pleasure of watching one of the greatest swim meets I had ever seen. In fact, there were multiple great meets rolled into one.

Andover Minuteman, Cambridge vs. Red Tide, Lanes vs. North Shore vs. Granite State and Swim RI just destroying everything in their path. This meet was also one of the best run meets I have ever attended and it all came down to a small crew of very dedicated people. Thanks, **Rick**. (I guess I can learn to forgive you for pointing out my 200 Fly DQ.)



Though one of the smallest teams, Boston LANES cheered on their swimmers louder than most.

Everywhere I look I'm surrounded by stacks of Krispy Kremes boxes, but I know that Mr. **Meltz** would never terrorize his own teammates that way. Then it dawns on me. What better way to win than to tempt the competition with doughnutty goodness? I notice that the doughnuts are strategically placed between **Andover** and **MMSC**. **Meltz** gets the medal of honor for this one. Sunday afternoon arrives and everyone is watching the scoreboard. Every event brings new score tallies from the previous event and the tension gets that much thicker. People are afraid to look, including myself. When is one team going to pull ahead? The ever-swinging pendulum seems to be stuck somewhere between 10 and 90 points. Did we do the right thing with the relays? What if someone DQ's another individual event?

It's hard not to use phrases like “I never thought” or “It's not possible” to describe something which you outwardly believe is unattainable. So I won't use them. Instead I'll say that I certainly didn't know that we would win, but deep down, I always thought that we could. Sometimes when you get beat long enough and too many times, you can make a choice to stop trying or to try even harder.

I get great satisfaction as a coach, when one of my swimmers hits the wall, looks up at the clock and sees that not only have they beat their personal best, but they *crushed* their personal best. The expression on their face makes every single thing you do leading up to that moment, worth it. Swimmer after swimmer, race after race, there was that look. For some you can see, even from across the pool, that look of incredulousness. Almost as if to say, “coach, the clock up there is broke, see, and there is no way I just did that.”

I have to give a big thanks to **Andover**, especially **Michele Fox**, for being the coolest group of swimmers I have ever had the pleasure to compete against and for keeping us very humbled. I love my team and am happiest that they have finally won what we have tried to get for so long. It's almost unbearable that we have to wait another year to do this again.

March Madness

By Michele Fox, Andover/North Andover YMCA Masters

Three long days at a stuffy indoor pool is not an unfamiliar event for one who has been a competitive swimmer since age six. However the energy and spirit of the recent short course championship meet at Harvard reminded me more of March Madness than a masters swim meet.



Michele Fox of Andover Y displays the 2nd place penant. Photo by Laurie Damianos.

finishing the 200 fly. It was also a time to catch up with friends that you haven't seen for far too long. However, with the recent addition of the workout group competition, it was obvious that the word TEAM had returned to masters swimming. Team shirts were worn proudly and banners were hung with pride. Place became as important, if not more important, than time. Individuals were encouraged (or begged) by their coaches to swim new events such as the 1000 free, 200 fly and 400 IM for "team points". Every level of swimmer contributed because the top 16 swimmers in each age group scored points.

Relays scored double points and they provided four times the fun and worry. Coaches preached "safe starts" and continuously updated their relay teams to ensure maximum points. **Steve Meltz** made sure **Minuteman** didn't repeat their troubles from last year and actually shaved "NO DQ" on his chest. Teams of four not only tried to beat others in their age group but they just wanted to beat the team that was closest to

Preparation for the meet began on the first day of practice eight long months earlier. The hype prior to the meet had been relentless. Swimmers and coaches were apprehensive but eager for the competition to start. The races were soon underway and the coaches were continually looking at the ever changing score board.

Teamwork overshadowed individual performances and the meet ended with two teams lined up and shaking hands.

Of course each individual came to the meet with their own personal goals- a best time, competing in their first meet or just

them on the score board - **Red Tide** hunted down **Cambridge**, and **Andover** chased down **Minuteman**. Relays also brought out acts of "generosity" as **Minuteman** was kind to donate two dozen Krispy Kreme doughnuts to the Andover team just prior to the start of the relays.

It may not have been Boston Garden but the Blodgett pool crowd cheered loudly for each record breaking swim and the nail biting relay finishes. However it was the clapping that started on the last 25 of **Allen Fardie's** (age 86) 200 free that reminded me what masters swimming is all about. A group of very different people trying to stay in shape, trying to defy the aging process and encouraging each other to better themselves through friendship and camaraderie.



The home team, Cambridge Masters, takes 3rd place. Photo by Laurie Damianos.

For a complete listing of team results and individual scores, go to <http://www.swimindex.com/meets/2005/nem-scy/>

The ONLY Breast Cancer Event to raise money for PREVENTION!

(Quincy) – Dates and venues for the 2005 Massachusetts Breast Cancer Coalition (MBCC) *Against the Tide* one-mile swim, two-mile kayak and three mile fitness walk are as follows:

Boston Metro

Saturday, June 25
Hopkinton State Park
Hopkinton, MA

Cape Cod

Saturday, August 20
Nickerson State Park
Brewster, MA



Thirteenth annual

Against The Tide one-mile swim, two-mile kayaking and three-mile fitness walk, benefiting the Massachusetts Breast Cancer Coalition, will be held at Hopkinton State Park and Nickerson State Park this summer. This fun and inspirational program brings together swimmers, kayakers and walkers of all ages and abilities who would like to join MBCC in eradicating the breast cancer epidemic.

Participants must raise a minimum of \$150 in contributions to the benefit of the MBCC. Registration materials include tips for preparing for an open water swim, a safe walking experience, and a safe kayak experience. We will provide a sample fundraising letter for soliciting donations and a list of fundraising ideas to help participants increase their effectiveness in raising funds on line or by mail.

“Funds raised by the *Against the Tide* swims, walk and kayak are crucial to helping save women’s lives,” said Deborah Forter, Executive Director of MBCC. “This year in Massachusetts alone, approximately 4,700 women will be diagnosed with breast cancer and more than 900 will die from it. The fight to eradicate this disease is not over.

Breast cancer now strikes more women in the world than any other type of cancer. In the past 50 years, the lifetime risk of breast cancer has nearly tripled in the United States. In the 1940’s, a woman’s lifetime risk of breast cancer was 1 in 22. In the year 2002, the risk was 1 in 8 and is now closely approaching 1 in 7.

“Things have changed over the past 13 years” says *Against the Tide* founder Maria Vetrano, who lost her mother Camille to breast cancer in 1978. “When we founded *Against the Tide* in 1993, there were no other events specifically for breast cancer and those affected. Now, there are many across the country. We are raising awareness focused on prevention,” she says. “MBCC is a grassroots organization dedicated to ending the breast cancer epidemic.”

The Massachusetts Breast Cancer Coalition is a nonprofit organization committed to stopping the breast cancer epidemic in Massachusetts through activism, advocacy, research and education. Founded in 1991, the MBCC’s focus is on finding

the causes of breast cancer and seeking real prevention of this devastating disease.

For more information call 617-376-MBCC or visit www.mbcc.org. Donations may be sent to *Against the Tide* c/o MBCC, 1419 Hancock Street, Suite 202, Quincy, MA 02169.

FINA World Masters Championships

The dates of the XI FINA World Masters Championships have been established. Swimming competition will be between 4 August 2006 through 11 August 2006 in Stanford, California.

The official web site <http://www.2006finamasters.org> is now up. Information on the web site includes:

- Dates and Schedule of the XI FINA World Masters Championships
- The meet qualification times
- Hotel availability and on-line booking

Hotels

The XI FINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible, there is only a limited amount of hotel space near the aquatic venue. You can make your reservations on line

<http://www.2006finamasters.org/index.php?topic=hotels> or you can call 800-826-4630 toll free from 5 am to 6 pm Pacific time.

To sign up for the FINA e-mail list, go to <http://seven.pairlist.net/mailman/listinfo/finamasters>

Many thanks. We look forward to seeing you in 2006. Michael Moore, Chairman 2006 FINA Masters World Championships, michael@2006FINAMasters.org

Upcoming Meets

June 24-25 (Friday-Saturday)

14th Annual Massachusetts Senior Games Swimming Championships

Springfield College Linkletter Natatorium; Springfield, MA

Warm-up at 12:00 PM June 24, meet starts at 1:00. 13 Events for participants over 50, competing in 5 year age groups with separate races for men and women. Applications available at MassSeniorGames.org or by calling the Carl Fetteroll at the Senior Games office at 413-748-3811 or by email: senior_games@spfldcol.edu.

August 4-11

XI FINA World Masters Championships

Stanford, CA

Details to follow

August 6-7 (Saturday – Sunday)

Long Course Swim Meet @ Brown University

See above and <http://www.2006finamasters.org>

Open Water Swims

June 15 (Wednesday)

2nd Beach Ocean Swim - Middletown, RI

Michael Garr, 109 Enterprise Terrace, Kingston, RI 02881, 401-783-7902, 401-741-7193 (mobile), Michael.Garr@navy.mil; Ocean swims for fun and fitness. Meet at the main lifeguard chair at 430PM. All abilities welcome.

June 25 (Saturday)

11th annual Against the Tide

Hopkinton State Park, MA

Call (800) 649-6222 or visit www.mbccc.org/swim for more information and an entry form.

June 25 (Saturday)

3-mile John's Pond Swim

John's Pond, Mashpee (Cape Cod), MA

Sponsored by Mashpee Leisure Services, 508-539-1400(x519), 508-539-1447 (fax); Leisure@ci.mashpee.ma.us; This is a 3 and 1 mile swim race.

June 25 (Saturday)

Madison Mile - Madison, CT

Dave Parcels, 17 Yankee Glen Dr, Madison, CT 06443, 203-606-4529, parcels@snet.net; Separate USA Swimming and USMS divisions; www.force5sports.com; Sanctioned by CT LMSC. Pre-entry & Deck-entry

June 25 (Saturday)

Around Government Island. Swim, Manhattan

Circumnavigate historic Governor's Island in the inaugural Around Governor's Island Swim. This extremely challenging 2 mile course with great views of lower Manhattan.

http://www.nycswim.org/Events/Event.aspx?Event_ID=1624

July 9 (Saturday)

28.5 mile Manhattan Island Marathon Swim.

Information and entry forms at

http://www.nycswim.org/Events/Event.aspx?Event_ID=2

July 10 (Sunday)

Fran Schnarr Memorial 5K Championships

Huntington Bay, Huntington, NY

Bea Hartigan, 27 Huntington Rd, Huntington, NY 11743-1702, 631-271-3349, bea10k@yahoo.com; Meg McConnell, 631-427-4019; USMS & USA Swimming sanctioned; www.metroswim.org; Sanctioned by MR LMSC #065-06; Entry Deadline 7/2/2005

July 16 (Saturday)

2005 USMS 2-Mile Cable Championships

Mirror Lake, Lake Placid, NY

Mary Field, 366 Burgoyne Rd, Saratoga Springs, NY 12866, 518-583-4048, frankfield@earthlink.net; Ann Svenson, annb48@earthlink.net; www.adms.org/LP_Swim/Lake_Placid_Entry_2005.pdf; Sanctioned by AD LMSC

July 16 (Saturday)

Race for the River Swim - Hudson River Park, Manhattan

A 2.4 mile swim from Pier 62 at 23rd Street in Hudson River Park on the West Side of Manhattan to the North Cove Yacht Harbor at the World Financial Center in the Hudson River. The official finish line is at the south-east side of North Cove Yacht Harbor. You may experience strong currents during the swim.

http://www.nycswim.org/Events/Event.aspx?Event_ID=7

July 16 (Saturday)

Cove to Cove Swim - Battery Park City

½ -mile course along the sea wall beginning at the South Cove at Battery Park City and finishing at the North Cove Yacht Harbor at the World Financial Center in Battery Park City.

http://www.nycswim.org/Events/Event.aspx?Event_ID=3

July 17 (Sunday)

Greenwich Point One Mile Swim - Greenwich, CT

Jon Harnett, 10 Sachem Rd, Greenwich, CT 06830, 203-869-8714, jharnett@bondednj.com; www.gscevents.org; Entry Deadline July 12.

July 22 (Friday)

10th Annual Boston Harbor Islands Swim - Boston, MA

22-mile open-ocean team relay starting and finishing at Rowes Wharf in downtown Boston. Participants must pledge to raise a minimum of \$1500 from their sponsors. For more information, go to: www.swimacrossamerica.org

July 23 (Saturday)

5th Annual Swim at Nantasket Beach - Hull, MA

½ -mile and 1-mile fundraising. Participants must pledge to raise a minimum of \$100 before the event. For more information, go to www.swimacrossamerica.org

July 23 (Saturday)

1.2 Mile Buzzards Bay Day Swim Outer Harbor, New Bedford, MA

For more information or to request registration forms, please contact John Vasconcellos at 508-999-6363 x202, www.savebuzzardsbay.org

July 30 (Saturday)

1.7 mile Citizens Bank/Save the Bay Swim Narragansett Bay, Newport, RI

434 Smith Street, Providence, RI 02908, 401-272-3540

The Swim begins at the Naval Station in Newport, Rhode Island, and ends at Potter Cove in Jamestown. *New start time this year is 9:30 am. Registration begins at 7:30 am.* www.savethebay.org

July 31 (Sunday)

Park to Park One Miler Swim - Battery Park City

1-mile course along the sea wall beginning at the South Cove at Battery Park City and finishing at Pier 26 in Hudson River Park.

http://www.nycswim.org/Events/Event.aspx?Event_ID=6

August 6 (Saturday)

1-Mile Gloucester Harbor Swim – Gloucester, MA

Jennifer Cullen, 9 Hodges Street, Salem, MA 01970, (978) 744-5169 jenswim1@juno.com or Ritchie Martin (978) 281-0670, Fax (978) 281-8349, lilomartin@prodigy.net

August 6 (Saturday)

Greater Burlington YMCA 8-mile swim

Annual 8 mile swim in Lake Champlain that starts in Willsboro Point, NY, and finishes on Oakledge Beach in Burlington, VT. This swim is to benefit the adaptive swim program at the YMCA. Email Tad Hoehl at phoehl@gbymca.org or download copy of brochure at: <http://www.gbymca.org/aquatics/lakeswimbrochure2005.pdf> <http://www.gbymca.org/aquatics/lakeswim.html>

August 6 (Saturday)

10-mile Boston Light Swim - Boston, MA

Originating in 1908, this is the oldest marathon swim in the USA. Swim from Boston Light in Boston's outer harbor, past a number of harbor islands and finish at South Boston's L Street Beach. Contact: John Werner, Race Coordinator Cell: 617-835-1242, Work: 617 695 2300 x 103 e-mail: johnwerner@citizenschools.org <http://www.bostonlightswim.org/BLS2005.html>

August 13 (Saturday)

25Km Swim Across the Sound Long Island Sound, Bridgeport, CT

Dave Parcels, 17 Yankee Glen Dr, Madison, CT 06443, 203-606-4529, parcels@snet.net; www.swimacrossthesound.org; Entry Deadline 5/31/2005

August 13 (Saturday)

Island Beach Two Mile Swim - Greenwich, CT

Jon Harnett, 10 Sachem Rd, Greenwich, CT 06830, 203-869-8714, jharnett@bondednj.com; www.gscevents.org; Sanctioned by CT LMSC; Entry Deadline August 8

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<http://www.swimnem.org>
nemnews@swimnem.org

August 20 (Saturday)

Against the Tide - Nickerson State Park, Cape Cod

Against the Tide 1 Mi Swim - Nickerson State Park, Flax Pond, Brewster, MA Benefits the Massachusetts Breast Cancer Coalition. Each participant will raise a minimum of \$150 in contributions; Call (800) 649-6222 or visit www.mbcc.org/swim for more information and entry form.

August 20 (Saturday)

Little Red Lighthouse 5 Miler

5-Mile swim from Riverside Park South, Pier I at W 70th Street to the Little Red Lighthouse at the George Washington Bridge. http://www.nycswim.org/Events/Event.aspx?Event_ID=1612

September 10 (Saturday)

1.4 mile Swim for Life Provincetown – Provincetown, MA

Jay Critchley, Swim for Life, PO Box 819, Provincetown, MA 02657, 508-487-1930, thecompact@comcast.net; The high-energy fundraiser for AIDS, Women's Health and Youth on the tip of Cape Cod was founded in 1988; Celebration of Life Concert and Mermaid Brunch included in weekend festivities.; www.swim4life.org; Sanctioned by NE LMSC; Deck entries only

October 22 (Saturday)

USMS 10K Open Water National Championships - Fort Myers, FL

www.usa-openwaterswim.com, gregg.cross@usa-openwaterswim.com, 239-462-3322

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SAVE THE DATES!

SWIM, KAYAK OR WALK



AGAINST THE TIDE

One-Mile SWIM,
Two-Mile KAYAK,
OR Three-Mile WALK
to Benefit the
Massachusetts Breast
Cancer Coalition

2006 Saturday, June 25
Hopkinton State Park, Hopkinton, MA

2007 Saturday, Aug. 20
Nickerson State Park, Brewster, MA

**Register yourself
or your team
NOW to swim,
kayak or walk!**



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