



Tracy Grilli digital photo

NEMMYS DO HAWAII

by Tracy Grilli

Aloha! Now that eam NEM is back from Hawaii, I would like to tell you a little bit about our trip!

34 NEMs, 24 men and 10 women, competed in the Medium Team divisions for Combined, Men and Women. We were the largest team from the farthest, with Virginia Masters a close second with 32 swimmers. Too bad there was no award for that!

By contactng everyone before the meet via e-mail or telephone, I had an opportunity to introduce myself to those who didn't know me, make those who are attending Nationals for the first time feel they are part of a team, and—my ulterior motive—find out if they wanted to swim on relays. Unfortunately, I found out that Rob Hudek, Steve Lyons, Steve Meltz and Wayne Young were not going to be able to attend. We missed you!

On the Grillis' first day at the University of Hawaii on Monday, David and I checked out the pool since were swimming distance events. The first person I saw was Mardie Brown, our 85 year old "ringer" in the women's 85-89 age group. She said that when she got off the plane in Honolulu, she heard her name, looked up and saw Ann Palozzi and Rick Fontaine. For those of you not around in the 70's and 80's, Ann and Rick are original NEMs from Portland, ME, who moved to Hawaii (for Rick's job) a number of years ago. They were at the airport to pick up some friends who happened to be on the same flight as Mardie! The good news is that they plan on retiring in five years, moving back to their home in Portland and resuming their membership with NEM. Get ready for meets up in Portland and a post party at their place on the beach in Scarborough—yippee!

That was not the only coincidence. While David was walking the pool deck, he bumped into Charles Laquidara. Charles is pretty famous as the morning DJ on Boston radio's WBCN "Big Mattress" program in the 70's and 80's and then later on to WZLX until he retired to Maui two years ago. Once in Maui he joined the Masters program coached by Janet Renner. (Janet was also the Hawaii Nationals meet director.) She asked him if he would be the announcer for the meet. As the Nemmys filtered into the pool the next couple of days, we told them about Charles. Everyone was very excited to meet him. I think he was pretty thrilled, too, to know that we haven't forgotten him.

Doing the Numbers on Team NEM

Tuesday was distance day and everyone scored points! The 1st event was the 1000 Free. Mardie Brown, Darcy Paul and Jeff Galper started us off with some big points, all earning gold medals in their age groups! Other top ten placing *Hawaii* — continued on page 6

Nemmys In Hawaii

Front row: Michele Fox, Stevan Levan, Matt Camelio, Monica Kung, Al Keith, Darcy Paul, Mark Murphy. Second row: Michele Fox, Rich Landry, Mark Goldman, Bill Volkening, Ted Haartz, Joel Feldmann, Sage Morrison. Third row: Mark Mitsch, Mardie Brown, Patti Delgorosso, Joel Meltz, Bill Geary, Tracy Grilli, Marc Broudy. Back row: Rich Axtell, Marcia Misiorski, Al Prescott, Rich Battistini, John Mltchell, David Grilli



Darcy Paul digital photo

Darcy Paul & Monica Kung

NEM Member Survey 593 NEMs Have Spoken

By NEM President Sharon Theriot

Further confirming that Masters Swimmers are exceptional humans, approximately 40% of NEMs completed and returned the surveys that they received with this year's renewal letter (30-35% is a typical response rate for this type of survey). On behalf of the Club, I'd like to thank those of you who took time to complete the survey and to provide us with additional written comments and suggestions. The completed surveys also contained a number of very nice compliments, which were much appreciated by our hard-working volunteers.

NEM Marketing VP Edie Jirak bravely took on the daunting task of compiling and analyzing all of this information - including hundreds of specific member comments and suggestions. Edie did a remarkable, professional and painstaking job of turning hundreds of paper surveys into two concise summary documents. The NEM Executive Committee has reviewed the data and the NEM volunteers who run our meets, newsletter and web site have each received the comments and suggestions specific to their areas. This article is intended to share our statistics and to let you know about a few of the ways in which we've already starting acting on your feedback.

NEM Survey — continued on page 5

**NEM
SUMMER
SWIM
MEETS
LONG
COURSE**

**July 21 — Harvard
August 11 — Dover, NH
Information on page 8**

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My Swimming Life

produced by Kim Goodwin
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Editor's note: Kim's job is not so tough when NEMs get in touch with her about their swimming lives. So, please, help her out.

Matt Gilson

34 and 8 years in Masters

Background

Matt was a top freestyler in his younger years, specializing in the 100 and 200 events. He was captain of both the water polo and swim team at the University of Rhode Island. He took a few years off from competitive swimming after graduating from college. He joined Masters in 1994 and worked out under Fred Bartlett in Wakefield, RI. He now works out under Frank McQuiggan as part of the East Providence Masters group in RI. The highlight, thus far, of his swimming career was winning the 100 free at Brown in April, 1999 at the New England Short Course Yards championships!

Weekly workouts:

Matt swims with the EP masters on Tuesday and Thursday evenings and Saturday mornings. These two workouts are typical of Coach McQuiggan's workouts that Frank puts on the computer for swimmers to print off and use.

Saturday morning

Warm up - 400 FR
3 x 50s (stroke drill) on :50
3 x 50s (best technique) on :50
3 x 50s (moderate kick) on 1:15
Main set
4 x 200s (descending each 200 to 400 race pace) on 2:50
400 swim
2 sets of 4 x 75s kick (each 75 is ez, moderate, fast by 25)
3 sets of 2 x 100s, 2 x 50s and 4 x 25s(100s are smooth,

50s are build/hard and 25s are sprint). In the first round the 100s are on 1:30, 50s on :50 and 25s on :30. The 100s are on 1:45 in the second round and in the third, the 100s are on 2:00, the 50s on :55 and the 25s are still on :30. Warm down.

Tuesday evening

Warm up - 400 FR
3 x 50s pull on :50
2 sets of 4 x 75s (increasing kick on 2nd and 3rd 25s);
Main set
3 x (4 x 100s on 1:30, 6 x 50s on :50, and 8 x 25s on :25).
First time through the 100s are at 1000 pace, 50s at 500 pace and 25s at 200 pace. 2nd time through the 100s are at 500 pace, the 50s at 200 pace and 25s at 100 pace. Finally, on the 3rd round, the 100s descend from 500 pace to 200 pace, the 50s at 200 pace and then you give all you have left for the 25s.
Warm down.

Coach Frank also likes to throw in a challenging workout once every year that includes doing as many 100s as you can, beginning with lots of rest between each and then dropping 5 sec. rest for each one, until you expire!

In addition to weekly swim workouts

Matt does a Nautilus and Life Cycle workout two times a week to build and maintain strength, which in turn, he believes, helps with his swimming. He also eats a healthy diet, in large part due to his wife, Hyun-Sook's cooking, which includes many low fat meals with lots of rice.

Other info

Matt feels that swimming keeps his mind in good shape, as well as his body! Matt has made his swim practices a priority because he knows how hard it is to get and stay in shape and how easy it is to get out of shape. He has been pleased with his speed (relative to the amount of time he gets in the water) over the last few years. He is also now enjoying longer open water swims, i.e. Save the Bay, Mashpee. In April, he cuts back on his swimming to give more time to his golf game (if his body cooperates).

Finally, he would like to add that when everyone wonders how Stu Cromarty swims so fast, it is because Stu knows that there are guys like him not far behind!

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"REWARD ENOUGH IN JUST DOING IT"

by Robin Samiljan

I was reading the NEM newsletter and couldn't resist responding with my triathlon experience. I need to start with a brief description of my athletic background. I have done one swim meet my entire life, that was when I first joined NEM about 4 years ago. I also have done the Pan Mass Challenge 3 years in a row; The Pan Mass is a 2 day, 192 mile bike ride that raises money for The Jimmy Fund and cancer research. I am by no means an exceptional athlete, never have been, but feel good when I accomplish something that I've never done before.

Last year was the first year the North Shore Jewish Community Center in Marblehead, MA, decided to put together a sprint triathlon. (I teach swimming there part time, swim there 5 days a week, and have swam with the Masters group in the past.) I always wanted to do a triathlon, but knew I shouldn't handle the marathon distances. I always wanted to say "I did it, and I did it on my own, all three legs of the race."

I am proud to say I have participated the 2 years there have been triathlons there.

The swim portion was 1/4 mile indoor pool swim, piece of cake for me. The bike ride was a 10 mile loop around Marblehead Neck 3 times, a place I could ride blindfolded. The run was a 3.5 mile run. I hate running.

I figured, anyone can run, and if I had to walk, I would, just to finish.

Last year I participated with the goal of just finishing, something I managed to do. I didn't even own running shoes until the Sunday before the event so obviously training to run wasn't a priority. This year I decided to care more, do a few training runs, and even try and improve over last year. I managed to finish 43 seconds faster than the year before, although I thought I'd be at least 10 minutes faster. It's not so easy to make my legs move! I had taken time to know what my average running time should be, even wore a heart rate monitor to try and get myself to move faster, but running is something I will never love. I was still proud that I could do it, all three legs, on my own.

I guess being involved in adult swimming organizations or participating in events that challenge my body and physical strength have been part of what keeps me young. I feel there is a reward enough in just doing "it", whatever it may be, and for me, personally, conquering the fear of competing and focusing on the personal challenge that I can still do these things, and even get better with age is what keeps me going each day.



The Non-Elite Swimmer

by Al Prescott
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(Al wants stories from everyone. Send him yours.)

Nationals for the Non-Elite

I'm a compulsive liar, (but don't believe that)

Well, its official. I've been to yet another nationals (the first one was Baltimore for the LC in 2000). I've scouted the scene for my fellow non-elites and I have to tell you, the situation is very grim.

First, don't expect anyone to be friendly. As soon as you get off the complimentary shuttle bus, the greeting staff can immediately peg you as non-elite. Sure they are all smiles, and tell you exactly where to go to check in. Sure they walk with you out to the pool and hand point out all the areas of interest, from the multiple lavatory facilities to the on site snack bar and grill. Sure, they say if you have any questions, feel free to ask, but I could see through all of that. I knew they knew I didn't belong.

And then there was the facility. The dinky little 20 lane pool (2 warm up / cool down pools, and two competition pools running simultaneous). The food was outrageous and expensive (burgers and fries a fraction of the MacDonalds cost), and if you want to figure out what to do in Hawaii when you are not at the meet, forget it (onsite outfitters were available to book anything, anytime, and on any island).

And then there are the races. Don't expect any support from anyone during your race. Even my own teammates were of little help. Oh sure, they crowd the ends of the lanes and shout at the top of their lungs, "Go! Go! Faster! you've got him!" but they aren't fooling me. I know that is just another way of saying, "Hurry up, swim faster, your holding up the whole meet."

And lastly, don't expect to place in anything. Especially in the long distance races and relays. (Al Prescott took 2nd in his age group in the 1650. Obviously the National Committee of 30-34 year olds was having its annually meeting in Uganda during the same week. He also got a medal in a relay.)

In closing, going to a National Championship meet just isn't for non-elites. Stay at home, train hard, and leave the medals, oopps, I mean the hell of attending these meets to me. I'll try to hold my head high amidst the laughter (mostly mine as I run from the medals table).

See you all in the water.



The Self Coached Workout

by David Grilli, LMSC Fitness Chairman
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"Allest Ist Training"

A wise old swimmer once told me.....well he wasn't old at the time, "Alles Ist Training." Loosely translated, we are always training.

I find this holds true when we compete and especially if our competition is not going well. When my age group swimmers do not swim particularly well I will ask them, "What did you learn from this"? When it comes down to my swimming, It seems I am asking myself that a lot lately.

Well, anyway, my point is, in order to race well we must train to race. Our workouts accomplish this objective in part but unless we compete frequently, our ability to compete well is compromised. NEM offers mini meets throughout the short course season and these meets present perfect opportunities to hone one's racing skills.

A typical mini meet will hold 7 or more events. The events are chosen so that during the short course season all events are held at least once. The more popular events such as the 50, 100 and 200 freestyle are held multiple times. This presents the master's swimmer ample opportunity to practice his/her favorite event or to try a new one.

The mini meet is where you want to try the new pair of goggles, the improved backstroke start or the alternate breathing pattern. The atmosphere at a mini meet is casual and the stroke and turn officials are usually more helpful than strict. But mini meets do have the feeling of serious competition. If not against your age group nemesis perhaps against yourself.

Don't judge your results too harshly. Although you feel you gave 110% to the mini meet race, the big championship meet can still be the game that brings out your best. Rather let the mini meet be your training session.

NEMS Relays in Hawaii

Women 19+ 200 Yard Freestyle Relay
6th 1:53.99 Morrison, Sage; Misiorski, Marcia;
Kung, Monica; Fox, Michele

Women 19+ 200 Yard Medley Relay
7th 2:16.34 Fox, Michele; Kung, Monica;
Misiorski, Marcia; Morrison, Sage

Women 35+ 200 Yard Freestyle Relay
4th 1:47.54 Grilli, Tracy; Delgrosso, Patti;
Roy, Michele; Feldmann, Joel

Women 35+ 200 Yard Medley Relay
6th 2:01.07 Grilli, Tracy; Roy, Michele;
Feldmann, Joel; Delgrosso, Patti

Men 19+ 200 Yard Freestyle Relay
5th 1:34.10 Paul, Darcy; Goldman, Mark;
Broudy, Marc; Levan, Steven

8th 1:41.47 Geary, Bill; Mitchell, John;
Murphy, Mark; Camelio, Matthew

Men 19+ 200 Yard Medley Relay
4th 1:55.12 Levan, Steven; Camelio, Matthew;
Meltz, Joel; Goldman, Mark

6th 2:05.55 Mitchell, John; Prescott, Al;
Murphy, Mark; Grilli, David

Men 25+ 200 Yard Medley Relay
9th 1:49.36 Mitsch, Mark 44; Geary, Bill;
Broudy, Marc; Paul, Darcy

Men 35+ 200 Yard Freestyle Relay
5th 1:32.00 Mitsch, Mark; Keith, Algonon;
Volkening, Bill; Landry, Richard

Men 35+ 200 Yard Medley Relay
5th 1:46.37 Volkening, Bill; Keith, Algonon;
Landry, Richard; Battistini, Rick

Men 45+ 200 Yard Freestyle Relay
8th 1:48.26 Meltz, Joel; Grilli, David;

Mixed 19+ 200 Yard Freestyle Relay
7th 1:41.09 Levan, Steven; Fox, Michele;
Daley, Andrea; Goldman, Mark

Mixed 19+ 200 Yard Medley Relay
10th 1:55.72 McBride, Ben; Kung, Monica;
Levan, Steven; Daley, Andrea

Mixed 25+ 200 Yard Freestyle Relay
17th 1:46.81 Keith, Algonon; Misiorski, Marcia;
Morrison, Sage; Camelio, Matthew

Mixed 25+ 200 Yard Medley Relay
8th 1:51.60 Fox, Michele; Keith, Algonon;
Goldman, Mark; Morrison, Sage

Mixed 35+ 200 Yard Freestyle Relay
9th 1:40.58 Volkening, Bill; Roy, Michele;
Delgrosso, Patti; Landry, Richard

Mixed 35+ 200 Yard Medley Relay
11th 1:55.53 Volkening, Bill; Roy, Michele;
Landry, Richard; Delgrosso, Patti

Mixed 45+ 200 Yard Freestyle Relay
4th 1:41.14 Battistini, Rick; Mohl, Bruce;
Grilli, Tracy; Feldmann, Joel

Mixed 45+ 200 Yard Medley Relay
3rd 1:55.31
Feldmann, Joel;
Mohl, Bruce;
Battistini, Rick;
Grilli, Tracy

**Above right:
David Grilli
and the NEM
banner**

**Right: Aprés
the meet**

NEMS in Hawaii 2000 Meter Open Water Swim Waikiki Rough Water

Darcy Paul, 26 24:15.40 22nd/318
Tracy Grilli, 45 28:10.30 135th/318
David Grilli, 47 34:00.02 228th/318



Tracy Grilli digital photo



Tracy Grilli digital photo

The Few The Proud The Uncoachable

by **Tim Morse (written in March)**

As regional and zone meets approach, all those months of swimming and training should mean a gratifying season for those who followed their coaches' dictates, and stuck with the work outs. That is, unless you have a problem getting with the program. There are people who have a hard time keeping on track, listening to wiser counsel. You've seen them at various swim events. They are, like me, the single-side breathing, leg dragging, shallow diving geezers. That's right, we're old school, we are the uncoachable.

I can't speak for the rest of the world, but I think I know the formula for the perfect uncoachable Master.

First, only train seriously for 2-3 years at a time, and then take 10-15 years off. Do that a bunch of times. It makes for a checkered career and some strange swimming techniques. You maintain a lot of bad habits from older methods.

Let's see what you miss by skipping one or two decades of swimming.

Turns

I don't remember when I first saw the flip turn, but I do remember being taught the open turn. This was standard in the early 60's. The open turn provided the coach with an opportunity to impart vital information to a swimmer during a meet. Crucial information like, "Go!". Actually, you could get lap counts, obviating the need for those plastic lap counters that are always broken, and you can't get the number around in time before the swimmer you're counting for comes back, and you hope you can get the thing down far enough for the swimmer to see, and you don't want to get your sleeve wet. Uncoachables always have a reason that the original way they were taught was better.

Starts

Sometime in the past, starts changed dramatically. We were taught to stand up on the blocks, legs apart, knees bent, arms swept back like Super Man about to launch. You were supposed to dive out straight and throw yourself as far as possible before you smacked the water. You wanted to be almost parallel to the water. Then somebody tried that frog jump, with the track start. Now they're up there grabbing their feet, jumping up in the air, and coming down in a non-parallel fashion. This is confusing at best.

Breathing

I thought I was seeing things when I noticed people alternating their breathing sides while they were swimming. I was originally told to choose a side and stick with it when I was a kid. Coaches didn't waste time on the fine points in those days.

Pool Toys

When I started swimming again in 1999, I noticed people were bringing mesh bags with pullbuoys, kick boards, fins and other crap. Using any of this stuff was considered cheating back in the old days. Many times, people

with stroke or kicking problems were assigned pullbuoys or kick boards as punishment. Of course, when I figured out that you can stroke a lot more easily with this stuff, I got the whole bag of toys. Uncoachables like anything that helps you float.

What do they know?

When did they learn it?

The question is, what do the uncoachables know and when did they learn it? In my case, it started in the late 1950's at the Rutgers University pool, in New Jersey. Saturday mornings, my Dad dropped my brothers and me off for our half hour lesson. Along with 40-50 other grade school swimmers, we hit the lockers, and got out on the deck. A group of Rutgers coaches would line us up behind the starting blocks, 8-10 to a lane. At the sound of the whistle, a bunch of us would dive in, swim like crazy down the pool, get out after 25 yards, walk back to the line and do it again. Everybody did free style, and we practiced the Super Man start over and over. Without goggles. This went on for 10 minutes or so. I don't remember coaching so much as I remember yelling and whistles blowing.

After all the diving and swimming, we lined up along the side of the pool, grabbed the gutter and started kicking. This went on for what seemed like hours. It was probably 10 minutes, since that would be the easiest way to divide up the half hour. Coaches would walk up and down the side of the pool, shouting at us to keep kicking. This exercise guarantees future leg draggers.

The reward for all the starts and kicking was 10 minutes of free swim, the best part of the morning. When it was over, there was lots of whistle blowing to get us the hell out of there so the next group of victims could be shuffled in to hit the blocks. Next Saturday, same drill. All winter long. God knows what they did to the older kids. I didn't hang around to find out.

Junior high was my first exposure to competitive swimming. Our coach was a back stroker from Rutgers who would decide at the beginning of the season what you were good at, and that's what you did for the rest of the year. For the freestylers, that's all you swam. Which is why the true uncoachable geezer does one stroke and one stroke only. If you were a back stroker, you got some actual coaching. The rest of us got encouragement from the blocks during our open turns.

So why get in the pool with a workout group?

Somebody may ask you to kick or do those funny strokes that are not freestyle. Well, if you can't make yourself do more than 2000 yards or so on your own, there's nothing like peer pressure. This is necessary if you participate in a sport that puts you in a confined area that is essentially an elongated sensory deprivation tank. Then there's the off chance that by watching the people that do it right, uncoachables might pick up some tips. This actually works. Also, there's the camaraderie, working with fellow sufferers, coachable or otherwise. Finally, you're in the water, which gets to the heart of the matter: swimming is one of those sports where you come out cleaner than when you started.

You've seen them at various swim events. They are, like me, the single-side breathing, leg dragging, shallow diving geezers.

Uncoachables always have a reason that the original way they were taught was better.

In response to our 2001 survey results, Meet Director Bob Seltzer and Meet Technical Expert/Announcer Rick Osterberg made several adjustments at the April 2002 SCY Championship at Harvard. Many comments from 2001 indicated that uncoached swimmers and those swimming their first Championship meet found the experience to be a little confusing and intimidating and felt that it was geared more towards the large workout groups. In response, Bob added information to his E-News bulletins that specifically explained some of the basic meets procedures like on-deck seeding. Rick responded by spending additional time on informative signage around the deck area; he met with the timers and reminded our Harvard Swim Team timers/volunteers that not all of our swimmers were experienced in meets; and he made sure his meet announcements included plenty of information on when and where heat sheets would be posted and when events were closing. He even called out swimmers' names and lanes prior to many heats. As a result of Bob and Rick's positive responses to 2001 member feedback, I think most would agree that this year's Harvard meet was particularly "user-friendly."

Our newsletter editor, Tom Lyndon, reports that as a result of reader feedback he is redoubling his efforts to try and unearth quality material on stroke techniques and workouts for future issues. In general, he is also trying to include a wider variety of articles so that all NEMs can find something of interest in our newsletter pages.

Of course, there are no easy solutions to some issues raised by survey comments. For example, obviously there is a tension between keeping meets short (a wish expressed by many swimmers) and the desire to keep distance events as part of the format (a priority for many swimmers, particularly those like myself who are only competitive at distances of 400 yards or more). Certainly on deck seeding and dive over starting have done a lot to speed up our Championship meets in recent years. The fact is, though, that distance events take up a lot of pool time, which makes them more expensive to offer in terms of paying for officials and pool rental. In a two-day, single-course format like the SCM Championships, offering the 1500 would have meant a day that started at 8 am and went until about 10 pm. We've tried offering distance-only events in the past, but they weren't well attended. It's a tough balancing act and one we continue to wrestle with. Without further adieu, here are Edie's stats:

2001 NEM Survey Results

[593 respondents. Percentages based on number of total respondents.]

Length of membership:

1 year, 129 (22%) 2 years, 86 (14%) 20+ years, 32 (6%) 5-9 years, 106 (18%) 10-19 years, 75 (13%) less than 1 year, 14 (2%) 3 years, 91 (16%) 4 years, 56 (9%)

Joined NEM after hearing about it through:

friend/family, 264 (45%) brochure, 36 Boston Globe, 5 coach, 199 (34%) info/person at pool/club, 22 former members, 4 website, 56 members in other regions, 7 just knew about NEM, 3 many different sources for individuals: Cambridge Masters website, national meet, magazine, triathlon team, watched workout at pool, MetroSports.

Not renewing:

Only two respondents did not renew, both relocated out of New England.

Age bracket:

40-44, 103 (18%) 25-29, 62 (10%) 70-74, 22
35-39, 93 (16%) 50-54, 49 65-69, 13
45-49, 82 (14%) 55-59, 37 75-79,
30-34, 68 (12%) 19-24, 28 80+, 6

Type of swimmer (many checked more than one):

fitness, 337 (57%)
competitive, 296 (50%)
triathlete, 114 (19%) **of these, 47 only checked triathlete.
[Triathlete surveys separated and compiled below.]
coach, 34; other, 12

Coached/Cost of workouts:

407 coached, 155 uncoached, 7 occasionally coached, 5 no longer coached.

97 coached swimmers pay between \$25-50 per month

83 pay between \$51-100 per month

49 less than \$25 per month

17 members pay \$225 per session (usually several months)

9 pay less than \$5 per workout, the balance either don't have any payment or its part of their pool/club membership. A couple of people wrote that they pay too much.

Newsletter:

Total receiving it: 505. 407 receive it by mail, 98 by PDF on website 172 read all of it. General consensus is very favorable. Most common suggestions: more workouts, technique tips, include other people/teams. Many who receive it by website have requested getting an email alert when the latest newsletter becomes available.

E-News:

155 (26%) receive it. General consensus good, people like its format.

Web site:

392 (66%) look at it. General consensus very favorable. Most popular features are: meet info (97), meet results (88), and upcoming events (82). Other features visited: Top Ten Times (18), Places to swim (16), open water swims (12), and links (10). Common suggestions: more workouts, technique tips, links, update workout group info. *Note: Data on web site "hits" actually indicates that the most-visited pages (besides the home page) are the newsletter .pdf and the results page.

Meet attendance:

Mini-meets:

302 (52%). Age group attendance mirrors age bracket ranking of survey respondents 40-45 (52), 35-39 (50), 45-49 (41), 30-34 (33), 25-29 (29), 50-54 (29), 55-59 (18), 60-64 (13), 19-24 (11), 65-69 (10), 70-74 (10), 75-79 (7), 80+ (5).

Championship meets:

408 (69%) - of these, 115 have not done any mini-meets. Age group breakdown essentially mirrors that of the minis. General consensus is fairly favorable. Common reasons for not attending: schedule conflicts, fear of competition, burnt-out on competition, no interest, too far away, take too much time.

Issue of non-participation:

15 surveys show that the members have not used any of our services or gone to any meets.

Vendor:

15 members used the Arena discount, and 17 the Victor discount. Only 1 had difficulty getting the discount. Many members said they didn't know about the discounts.

Tiathlete members of NEM

[Triathlete members: 47]

Member how long:

two years or less, 27; 3-4 years, 12; 5-9 years, 2; 10-19 yrs, 5; 20+, 1.

Source:

coach, 24; friend, 19; web site, 2; brochure, 1; triathlon team, 1.

Coached:

yes, 38.

Newsletter:

37 receive. 11 read all of it. Features: How I train, events, results.

E-news: 9 receive.

Web site:

30 visit it. Features: events, 8; meet info, 6; places to swim, 5.

Mini-meets:

16.

Champ meets:

28.

Comments:

3 very favorable comments on NEM (better, friendlier than USA Triathlon; joined to support NEM; very happy with workout group, thoroughly enjoyed meets), some comments on meets, newsletters, web site.

Hawaii — continued from page 1

swimmers were Michele Fox - 6th, Marcia Misiorski - 10th, Tracy Grilli - 2nd and Bill Geary - 8th. Next up was the 1650. No women swam the event but the NEM Men had a good showing from Al Prescott - 2nd, Bill Volckening - 9th, Rich Landry - 4th, Joel Meltz - 5th and David Grilli - 8th.

Wednesday was a pretty full day with 5 events and 2 relays. 400 IM - Michelle Roy - 5th. 50 Back - Joel Feldmann won the gold in the 50-54 age group with the National Record breaking time of 30:52! Michele Fox - 6th, Tracy Grilli - 3rd, Mardie Brown - 5th, Steve Levan - 3rd and Bill Volckening - 10th. 200 Free - Michele Fox - 8th, Tracy Grilli - 2nd, Darcy Paul - 3rd, and Rich Landry - 8th. 100 Breast - Ted Haartz won the gold in the 70-74 age group with a time of 1:31.05! Monica Kung - 2nd, Sage Morrison - 4th, Michelle Roy - 3rd, John Mitchell - 5th, Joel Meltz - 9th, Rick Battistini - 3rd 200 Fly - Jeff Galper won the gold in the 60-64 age group with a time of 2:33.68! Mark Goldman - 3rd, Mark Murphy - 7th.

Things got pretty crazy at the end of the day with both the 200 Medley and 200 Freestyle relays being swum one after another in 2 separate pools. We had 12 relays entered (4 womens and 8 mens), with a number of NEMs swimming in both. It was a miracle that all swimmers not only made it to the block, they all swam very well and all relays placed anywhere from 3rd to 9th. (Relay results on page 3). After the relays, we all filed back into the stands for our team picture, figuring this was the best day with "almost" everyone there for relays. Sorry we missed a few.

500 Freestyle: Darcy Paul - 2nd, David Grilli - 8th and Jeff Galper - 5th.

50 Fly - Joel Feldmann swam to a 2nd place finish breaking the National Record with a time of 28:35! Steve Levan - 3rd, Mark Goldman - 3rd, Rick Battistini - 10th, Bruce Mohl - 3rd and Jeff Galper - 2nd.

200 Breast: Monica Kung - 4th, Sage Morrison - 3rd, Michelle Roy - 7th, Marc Broudy - 8th, Al Prescott - 10th, Bill Geary - 10th, Joel Meltz - 7th, Rick Battistini - 4th and Ted Haartz - 2nd

100 Back: Joel Feldmann swam to a 3rd place finish, breaking a National Record with a 1:09.14! Michele Fox - 8th, Mardie Brown - 5th, John Mitchell - 7th, and Mark Mitsch - 10th

50 Free: Joel Feldmann had another National Record breaking 2nd place swim with a 25.72! Monica Kung - 10th, Steve Levan - 7th, Mark Goldman - 7th, Rich Landry - 2nd, Al Keith - 9th, and Bruce Mohl - 7th.

200 IM: Steve Levan - 5th, and Bruce Mohl - 2nd.

200 Mixed Medley: With so few women, we could only make up 4 relays, which was really unfortunate because we had so many great guys who wanted to swim. Our 19+ placed 10th (McBride, Kung, Levan, Daley), the 25+ placed 8th (Fox, Keith, Goldman, Morrison), 35+ placed 9th (Volckening, Roy, Landry, Delgrosso), and the 45+ placed 3rd (Feldmann, Mohl, Battistini and T Grilli).

Thursday evening, many members of the team were ready to unwind and happened on a great place that served 99c Mai Tai's. Rumor has it that this was followed by Karaoke into the wee hours of the morning. All members showed up for their events on Friday, many of them having their best swims of the meet. Hmm... a new training method?

500 Free: 85-year-old Mardie Brown won the gold with a time of 12:02.80 (swimming most of the event with her cap and goggles on the bottom of the pool)! Monica Kung - 7th, Andrea Daley - 10th, Michele Fox - 9th, Tracy Grilli - 3rd, Darcy Paul - 2nd, David Grilli - 8th and Jeff Galper - 5th.

100 IM: 50-year-old Joel Feldmann not only won the gold medal but also broke the National Record with a 1:06.43 which was a lifetime best! Monica Kung - 8th, Tracy Grilli - 4th, Mardie Brown - 2nd, Steve Levan - 5th, Ben McBride - 8th, Rich Landry - 4th, Bruce Mohl - 2nd and Ted Haartz - 5th

100 fly: Mark Goldman brought home the gold in the men's 30-34 age group with a time of 51.81! Jeff Galper placed 3rd

50 Breast: Ted Haartz won his second gold with a time of 39.63! Monica Kung - 2nd, Sage Morrison - 4th, Michelle Roy - 3rd, Marc Broudy - 9th, Rick Battistini - 3rd.

200 Back: Michele Fox - 6th, and David Grilli - 9th

100 Free: Tracy Grilli - 8th, Steve Levan - 7th, John Mitchell - 10th, Darcy Paul - 9th, Mark Goldman - 4th, Rich Landry - 5th, and Bruce Mohl - 9th.

200 Mixed Freestyle relays

Our 19+ placed 7th (Levan, Fox, Daley and Goldman) and the 45+ placed 4th (Battistini, Mohl, T Grilli and Feldmann).

So, the meet was over. Teamwise, our men came through and placed 3rd! Al Keith and Rich Axtell accepted our 3rd place banner. Last I saw, Al was wearing it around his shoulders; he looked like a superhero. NEM Man! Then I never saw him again. We tried very hard to make arrangements for a team party at a place called Dukes. Unfortunately we were not the only ones with this idea and were not able to make a reservation. With everyone so spread out and communication slightly lacking, we were unable to hook up with the entire team. Our group opted for a fine Italian restaurant and were pleased that Charles was able to join us. Rumor has it that he will be coming to Boston for vacation in November and December. We hope he comes to our New England SCM Championship meet.

Three of us (Darcy, David, and I) swam in the open water swim along with just over 300 others on Saturday Morning. Originally this was to be a 2000 meter swim right off the beach from our hotel. It was switched to the course for the Waikiki Rough Water Swim and was cut down to 1800 meters. I have swum in a number of open water/ocean swims but never anything quite like this! There were some pretty big waves and my stomach was definitely feeling the effects of them. Fortunately my mind had to concentrate on the swim and the queasiness passed. All survived and Darcy placed 4th in his age group, 22nd overall, David was 12th/228th and I was 6th/135th. Bruce Mohl's daughter Jessica also swam (she swims for Menlo Masters in CA) and placed 3rd in the 19-24 age group. We spent the rest of the day just kind of "hanging out" and buying last minute gifts and souvenirs.

All in all it was a great meet and fun time. If we didn't have a good swim, it was OK. because "we were in Hawaii!"

NEM Results in Hawaii - individual swims ("Exceeded" for NEM News by Tracy Grilli)

	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	50 Back	100 Back	200 Back	50 Brst	100 Brst	200 Brst	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM	
WOMEN																			
Monica Kung	23	28.29		5:56.23						33.86	1:14.03	2:42.63				1:08.78			
Andrea Daley	25			6:37.14									1:15.61			1:12.92			
Sage Morrison	27	27.07								34.73	1:13.73	2:42.32				1:07.15			
Michele Fox	32		2:09.28	5:44.98	11:46.27		31.73	1:07.55	2:30.61								2:41.76		
Patti Delgrosso	36	27.55	1:01.34				34.22						1:25.17				2:26.08	5:09.40	
Michele Roy	38									33.50	1:14.45	2:42.67				1:06.09		6:36.60	
Marcia Misiorski	44			7:04.08	14:34.72														
Tracy Grilli	45		1:00.99	2:11.41	5:49.18	11:59.54	32.60									1:10.02			
Joel Feldmann	50	25.72**					30.52**	1:09.14**					28.35**			1:06.43**			
Mardie Brown	85			12:02.80	23:23.76		1:19.57	2:38.98								2:52.88			
MEN																			
Steven Levan	24	23.47	52.05				29.97						25.62			1:02.35	2:17.55		
John Mitchell	24		52.60					1:05.80											
Darcy Paul	26		50.17	1:47.42	4:55.26	10:18.65						1:14.14							
Ben McBride	30	22.88							1:00.61										
Mark Goldman	30	22.34	48.27										23.92	51.81	1:51.19		57.86		
Marc Broudy	31									31.15	1:08.13	2:27.64	27.27	27.27	2:15.72				
Matt Camelio	31	24.59	54.57	2:05.75									29.36			1:05.23			
Al Prescott	33					24:54.23									3:06.59			6:23.00	
Mark Murphy	36	26.35	56.55	6:06.78											2:44.40				
Bill Volckening	36					19:32.20	30.75		2:16.60								2:17.27	5:00.86	
Rich Landry	38	22.05	48.97	1:48.76	5:05.95	18:12.16													
Al Keith	41	22.84	51.59							29.77	1:06.07						56.59		
Bill Geary	44			1:58.48	5:29.10	11:19.48					1:09.23	2:31.35				1:01.19			
Mark Mitsch	44	23.35	52.36	1:58.11			28.14	1:01.72											
Joel Meltz	45					18:55.90							1:12.29	2:48.01					
David Grilli	47		1:00.44	2:12.39	5:58.28	21:18.27			2:48.10										
Rick Battistini	48	24.21								30.38	1:06.94	2:34.44	25.82			1:02.63			
Bruce Mohl	56	24.61	54.85										27.27			1:02.23	2:18.11		
Jeff Galper	60		1:00.35		6:04.63	12:25.89							29.42	1:05.42	2:33.68				
Ted Haartz	74									39.63	1:31.05	3:22.84				1:25.45			

** national record

Open Water Swims

Edited by Tom Dugan. Send him (TDugan7145@aol.com) info about other swims. Contact the swims directly for information about the swims. Info printed above is not guaranteed for accuracy. Always call the race to confirm.

July ■■■

7/4 Mike Rynne 2 Mile Swim SWC

Two mile race in the Merrimack River, in Lowell, MA, Swim upstream for 1 mile, turn around and swim 1 mile downstream. Starts at 10:00. \$25.00 entry fee. Contact Jack Hall, 89 Burnham Road, Andover, MA 01810, H - (978) 475-2285 W - (978) 454-5411 x340, e-mail jhall@gltech.org., Ned Tarmey, Jack Taupier (978) 970-4242

7/13 4th Annual One Mile Swim at Nantasket Beach RCC

This is a fundraising event for cancer research at Nantasket Beach, Hull, MA, Kitty Tetreault, 30 Bullard Street, Walpole, MA 01721 (508) 660-1720 jacqkat@earthlink.net, Mary McCullagh, Swim Across America (508) 881-3779. Mmcculla@ma.ultranet.com; www.Swimacrossamerica.org

7/14 Fran Schnarr 5k Swim: Huntington Bay

Long island, NY; Bea Hartigan, 27 Huntington Road, Huntington, NY 11743; (631) 271-3349 bea10k@yahoo.com

7/19 7th Annual Boston Harbor Islands Swim

This is a 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. Kitty Tetreault, 30 Bullard Street, Walpole, MA 01721, (508) 660-1720, Mary McCullagh, Swim Across America (508) 881-3779; Mmcculla@ma.ultranet.com; Fundraiser for cancer research www.swimacrossamerica.org, jacqKat@earthlink.net;

NEW 7/20 Compo Beach Swim, Westport, CT

One mile swim, usually starts around 9:30am Contact: Marcia Cleveland MarciaC944@aol.com or CompoBeachswim.emi

NEW 7/20 Misquamicut Beach Saltpond Challenge, Westerly RI

6:00 PM Winnapaug Pond, adjacent Misquamicut State Beach, Atlantic Ave, Westerly, RI. 1 mile swim, must pre-register, \$19.00 entry fee. Contact: Mark Burbelo (401) 322-7134 or www.westerlytrackclub.org or mburbelo@gza.com

NEW 7/20 Burlington, VT One mile or eight miles

eight mile swim, swimmer must provide own chase boat entry fee is a minimum \$100.00 pledge for the Burlington YMCA eight mile swim starts at 9:00am and one mile swim starts at 10:30am Contact: Johanna Harrington at (802) 862-9622 or jharrington@gbymca.org

7/21 Cove to Cove (.5 mile) and race for the River (2.4 mile)

NYC. Manhattan Island Foundation. 888-NYC-SWIM. www.nycswim.org

7/21 Greenwich Point 1 Mile Swim

Frank or Kathy Salvo. (203) 966-5494.gscevents@yahoo.com

7/27 Jay Lodi Memorial Swim (1 mile)

Another swim run by Jim Doty. \$5.00 entry fee, for a 1 mile swim along Carson Beach in South Boston. Jim Doty, Deland-Gibson Insurance Co., 36 Washington Street, Wellesley Hills, M 02481 (781) 237-1515

7/27 2.4 Mile Peaks -to-Portland Swim

Casco Bay, Portland, Maine. Mathew Engineri, Greater Portland YMCA, 70 Forest Ave., Portland, ME 04101 (207) 874-1111 x210, Mengineri@cumberlandcountyyymca.org Entry deadline 6/15/2002

7/27 1.2 Mile Buzzards Bay Day Swim

Outer Harbor, New Bedford, MA. Gina Rullo: The Coalition for Buzzards Bay, 17 Hamilton Street, New Bedford, MA 02740 (508) 999-6363 x205, fax (508) 984-7913, e-mail: rullo@savebuzzardsbay.org

August ■■■

8/2 HWAC Swim (1 mile)

Marblehead, MA. Deveraux Beach. Anne Wargo, 276 Congress Street, Salem, MA 01970, (978) 744-8552. e-mail: annew@helpabusedwomen.org

8/3 1.7 Mile Citizens Bank/Save the Bay Swim

Narragansett Bay, Newport, RI. Jennifer Wheeler, 834 Smith Street, Providence, RI 02908, (401) 272-3540 x119 (401) 273-7153. e-mail: jwheeler@savethebay.org Swimmers of all ages and fitness levels are invited to participate in this year's swim from Newport to Jamestown. The swim will span 1.7 miles, and is held to raise awareness of the need to protect Narragansett Bay. www.savethebay.org.

8/4 Calf Pasture Beach Swim for Water Safety (1 mile)

Norwalk, CT. Pam Raila, (203) 866-9837. Entries at: www.active.com. e-mail: nhs23par@hotmail.com

8/4 Battery Park One Miler NYC

Manhattan Island Foundation. 888-NYC-SWIM. www.nycswim.org

8/10 Grand Circle Swim for Boston Harbor

Boston, MA (617) 451-2860 e-mail: wolfe@savetheharbor.org

8/17 1 Mile Harbor Swim

Gloucester, MA. Jennifer Cullen, 9 Hodges Street, Salem, MA 01970, (978) 744-5169. yjenswim1@juno.com Ritchie Martin (978) 281-0670, Fax (978) 281-8349, lilomartin@prodigy.net

8/17 1 Mile Against the Tide

Flax Pond at Nickerson State Park, Brewster, MA on the Cape

Mass. Breast Cancer Coalition, 51 Diauto Drive, Randolph, MA 02368, (781) 961-7460. tin8@mbcc.org. Massachusetts Breast Cancer Coalition. www.mbcc.org/swim. This is a fund raiser for breast cancer. See the flyer in the May issue of NEM News.

8/17 Great Hudson River Swim (2.8 mile)

NYC., Manhattan Island Federation 888-NYC-SWIM www.nycswim.org

8/17 Atlantic City Ocean Marathon Swim

22.5 miles around Atlantic City This is the FINA Marathon World Cup www.acswim.org

8/24 Boston Light Swim (10 miles)

This is the oldest marathon swim in the USA. It originated in 1908. Swim from Boston Light in Boston's outer harbor, past a number of harbor islands and finish at South Boston's L Street Beach. John Werner, 63 Van Winkle Street., Dorchester, MA 02124, (617) 474-2400 e-mail: johnwerner@citizenschools.org

September ■■■

9/7 1.4 Mile Swim for Life & Paddler Flotilla

Provincetown Harbor, Provincetown, MA Jay Critchley Swim for Life, PO Box 819, Provincetown, MA, 02657, (508) 487-3684, Fax (508) 487-3684 *51, reroot@tiac.net This is its 15th year. A fund raiser for AIDS. www.swim4life.org.

9/7 2002 FINA Marathon Swim World Cup/10K for the USA

Atlantic City, NJ (Open to Masters) www.acswim.org

9/21 Little Red Lighthouse Swim (7.8 miles) NYC

Manhattan Island Foundation 888-NYC-Swim www.nycswim.org

October ■■■

10/20 5 Mile Coral Reef Swim

US Virgin Islands. Randy Nutt (800) 356-5132. e-mail: nutt1@mindspring.com. entry at www.activeUSA.com

For a bunch of open water swims in New Jerse, go to: <http://www.shorecast.com/html/WhatToDo/Runswim.html>. Complete listing available at <http://www.usms.org>.

Try a Tri/Try a Tri Relay

by Edie Jirak

July 7, Holliston MA, .5 mi pond swim (FIRM)

July 14, Middleboro MA, .5 mi pond swim (FIRM)

July 21, Webster MA, .5 mi pond swim (FIRM)

July 28, Devens MA, .5 mi pond swim (Danskin)

Aug 4, N. Kingston RI, .25mi ocean swim (FIRM)

Aug 11, Kennebunk ME, .25 mi ocean swim (FIRM)

Aug 17, Barrington RI, .5 mi pond swim (FIRM)

Aug 18, Sharon MA, .5 mi pond swim (Time Out)

Sept 1, Boston MA, .5 mi harbor swim (Monster Challenge)

Sept 1, Chicopee MA, .5 mi pond swim (FIRM)

Sept 8, Hyannis MA, .25 mi ocean swim (Time Out)

Sept 8, Narragansett RI, 1.2 mi ocean swim - half ironman event (FIRM)

Sept 15, Hopkington MA, 1k pond swim (FIRM)

FIRM: www.firm-racing.com; email: wendy@firm-racing.com;

(508) 485-5844.

Time Out: www.timeoutproductions.com; email: timeout@capecod.net;

(508) 477-6311.

Monster Challenge: www.monsterchallenge.org, email: monsterchallenge@aac.org; (617) 450-1100.

Joel Feldmann and Rich Landry



MORE HAWAII

Sage Morrison and Mark Goldman



Tracy Griffin digital photo

Tracy Griffin digital photo

Swim Meets

July ■■■

NEW 7/21 — Sunday — Blodgett Pool at Harvard (LCM)
Cambridge, MA

Warm-up starts at 8:00 am. Deck enter by 8:45 am. First heat at 9:00 am. Meet is expected to end around noon. Bob Seltzer, Meet Director. \$3 meet entry fee plus \$2 per event. Maximum of 5 individual events. All events through the 400 free and 400 IM. Additionally, we will put together several attempts at USMS national and/or FINA world records at this meet. Due to schedule conflicts, we will not be using electronic timing for this meet. We will ensure that there are at least two watches for each lane (and three watches for record attempts). Sanction 033-014-SLCM. For more information, contact Bob Seltzer at 617-576-1203 or seltzer@metasoft.com or check the NEM web site, swimnem.org.

Directions:

From the North, take I-93 into Boston and take the Mass Pike (I-90) about 5 miles to Allston/Cambridge exit. (westbound exit 20, eastbound exit 18). After the toll booth, bear right at fork towards Cambridge. At second light, (DoubleTree Suites will be on your right), proceed to a left turn (before crossing river) onto Storrow Drive westbound for about 1 mile. At top of exit (Harvard Square/North Harvard Street) turn left onto North Harvard Street. Less than 1/4 mile on your right will be Blodgett Pool. Do not park in the Harvard Business School parking lot. Park on street.

From the South and West, take Mass Pike (I-90) to Allston/Cambridge exit 18 (westbound exit 20, eastbound exit 18) and follow directions from the North.

August ■■■

8/11 — Sunday — Jenny Thompson Outdoor Pool (LCM)
Dover, NH

Warm up 8:00 a.m. to 9:00 a.m., must be done by noon. 6 lane 50 meter competition pool, with additional space for warm up/warm down. Meet Director: Ed Gendreau. Sanction Number: 033-013-SLCM. Fees: \$5 base fee plus: \$3 per event, maximum of five individual events. Entry Procedure: Deck Enter a maximum of five individual events. Timing: Electronic timing planned but not yet confirmed. Otherwise we will use hand watch timing. Notify meet personnel before your race if you think you may set a USMS National or FINA masters world record.

- | | | |
|---------------|---------------|---------------|
| 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) 400 free |

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

Day of the meet Notes:

- 1) You must sign the WAIVER SHEET. If you do not sign the waiver sheet, you will not appear in the meet results. There will be no exceptions.
- 2) Your age for this meet is your age on December 31, 2002.
- 3) Seed times submitted must be for meter distances. If you need help converting your times from yards to meters, ask meet personnel.
- 4) 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.

8/15-18 USMS Long Course Champs (50 meter pool)
Cleveland, Ohio

Pieter Cath, 35400 Bainbridge Rd, Solon, OH 44139
cath.p@worldnet.att.net. 440-248-8270
http://www.mindspring.com/~lakeeriemasters/lcnats.h

2002 and 2003 ■■■

2003 SCY Nationals — Tempe, Arizona

2003 LCM Nationals — Rutgers Univ., Piscataway, New Jersey

2004 Worlds — Riccione, Italy

OPEN WATER SWIMS ON PAGE 7

Ask Dr. Swim

Q. Should my head be up or down in freestyle?

A. Mostly down.

When you were a kid, maybe your coach or instructor told you to look ahead while swimming freestyle and keep the water at your hairline or even your eyebrows. Maybe you've also heard coaches say, "Put your head down and go for it," in the last stretch of a race. Then, if you read *Fitness Swimmer*, you keep hearing that you should look down all the time when you swim freestyle. With all that conflicting information, it's no wonder you're confused. Here, then, is some clarity

One of the keys to efficient swimming is balance, says Emmet Hines of Houston, the 1996 USMS Masters Coach of the Year. "It's very easy to get balanced if you look at the bottom," he says. Dropping your head to its natural position—in line with your spine—immediately pops your hips to the surface and makes your kick more efficient.

"Swimmers who aren't balanced think they're doing it right because they're working so hard," says Scott Lemley, a Masters coach in Wrightwood, California. "But the reason they're killing themselves is because they can't swim efficiently." Keeping your head, shoulders, and hips in line allows you to keep your legs up without kicking. It's also natural and effortless—the way you are on dry land. If you're looking down, you can press your chest into the water, which is how your whole body is supported as you swim.

If you're still skeptical, try it for yourself. Swim one lap looking at the wall you're heading toward and a second lap with the top of your head aimed at it instead. It may take a little practice—old habits die hard—but you'll probably find yourself rolling and stroking more easily than you ever have. You'll also relax the muscles in your neck that used to hold your head up.

Fitness Swimmer August/September 1998

Editor's note: Does head down swimming facilitates breathing on both sides ("bilateral breathing")? It would seem to, since the motion to rotate to grab the air is simplified. Less synchronizing the rotation with that head that is already in that somewhat unnatural head back (raised) position.

More Info

- **NEM web page**
www.swimnem.org
- **NEM newsletter PDF**
download it in color at the News button at www.swimnem.org
- **NEM telephone info**
1-888-SWIMNEM
- **USMS web page**
www.usms.org

- **NEM newsletter**
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tomlyndon@aol.com
781-235-8587

Mastering It

**"A mountain is not about a summit."
David Breashears, speaking of Kilimanjaro.
He is also the IMAX photographer
of Everest with at least
one close call there.**



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