



August 1998

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NEMorabilia

Long Course Championship Meet a Success

via email from Bob Seltzer

The recently concluded NEM LCM Championship was one of the best meets in recent memory. Perfect weather combined with an ideal outdoor venue made for a very pleasant half-day at the pool. A good time was had by all of the 70+ swimmers, a number of whom set NE, National and World Records, subject of course to the completion of the season and subsequent verification:

- Jacki Hirsty, 45, set New England records in 400 and 800 freestyle and 50 breast and 50 fly.
- Irene Mannix, 75, set a New England record in the 50 breast.
- Fred Schlicher, 50, set a world record in the 400 free, a US record in the 200 fly and two New England records in 50 fly and 200 free.
- Al Craig, 70, set New England records in the 50 breast and 200 breast.
- Jim Edwards, 75, set New England records in the 400 and 800 free and 200 back.

Many of these records are not expected to last for more than a few weeks since Jacki, Fred and Jim are planning to swim much faster at the USMS LCM Championships in Ft Lauderdale beginning August 20th.

Much thanks to the people who run the pool at Hanscom Air Force Base and special thanks to Rich Axtell for making this meet a great success.

[Complete results of the meet.](#)

Volunteer for Top Ten lists

Our registrar, Evelyn Hausberger, who processes over 1,000 memberships each year, is also sending out

the top ten lists to those who request them. And guess what? She wants someone to take over the list mailing. Next year, the lists will be available for perhaps \$1 each when ordered on a separate form that will include a return mailing label filled out by the person placing the order. If you would like to find out more about this volunteer opportunity, please get in touch with Evelyn at 603-888-5122 or ehausberg@aol.com.

Peaks to Portland Race

Jim Harvey finished first in the 2.5 mile harbor swim July 25.

Lodi Memorial Swim

Fifty-year-old Fred Schlicher finished first in the L Street Boathouse race in South Boston. Fifty-nine-year-old Claire O'Brien finished second among the women.

Goodwill Games Triathlon

Thirty-seven-year-old Karen Smyers completed the 1K river swim/40K bike/10K run in two hours and eleven minutes in NYC on July 25, less than three months after giving birth to Jenna on May 1.

Dave Riley

When last heard from, Dave was cranking out some centuries (100-mile days) on his fund-raising Ride Across America.

New England Long Course Meters All-Time Top Ten List

Going back to the beginning of our club in 1972, Esther Lyman has amassed and scrutinized a tremendous amount of data from which she has compiled this list. It is in at least near perfect form now - in what Esther calls "preliminary" form. [Click here to see the list.](#)

NE-LMSC is Seeking Chairman Nominations

Those at the July 2 meeting of the New England-Local Masters Swim Committee agreed to a process for the selection of an NE-LMSC Chairman. A nominating committee was formed to seek a permanent chairman. This chairman candidate, if approved by the directors, will serve until the annual meeting and be voted on by the membership at that time.

These are the nominating committee members. Contact any as soon as possible with your ideas for nominees.

- Gayle Wettach (Chairman)
781-245-4034
RobWettach@aol.com
- James K. Edwards
401-751-7909
- Yvonne Gutierrez
603-672-3253
ygutierrez@wpine.com
- Win Wilson
401-397-8040

NEM Brochures - Spread the Word!

Let others know about NEMSC - put some of our brochures up at your pool, or just give one to a swimming friend. To get copies of the brochure, contact Wendy Gulley (please include a SASE if you only need one or two brochures).

Wendy Gulley
59 Carroll Street
Watertown, MA 02172
617-926-7896
w.gulley@nUNET.neu.edu.

Open Water Swim Group Info Line Update

This is Lisa Ackerman's initial response to a request that she consider building a list of groups and places for open water swimming in the summer for NEMS:

"As best as I can tell so far, if you go to Walden, there is someone to swim with. Just wear a skimpy bathing suit. And, from my memory of living in Cambridge, that works for guys and girls, just depends on what part of the pond you go to. But, I believe there are groups there Monday mornings at 6:00 (Brandeis), Wednesday and Fridays at 6:30 at night (mostly Team Psycho or Harvard Masters) Sunday mornings at 9, which is a conglomerate of Masters castoffs, me, and some BUMS (Boston University Master Swimmers). David and I were there Sat at 9-and may continue that."

Lisa can be reached at ackerman@tiac.net or at 781-275-0494.

USMS Coaches Manual Get a copy of the USMS Coaches' Manual for \$25 by using the order form in SWIM Magazine. 200 pages on training, technique, stroke drills, energy systems, clinics, workouts, and articles on other topics related to Masters swimming and coaching.

USMS Underwater Camera (Rental) Available \$50 rents an underwater camera on a pole. Contact Paul Windrath at 612-388-8524 or pwindrath@compuserve.com.

Ft Lauderdale Roommate Wanted Marian Coakley is looking for roomies at the meet in August. Contact her at 508-692-4819 or Marian.Coakley@future.ca.

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A Harvard Swim Clinic Critique

Ted Webster's email to the editor

"Missed you at the Harvard Technique workshop Monday (July 13). Was helpful. Enough tips to keep me busy for a few years. They rebuilt my stroke a bit.

- More roll.
- Don't let hand cross centerline, keeping in mind that what we perceive as centerline changes when we've rolled.
- Be sure to power at the very end of the stroke. ("Imagine you're tossing a softball.")
- Head up a bit more to keep feet under water.
- Tighten kick.
- Build it up from the kick.
- Lots of emphasis on kick, which in my case is a problem,. It's weak due to the ankle injury

- or whatever.
- Lots of drills

Can I really do it and change after all these years? And if I do it, will it really be any faster?

The videotapes were especially interesting. About 40 people with maybe 12 instructors. Rob Berry gave a good pitch for NEM at lunchtime. Surprisingly, hardly anyone in the workshop was a masters swimmer. The group there was all over the map as far as swimming level is concerned.

Well, there were a few masters swimmers, but maybe only about 3-5, and they said they were just beginning. One woman came to learn to swim-couldn't swim at all! There were some recreational swimmers who just wanted to beautify their strokes, I guess.

I got put into a pod of four consisting of me and three women in their 30's or maybe 40's who had pretty good strokes and were in pretty good condition, and maybe were considering competition. Two had given birth about five months earlier. We had two coaches for the whole day. At the top end were maybe 6-8 young guys who I think had been at Harvard Swim Camp or in Rob's program who were way out of my league. And then some 30-40 year olds who were serious fitness swimmers. And a matron who seemed to be around 75. That's about it for now. Over and out."

Editor's note: Ted, a freestyler and 64, swims sub 29 fifties and 1:06 hundreds. The editor has never observed Ted training at a level that would warrant these speeds. Now that he has all these pointers for swimming better, he may be able to train even less to sustain his times.

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NEM Coaches

As the club's new VP of marketing, Fred Schlicher has identified Masters coaching as one of the primary foundations that the club benefits from and can also provide help to. The following are some preliminary ideas Fred has. He would like to hear from you at 781-395-7766 or schlicher@mindspring.com if you have comments or suggestions.

"The objective is to explore ways that NEM can help you and other coaches recruit new members, both for your program and as New England Masters. By the way, do you know of pool facilities in your area where a Masters program might be started?"

- *More information from NEM. Newsletter? For yourself? To give to swimmers?*
- *Additional benefits for swimmers joining New England Masters?*
- *Benefits for coaches that would encourage them to recruit more swimmers to join the New England Masters program?*
- *We are considering having a New England Masters Coach of the Year award. The winner would be profiled in our newsletter and website, and we would pay for the winner's travel to the Nationals.*

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The Schlicher Marketing Plan for NEM

A broadbased plan for NEM services expansion and fulfillment

On July 19, Fred J. Schlicher became the new Vice President of Marketing for New England Masters. He was asked a few questions about his marketing plans for the next year.

Q: As our new V.P. of Marketing, what do you see as the future of the club?

A: I see this next year as a tremendous opportunity for NEM. When I organized the One Hour Swim this past year, I learned so much about the potential for growth. In 1996, only 50 people did the One Hour Swim. This past year, by increasing our marketing and volunteer efforts, both morale and membership went up and we had 167 people doing the One Hour Swim. Since June 1996, the club has grown steadily from 606 members to 772.

Q: What do you think are the roots of this growth?

A: Evelyn Hausburger, LMSC registrar, attributes this trend to workout group/team competition at regional meets, the establishment of the Cambridge Swim Club Masters program, and the successful NEM 1998 One Hour Swim. I believe she is right, and that a sound, pragmatic marketing plan will keep the momentum flowing.

Q: What is your plan for fostering the club's growth?

A: The marketing plan has three roots: gaining membership input, enhancing member benefits, and expanding Masters programs. First of all, we want input from our membership. I encourage all of our members to call or email or send us their ideas about benefits we can offer, pools where we could start a new Masters program or expand an existing one. We are reviewing some previous research about what our members like and dislike, and the benefits they want. We might conduct a new survey of the membership to gather more opinions and input. But the most important thing is for all our members to know that if they have ideas about how to improve the club and expand to more pools, we want to hear from them. Contact Fred at 781-395-7766 (phone), 781-395-5995 (fax), or schlicher@mindspring.com.

Q: Why is it so important to expand to more pools?

A: It's the best way for the club to grow - by encouraging pools to start a Masters program or to expand an existing one. A successful Masters program needs three things: a attractive facility, open adult swim time slots, and a good coach. I'm convinced that there are a number of facilities that could start a Masters program if they could find a good coach - and that's something we can help them do. Some pools with good coaches might not be open during the peak times for adult swimming: early mornings and after work. Maybe we can help support an expansion of pool time committed to Masters swimming. Many other pools have fledgling Masters programs that need management to grow. We are currently building a comprehensive list of pool facilities throughout New England and inventorying their needs to see where the opportunities are.

Q: What kinds of new benefits do you have in mind?

A: We are exploring several ideas for new benefits that we could offer. One suggestion is that we sponsor free or inexpensive stroke clinics on a regular basis in Rhode Island, Massachusetts and New Hampshire. Another possibility is arranging discounts on sports equipment with leading store chains, together with joint promotion of NEM events. Another suggestion is to offer gift certificates for recruiting new members.

Q: What about "The Information Age"? Do you have some thoughts for expanded use of the Internet and the Web?

A: Absolutely. There is a lot of potential here. The club will continue to explore opportunities with search engines, key sports web sites, Internet service providers, personal home pages, and any of the other blossoming media links. We are considering an email-buddy system that would disseminate information and promote NEM events. We'll need a volunteer to maintain the list and need to revise our membership application forms so members can say whether they want NEM swimming emails automatically sent to them.

Q: Fred, you've been talking throughout about ways of expanding the club's membership. Sometimes we hear members ask, "Why should the club grow?"

A: As I see it, the more members we have, the more benefits we can offer and the better service we can provide, because we will have more resources-both volunteer and revenue generating. NEM exists solely for of its members. Our challenge is to give our members even more value.

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Club Video Library Update

submitted by Sam Thayer

The Club has a small but growing library of videos available to members. If you'd like to borrow one of the titles listed below, contact me (617-349-2671; sam_thayer@abtassoc.com; 5 Mystic Avenue, Winchester, MA 01890). When you send back the video(s), you'll need to include a check at \$5 per video, payable to "NEM" for the round-trip mailing cost. If you've other videos you're willing to donate to the library, let me know.

Swim Smarter, Swim Faster II Starts, Turns & Finishes

Richard Quick and Skip Kenny, Stanford and US Olympic coaches explain how to take valuable seconds off by improving execution of these important aspects of a race.

Don Gambрил's Gold Medal Series: Butterfly

Former Olympic Coach illustrates the techniques and training approach taken by 1984 US Olympians including the legendary Mary T. Meagher and Pablo Morales.

From the Fast Lane: Volume 3 - Advanced Technique

Lots of footage of swimming greats including Pablo Morales, Mary T., Rowdy Gaines, Jill Sterkel, and John Moffet demonstrating great stroke technique and their favorite drills. All four strokes covered. Very good underwater photography and slow-motion shots.

Videos recently added to the library:

- Don Gambрил's Gold Medal Series: Freestyle
- Richard Quick, Skip Kenny: Swim Smarter, Swim Faster
- BottomLine Aquatics: The Backstroke, From the Bottom Up

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Coaching Positions Available

Head Coach -- West Roxbury-Roslindale YMCA

The West Roxbury-Roslindale YMCA GATORS are seeking an experienced, motivated head coach for the upcoming season (September - March). Most practices are held in the early evening. Additional hours at the Y (guarding, instructing) may be available. Contact Stephen Hughes, Aquatic Director, for more information: 617-323-3200.

Masters Coach -- Atkinson Pool

Atkinson pool in Sudbury, MA is seeking a Masters Coach. Hours are 6-7 am for a minimum of three mornings per week. Contact Aquatic Director Debbie Watelet at 978-288-7120 or at 40 Fairbanks Road, Sudbury, MA 02776.

USS Age Group Swim Coach -- Shawmut Aquatic Club

Shawmut Aquatic Club, a parent-run USS swim team based in Framingham, MA is seeking a part-time Age Group level coach. This coach will be responsible for our youngest Age Group swimmers from beginners to those approximately 12 years old.

Duties include teaching basic stroke technique, promoting physical fitness and motivating and guiding our eager swimmers. Competitive hourly compensation for approximately 400-450 hours per year, plus reimbursement for distant travel/lodging for meet participation. Interested candidates may submit their resumes for consideration to MarkBeans@aol.com or Mark Coffey, 3 Colby Road, Wellesley, MA 02482

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A Beginner's Guide for the Self-Coached Swimmer

by Rob Berry

So, you know how to swim. You can even go a mile without stopping. You know you have potential, but aren't sure what to do next. Most experts agree that the best way to improve swimming performance is to join a coached workout group. However, many aspiring biathletes, competitive swimmers and fitness swimmers don't feel ready or don't have access to an organized workout group. These simple guidelines will help you move one step closer to your amphibious friends in the fast lane.

Be an informed swimmer

While MetroSports Magazine's articles and advertisements are exceptional resources, investigate swimming specific resources like New England Masters Swimming (1-888-SWIMNEM), US Masters Swimming (<http://www.usms.org>), Fitness Swimmer Magazine (1-800-846-0086), SWIM Magazine, and Swimming Technique Magazine. These sources can help you start building a more detailed library of swimming related information.

Try to swim 2 to 5 times per week

Once a week is not going to cut it. Most fitness swimmers swim 2-3 times a week, most competitive

swimmers and biathletes, about 4-5 times a week. Build up your yardage gradually. Don't do it all at once! Try to add 10 percent weekly until you can make 2000 to 3000 per workout. Start a swim log to document your yardage, intervals, swim times and "feelings." This will help you track your progress and can make for interesting reading ten years down the road.

Create structured workouts

Many beginner lap swimmers jump in the pool, swim until they can't go any further, and then stop and get out. Most experienced swimmers use interval training. This means that you swim a shorter distance, stop, rest for an interval of time, and then repeat the swim. Swim distances can range from 25 to 500 yards or more. There are two types of intervals: swim intervals and rest intervals. A sample swim interval set is 10 x 100 yards on 2:00. This means you swim 100 yards every 2:00. If it takes you 1:40 to swim the 100 yards, you get 20 seconds rest before you leave for your next 100 yard swim. If that one takes you 1:45, you only get 15 seconds rest. A rest interval set would be 3 x 500 yard swims with one minute rest between each swim. A variety of distances and intensity will keep you from nodding off during your workout. Sample workouts are available on the internet and are often included in swim magazines.

Learn new strokes

The four competitive strokes are Freestyle, Backstroke, Breaststroke, and Butterfly. Each stroke will work muscle groups differently. Watching other swimmers can give a rough idea of what the strokes look like. A better method is to read articles and books on stroke technique that include detailed descriptions and diagrams. Better yet, swim videos showing correct stroke technique and drills that isolate movements will be most beneficial. The more strokes you have mastered, the more comprehensive and interesting your 4 workouts will be.

Use swim aids and equipment

A bathing suit, goggles, and swim cap are basic necessities. Make sure they fit well and are comfortable. The next group of commonly used equipment includes kick boards (isolate the kick), pull buoys (isolate the arm pull), fins (add leg propulsion), and hand paddles (add hand propulsion). In addition, there are many other specialty devices, most aimed at isolating body movements or correcting stroke technique. All of these products come in many shapes, sizes and colors. Research products to determine which is best for you and learn to use them correctly. Companies like Lincoln Swim Pool Equipment (1-800-223-5450) can provide you with information and products. While most of these products can certainly help your swimming, don't become dependent on them. About 60-80 percent of your workout should be done using just our basic necessities.

Get motivated

Some people are self-motivated workout animals. Others need help just getting out of bed in the morning. Find something that will keep you motivated to continue. It may be a calendar on your refrigerator with smiley faces on the days you swim; or playing golf on Saturday if your week's yardage is over 6000. Whatever it is, make it visible or known to someone else. Cheaters rarely win! As you become more experienced, set goals for yourself. They may be quantitative swim times, yardage totals or weight loss goals. They could include learning the butterfly, attending a masters swim meet, or making five new friends. If you write down your goals, do it in pencil, knowing your goals can always change.

Have fun!

Swimming is a fun, sociable, and (relatively) injury-free way to stay fit for life. Make it a part of yours!

Rob Berry is a US Masters National Champion and All-American Swimmer. He coaches the Cambridge Masters Swim Club at Harvard and is a member of the New England Masters Executive Board and the

USMS Coaches Committee. He can be reached at 617-783-4451 or hydroberry@aol.com
This article first appeared in the July 1998 issue of MetroSports.

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New England Masters Executive Committee Meeting

7/19/98 at Jenny Thompson Pool, Dover, NH
Minutes submitted by Bob Seltzer, President

Present: David Grilli, Tracy Grilli, Ed Gendreau, Evelyn Hausberger, Bob Black, Fred Schlicher, Rob Berry and Bob Seltzer

Officer Changes: Two changes in EC officers. Both are interim positions until the next election to be held this Spring:

- **New VP of Marketing**

Fred Schlicher replaces Tracy Grilli. Tracy will remain as an active NEM volunteer. Due to her USMS responsibilities, Tracy found it difficult to devote enough time to this important position. Fred's appointment is recognition of his significant contributions over the past year (e.g., One Hour Swim, Metro Sports Campaign).

- **VP of Meets**

Rob Berry replaces Matt Connery. Matt successfully completed his two year term. Rob will assume duties beginning with Winter Season. Additionally, Rob will assume responsibility for coordinating Clinics and the position will now be known as VP of Meets and Clinics. Rob's appointment is recognition of his significant accomplishments at NEM volunteer and coach at Cambridge Masters SC, the largest NEM workout group with 100+ members.

Meets: Ed presented his plans for the SCM Fall Season. We will have meets in R.I. in October, in N.H. in November and a championship meet at Bentley College in Waltham, MA (more info in the next newsletter). The Bernal's Gators Swim Club will run the meet. We expect a very professional meet in a venue that can easily handle a large crowd. A committee is in formation to assist Ed in running the championship meet. See Ed if you wish to help.

NEM Convention Rep: Rob Berry was selected as the NEM representative to this year's convention. Rob is an active member of the Coaches' Committee and attended the convention last year. This year, Rob will be a voting as an at-large delegate selected by Nancy Ridout, our USMS President.

Membership: Evelyn did not have membership report with her at this meeting but believes that NEM membership is over 780! Workout group competition, One Hour Swim, Metro Sports Campaign and new workout groups, especially the Cambridge Masters, were cited as reasons for the increase in membership. Bob expressed the opinion that we are likely to exceed 800 members this year and suggested that we should strive to achieve 1000 in 2000!

Marketing Plan: Fred presented the first-ever NEM marketing plan. The objective of the plan is twofold: to increase member retention and to recruit more new members. Fred has generously agreed to work pro bono in managing the plan but does ask for some Club funds to support

certain key elements. Fortunately, the Club recently received an LMSC grant for marketing activities that will cover most of the costs of implementing Fred's plan. It was agreed that we should appoint a subcommittee, to meet at least monthly, to work with Fred in his implementation of the plan. This effort will be reviewed periodically. Fred's plan was approved.

Logo: Everyone agreed that the new NEM logo is excellent and thanks to Tom Lyndon for submitting the winning design.

Next Meeting: In the fall; time and location to be determined.

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One of Those "Brainless" Sets

Below are the first 2,500 yards of a Lisa Ackerman 3,500 workout sent in 20 months ago. The last 1,000 yards of her set continue the pattern of the set shown. (Is she still doing this set? It was she who dubbed the set brainless.)

There are many closet Masters who subsist at least in part on workouts that are limited in the mix of stroke, kicking, pulling, drills, and much of anything beyond two elements. Well, yes, they are easy to remember. And yes, the same brainless set does not have to be done for every workout.

There are some Masters who prefer to stay in the groove of just a few workouts. Many Masters say they can't stand to ever do the same workout twice. It takes all kinds of Masters, too.

18 free, 2 back
16 free, 4 back
14 free, 6 back
12 free, 8 back
10 free, 10 back
2,500 yards

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Ask Dr. Swim

Dryland Training

Q. What's the best dryland training for competitive swimmers?

A. According to Terry Laughlin in the August/September issue of Fitness Swimmer, "simple calisthenics." Terry suggests

"two or three exercise sessions a week doing squats, push-ups, dips, chin-ups, step-ups, and

lunges are plenty. Add light weights to those exercises to boost your resistance, but stay away from heavy weights. There's no payback in the pool for big power. Technique matters so much more than strength. Steer clear of swimming specific exercises, too. One of the purposes of dryland training is to work muscles not used in the pool,. Rather than reinforcing what you do in the pool, dryland exercise should treat your body like an integrated system."

This advice is at sharp odds with many respected coaches who swear by stretch cords simulating arm strokes and favor resistance training machines. Good luck.

Sustenance for a Long Swim

Q.Will techy/bio products give me an edge in the water?

A. Ron Collins, 35, was the first to swim the 24 miles across Tampa Bay in Florida. In 75 degree water, he did it in a "tad less than 10 hours." He was fueled by Snickers bars and bottled water. For more info, write to Ron at ronc24@mindspring.

from the August/September issue of Fitness Swimmer

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NEW ENGLAND MASTERS SWIM CLUB

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

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