



September 1998

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NEMorabilia

Long Course Championship Meet a Success

via email from Bob Seltzer

The NEM LCM Championship held August 8th at Hanscom Air Forces Base in Bedford, MA, 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 73 swimmers, several of whom set NE, National and World Records, subject of course to the completion of the season and subsequent verification:

- Kendra Garrow, 23, set New England records in the 200 fly and 400 IM
- Jennifer Luker, 41, set a New England record in the 100 breast
- Jacki Hirsty, 45, set New England records in the 400 and 800 freestyles and the 50 breast and 50 fly
- Linda Carstens, 45, set New England records in the 100 breast and 200 free
- 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
- Irene Mannix, 75, set a New England record in the 50 breast
- Jim Edwards, 75, set New England records in the 400 and 800 free and 200 back.

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 Hanscom meet.](#)

Bill Volckening Named Masters Coach at Tulatin Hills Swim Club

Our NEM from New Jersey, **Bill Volckening**, recently accepted the position of Masters Coach at the

Tulatin Hills Swim Club in Beaverton, Oregon. Formerly an Age Group coach for the Whitewaters team in Princeton, Bill is excited about entering the ranks of USMS coaches. He plans to become a Coach rep with the Masters Aquatic Coaches Association as well as active within the Oregon LMSC. Congratulations, Bill!

Two volunteers for All-Time Top Ten Lists Step Up

Sally Fellows and **Barbara Boley** offered and our registrar, **Evelyn Hausberger**, who processes over 1,000 memberships each year, has gratefully signed them on to take over from her the job of sending out the New England All-Time Top Ten lists next year. Again, NEMs have answered a call to help keep the club--and the New England LMSC--running smoothly, thanks to its many volunteers. Thank you, Sally and Barbara.

All-Time Top Ten Long Course Meters List

Esther Lyman is our thorough and immensely effective All-Time Top Ten Long Course Meters list compiler. Having combed through the club's meet results from the early '70s through this summer, Esther would like some help in verifying the list before it goes to print. Please look the list over, especially if you might be on it or know someone else who might be. [Review the list](#) and contact Esther (timberst@aol.com) with any comments or corrections.

Dr. Sue

email from Sue Tendy (an NEM since 1974 when she was 23) to Esther Lyman:

"I'm impressed with the Top Ten LC list, even more impressed that you have my e-mail address, which I probably sent to you but can't remember when. The web page looks good; I'll have to spend some time perusing all the times of all my friends! I'll have to check into some of my times way back then to add to your list. How are all of my NEM friends? I'm officially finished with my doctorate as of June 7th. Graduation day! I'll see if I can remember how to swim."

Nike Masters World Games

Kipp Dye was, as far as we know, NEM's sole representative at the Nike Masters World Games held last month in Portland, OR. Kipp placed third in the 50, 100, and 200 freestyle events, second in the 50 fly, and first in the 50 back. Congratulations, Kipp.

NEM Places Third at the USMS Long Course Nationals

Congratulations to our 26 member who participated at the USMS Long Course Nationals in Fort Lauderdale August 20-23rd. All your editor has heard and read makes it clear the meet was extremely well run in almost every way, the weather--while really hot and humid--was tolerable, and NEMs had plenty of fun and excitement at their getaway for competition and camaraderie. Over 900 swimmers and 141 teams attended the meet.

[Click here for full results;](#) [click here for New Englanders' results.](#)

Meet Reports from Three NEMS

from Marian Coakley via email

"Tracy Grilli is just about the best cheerleader/pool mom, I have ever met. Her energy is endless. With her six races, setting up numerous relays, and dealing with lots of people from all over the USA as the USMS Executive Secretary, she still had time to cheer us all on with a voice so strong that you could hear her whilst swimming! We did not disappoint her, though, because NEM placed third.

My former roomie, Carol Adams, who was out of the swim of things for two years, came back and joined me at the meet for her six races. She felt so good about coming back. She was really all fired up at the meet. I hope she will be back, as a Master Swimmer, for good, because she said that I can count on her for the next 50 years. I got DQ'd in the 50 breast because the judge said my right foot was pointed down on the last stroke, indicating a flutter kick. I could not believe this! How picky can you get, but, I thought later, "Oh Well," in all my other races I placed in the Top Ten and that was all I wanted to do. Thanks to Tracy, I was in two relays too. I love relays and swim better for them than my own individual races.

There were occasions when I noticed that the meet's timers did not push the buttons when swimmers finished their races. This was really upsetting. They were too busy talking to the person next to them. These national races are so important to the swimmers and to have some timers sleeping/talking on the job is totally unacceptable. (I told them to "wake up" and pay attention!) Then, I think about the position of my right foot in my last breast stroke and the DQ. Am I a grump, I think not!!

What was so great about being in Ft Lauderdale was having the beach so close by. The water was warm like that of a bathtub and I was in the ocean every day relaxing and playing like a little kid. It felt so good! Looking at the people around me on the beach. I saw some females in bathing suits that left nothing to the imagination. One of them was even riding a bike with everything hanging out.

Going to these far away meets is absolutely wonderful. We are a great family! Encouraging, cheering, helping each other with whatever was necessary. I would not miss this for anything in the world. I was sorry however that Billie and Petey could not make it to this meet. We really missed you both!"

Jacki Hirsty's e-mail to the USMS web site

"I agree. This was one well-run meet! Thank-you Stu and all the officials (some better than others) and tireless volunteers. It has to go down as one of the best Nationals. I especially appreciate the small touches which enabled everyone to swim his/her best-like the extra warm-up time after the distance events, the well-staffed massage therapy tent, and the announcer. His spirit and enthusiasm was incredible (as must be the soles of his feet!). Although August in Florida is not my favorite time to visit, I hope USMS can have frequent meets at ISHOF. Thanks again to all who made it work."

Bill Volckening's e-mail to the USMS web site

"I have attended nine USMS Nationals, and the 1995 and 1998 meets at the International Swimming Hall of Fame were among the most well-run events I have ever attended. Stu Marvin is one of the finest meet directors I've ever met. He cares about providing a quality event for the swimmers because he is a swimmer. I have one major critical observation to share, too. The heat was absolutely oppressive for me. I felt as frail as a limp dish rag draped over a hot sink. I had great difficulty feeling positive about the prospect of swimming well. I was anxious about swimming backstroke looking into the sun - and I was nervous about the health and safety of the older swimmers. Someone mentioned it might be a good idea to try renting some of those polar cooling fans used at football games. I'm not sure if it would work, or if it would be too expensive-but at least it's an idea. (I'll stop whining now....)"

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1998 New England Short Course Meters Championships

by Ed Gendreau

New Venue for 1998 NEM SCM Championship

The second annual New England Masters Short Course Meters Championship will take place December 12 and 13 at Bentley College in Waltham, MA. The facility boasts a 10 lane by 25-meter competition pool, diving well, ample deck space, fine pitch scoreboard, on-site parking, and a concession stand. Bernal's Gator Swim Club (BGSC) will host the meet. BGSC has hosted several large swim meets in the past including the 1998 USS Age Group Championships with over 600 individual competitors. The meet presentation promises to be highly professional.

All individual events except the 800 free will be offered, in addition to all relays through the 800 free. The individual and relay entry forms, as well as the meet information sheet, will be published in the October NEM newsletter, and are presently available on the [Great Bay Masters web page](#).

Tune Up SCM Meets

In preparation for the SCM championship, NEM will host two SCM meets this fall. The second annual Clara Walker Invitational will be held on October 10 at Providence College. All events through the 400 free and 400 IM will be offered. A mini-meet featuring all events 200 meters and under will be held at Portsmouth High School on November 15. The 400 free and 400 IM will also be swum if time permits. The Fourth Annual Portsmouth Pentathlon will move from its traditional November date to March of 1999. See [On Deck - Upcoming Meets and Events](#) for full details on these meets as they are available.

Workout Group Challenge

Once again the meet will be scored as a competition among workout groups. Each swimmer will record his or her workout group or workout pool on the entry form. All swimmers from a common workout group or pool score points as a team. The top ten individuals in each age group event score points, and the top ten age group relays score double points. With seventeen individual events, five relays, a minimum of twelve age groups, and ten-deep scoring, there is ample opportunity to accumulate points. Maximizing participation and swimming a lot of relays are the keys to success in the workout group

competition. The first place workout group will receive a trophy and plaques will be awarded for second through tenth place.

NEM recognizes the importance of our workout groups and intends to foster their development. Organized workout groups provide the framework for us to swim consistently, receive stroke instruction, and usually motivate us to train better than we would by ourselves. The workout group competition is intended to provide a fun atmosphere for those who train together to compete toward a common goal. There's great camaraderie in cheering for your teammates and swimming relays together. Several workout groups have had fun showing their colors through custom T-shirts, caps, and banners. "New kid on the blocks" swimmers are important in the workout group competition and this is a great opportunity to introduce your new swimmers to masters competition. As always, heats are seeded by time so everyone races against people of their own speed.

Relays

Relays will be deck entered and seeded at the meet. Deadlines for submitting the completed relay entry forms will be included with the heat sheets provided to each swimmer at the meet. Organizing relays and filling out relay forms can be very time consuming. It is strongly recommended that workout group coaches plan their relays and fill out the relay forms in pencil before arriving at the meet. In order to facilitate timely relay seeding, no late relay entry forms will be accepted. This policy will be strictly adhered to. The relay entry form is posted on the web (see above) and will be printed in the October newsletter.

Swimmers in workout groups containing fewer than four people are welcome to compete in relays, too. Any four swimmers may compete in a relays together. If all swimmers are not from the same workout group, then write "Unattached" in the workout group space. If the four swimmers are not from the same workout group but are from the same USMS team, the time will be counted for national top ten times and for the NE-LMSC relay record list.

USMS Membership

1998 or 1999 United States Masters Swimming (USMS) membership is required for this meet. If you are in the New England LMSC (NE-LMSC) you must be registered by November 27, 1998. Members of USMS teams from Maine, Vermont, New Hampshire, Massachusetts, and Rhode Island as well as USMS unattached swimmers living in these states belong to the NE-LMSC. Swimmers outside the NE-LMSC must be USMS registered in time to include a copy of their registration card with their entry form. Any entries that do not meet these requirements will be rejected. There will be no exceptions. The moral of the story is this: swimmers not currently USMS registered who wish to compete in this meet should get USMS registered early.

Entry Times

Your entry seed times should be submitted for short course meters. If you are only familiar with your yards times, there is an example of how to convert your yards times to short course meters times on the meet entry form. If you are an Excel user you can download a spreadsheet to convert your times between any two the three courses (SCY, SCM, LCM) from the [Great Bay Masters web page](#).

Results

The complete meet results with splits will be posted on the NEM web page. Final times will also be

printed in the NEM newsletter.

Call for Volunteers

New England Masters will provide a table to distribute heat sheets, record distance event check-in, sell T-shirts, and answer questions. We are looking for volunteers to work at this table. The day will be divided into two-hour shifts starting at 8 a.m., and the table should always be staffed by two people. If you are interested in volunteering to help at this information table, email [Ed Gendreau](mailto:Ed.Gendreau@nem.org) or call him at 603-742-7850.

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Open Water Event Reports

New England Masters Swim Club was well represented this summer at various open water races. Here, via email, are reports from some of those events:

- [Great Bay Masters at John's Pond Swim - 6/27](#)
- [Against the Tide Swim for Breast Cancer - 6/27](#)
- [Peaks Island to Portland Swim - 7/25](#)
- [Merrimack River Swim - 8/1](#)
- [Gloucester Swim - 8/15](#)
- [Rhode Island Open Water Swimming - Summer '98 Report](#)

Great Bay Masters at John's Pond Swim

from Ed Gendreau, Great Bay Masters coach

Fourteen Great Bay Masters attended the 9th annual John's Pond Super Swim on Saturday June 27. Our adventure to Mashpee began on Friday as twelve of our group ventured to the Otis Trailer Village to camp at John's Pond the night before the race. Several of us arrived in mid-afternoon and were able to pitch the tents and put up a tarp just in time to shelter us from some heavy thunderstorms that rolled through for an hour or two. The rest of our campers arrived safely and we spent most of the evening snacking and then eating a big pasta dinner. It was early to rest and early to rise, then a quick breakfast and we walked over to the race site.

The weather cleared nicely for the race, but there was still a breeze. The water was the roughest I've experienced in the three years I've swum the race. They say the water temperature was only 72 F but all were comfortable during the swim. There were two races: a one-mile and a 3.1-mile.

Great Bay one-mile competitors were Queta Boese, Gail Dufour, Debbie Edin, Rachel Kroe, Alexander Reyna, Ben Schultz, and Jennifer Wishinski. Competing in the 3.1-mile race were Charlie Dufour, Kendra Garrow, Ed Gendreau, Robin Martin, Carol Prescott, Marc Scheele, and Jana Slezakova. Twelve of our swimmers won medals by placing top three in their age group.

After the race we had time to enjoy the warm sun and have a nice complementary lunch hosted by the race committee. After tearing down the camping equipment about two thirds of our group headed home,

but a few of us pressed on to an ocean beach. More inclement weather was headed our way though and shortly after we arrived at the ocean the skies opened up. But what's a little rain to a water loving group of people? We still enjoyed a nice swim in the ocean before heading home.

Thanks to everyone who prepared food for the occasion, to those who had extra camping equipment for those of us with none, and special thanks to Marc Scheele who did a lot of organizing, planning, and research to make our camping trip a success. This is a well-run and fun race; mark your calendars for next summer!

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Against The Tide Swim for Breast Cancer

from Lisa Ackerman

As for Mashpee on June 27, no, the Ackermans did not go. It conflicted with the Against the Tide Swim for Breast Cancer which we did go to. And we were a little disappointed at the scarcity of NEM's there. We've done the swim for the last five years, and it sure would be nice to see more NEMs participate. It's a really fun day for a great cause. The swim raised over \$130,000 for breast cancer research. Imagine if 10 NEMS came, each raising about \$1000. Wouldn't that be nice!

Anyway, Sheila Taormina, 96 Olympic freestyle relay gold medalist was first out of the water. I believe Michelle Roy and another NEM were 2nd and 3rd woman, Karen Smyers, leaving Jenna with husband Mike was 4th woman or so I think, and I was around 5th, leaving Robert with David to stand with Mike in the baby corner. NEMS also missed seeing David swim: he did the recreational mile-at recreational pace. Backstroke. Breaststroke. Stopping to rest..... David's a runner. But, we had fun.

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Peaks Island to Portland Swim

from Tom Mack

Some open water fun -- swam the 2.5 mile Peaks Island to Portland event on July 25. Although it was a beautiful day (no fog) it was thoroughly discouraging. The 60 degree water did not feel too bad from inside a wetsuit but I could not open my hands by the end. A bunch of Maine Master's "sprinters" blew by me. I only hit one lobster float head on. I'll cross that swim off my list or I'll grab the lobster floats and pull myself along next time.

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Merrimack River Swim

from Tom Mack

On August first a number of us swam the Merrimack River 2 mile in Lowell. Another beautiful day, I thought the water looked pretty good too. A bunch of NEMs showed up including Tracy Grilli, all the Ackermans, Fred Schlicher, Andre Bonte, Jim Bledsoe, and a few others. This swim went much better (got beat by a 17 year old but that doesn't count). Fred and I broke the old course record. Only hit one object but I wasn't going to slow down and inspect it (for the obvious reasons). That race I'll do again

and recommend to others for next year.

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Gloucester Swim

from Lisa Ackerman

We all lived through Gloucester on Saturday, August 15. It was cold. Really cold. Like 62 degrees cold. But NEM did well. I was 6th woman- 2nd without a wetsuit. Michelle Roy was 2nd woman I believe. Fred Schlicher was 2nd man-he had no wetsuit. Actually the top woman and top five men were wetsuitless. I like that. David was holding Robert for this event.

Joe Kielty also swam. We here at Open Water Headquarters would like to note that Joe has turned into a real open water convert, is at a ton of swims, and is a genuinely nice person. Finally, I will continue to do open water swims despite the fact that after the race I pulled down the top of my suit and there was a little fishy in there. David! I don't care if it was only one half inch long, it's still a fish and it's still stuck to me. At least it wasn't still wigglin.'

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Rhode Island Open Water Swimming - Summer '98 Report

from Frank McQuiggan 'Tis summertime and time to get out of the pool and into the ocean, lakes, ponds and rivers. 255 swimmers participated in Jantzen Save the Bay swim across Narragansett Bay from Newport to Jamestown. Stuart Cromarty was edged out by two of Matt Connery's East Bay Aquatic Club for first. Rumor has it the youngsters drafted off him for 90% of the swim because he was "the man to beat".

Open water training swims were conducted --and continue to be-- by Fred Bartlett at Narragansett Town beach on Monday nights and Sunday afternoons. The turnout has been great. Fred has done an outstanding job.

The East Providence Masters conducted an open water swim in the Kickamuit River in Warren RI from Mark Formica's back yard. It even got press coverage or maybe miscoverage as the article contained many embarrassing errors.

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Getting Your Feet Wet -- Open Water Swimming

by Rob Berry

Since I was born, I have spent summer weekends on Lake Winnepesaukee, NH. The beauty, comfort, and fun that surround my waterfront "sanity spot" keep me going through tough times. The countless

times I have swum the same route across the cove, then around the crescent of the cove back to the dock with friends and family, are etched eternally in my mind. At which waterfront spot will you find serenity?

Open water swimming can be a refreshing and relaxing change to crowded lanes and the sweet aroma of chlorine. However, there are a few things you should know before you trot down to the local lake or beach for your first open water swim.

Know The Water

Many uncertainties can come with swimming in a lake or ocean. Consult with the local parks department and/or lifeguards about water conditions, hazards, rules and restrictions before plunging into a new open water site.

Don't Swim Alone

Use the buddy system, even when swimming with a larger group. Pair up with someone of similar speed and try to match inexperienced with experienced open water swimmers. Currents, submerged objects, water temps, and marine life can pose hazards to your safety. Understand and study the aquatic environment in which you are entering. Remember, these conditions can change rapidly. Be prepared.

Know Your Swimming Ability

Pushing to the limits of your endurance and ability is an easy way to put yourself in danger.

Check The Weather Forecast

Beware of rain, wind, and lightning. Make sure your goggles, cap and suit are in good condition and fit well before heading out. A visible, bright colored cap is always a good idea.

Improve Your Swimming

Open water swimming is a great way to improve your stroke and increase your endurance. As a beginner, use open water swimming as a technique tool. Are you swimming in a straight line? Sight a landmark, put your head down, and swim a ways. Lift your head and see how straight you've swum. Another drill is to have a competition with your swimming buddy to see who can take the fewest strokes to swim from point A to point B. When you become more experienced add endurance training to your schedule by pushing yourself to swim further and faster.

Enjoy The Scenery

Open water swimming gives you a great opportunity to enjoy nature and wildlife before, during, and after each swim. Creatures, views and events will captivate each of your senses, and maybe even your soul. Tree-lined lakefronts, a sailboat swaying in the distance, the sound of birds and frogs and crickets, the smell of pine needles, the taste of lake water after a light rain. Some open water swimmers use peaceful settings such as these to ponder, reflect, or let their imaginations run wild.

Socialize

Have fun with your fellow swimmers This can be a great time to meet new people or get to know friends a little better. Turn your trip to Walden Pond into a picnic with sandwiches and a Gatorade or throw a frisbee after a Newport Beach swim. Open water sites are often surrounded by all sorts of recreational and social opportunities.

Competitions

Once you have mastered the art of open water swimming and are ready for a new challenge, there are thousands of open water competitions across the country each year. Some are fun and less intense; while

others are geared towards the open water animals (more like piranhas). These organized swims are a great excuse for a road trip to scenic vistas such as Half Moon Lake, Alton, NH and Deveraux Beach, Marblehead, MA. Event information can be obtained from [New England Masters Swimming](#) or [US Masters Swimming](#). A copy of Penny Lee Dean's book Open Water Swimming (1-800-352-7946) can help you with some finer points of open water swimming and competition.

Editor's note: *Most of this text originally appeared as an article in the August 1998 issue of MetroSports.*

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Coaching Positions Available

Head Age Group Coach -- West Roxbury-Roslindale YMCA

The West Roxbury-Roslindale YMCA GATORS are seeking an experienced, motivated head coach for the upcoming season (late 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.

USS Age Group Coach -- New Wave Swim Club

New Wave Swim Club, based in Lowell, MA, is seeking an Age Group and Senior Group coach. Contact Rick Battistini (978-373-7408 evening) or (978-373-1322 day).

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.

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Ask Dr. Swim

Q. If it's "over the counter," is it safe to take?

A. Maybe. Maybe not. Depends on who you think has the answers.

And it may depend on what your standards of safety are. Androstenedione is one of Mark McGuire's potions. It's not one of Sammy Sosa's. It's the supplement that got 1996 Olympic shot putter gold medalist Randy Barnes a lifetime ban. It's allowed by Major League Baseball, the National Hockey League, and the National Basketball Association. It is not allowed by the National Football League, the NCAA, and the Olympics. Androstenedione is an adrenal hormone produced naturally in men and women. It is converted in the liver to testosterone, which is used in muscle production. The US Food and Drug Association says supplements are closer to a food than a drug and thus not subject to regulation.

Creatine was advertised on TV during the Little League World Series until someone decided that was not the message to send to sub-teenagers, even if McGuire is now baseball's Joe Camel endorser of

supplements. (He uses Creatine and Androstenodione.) According to the Boston Globe, "The use of Creatine remains an open question. The substance is produced naturally in the liver and kidneys and is found in meat. Some athletes call it 'muscle candy' and argue that is safer than steroids. No one know whether there are long-term ill effects from Creatine, especially when used by competitive athletes who may use a variety of substances to improve their performance."

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NEW ENGLAND MASTERS SWIM CLUB
This page is maintained by [Carolyn Dooman](#).