



THE

Blue York Times

QUOTE OF THE MONTH
"Should I ask if I can scratch the 400 IM?"
-Anonymous

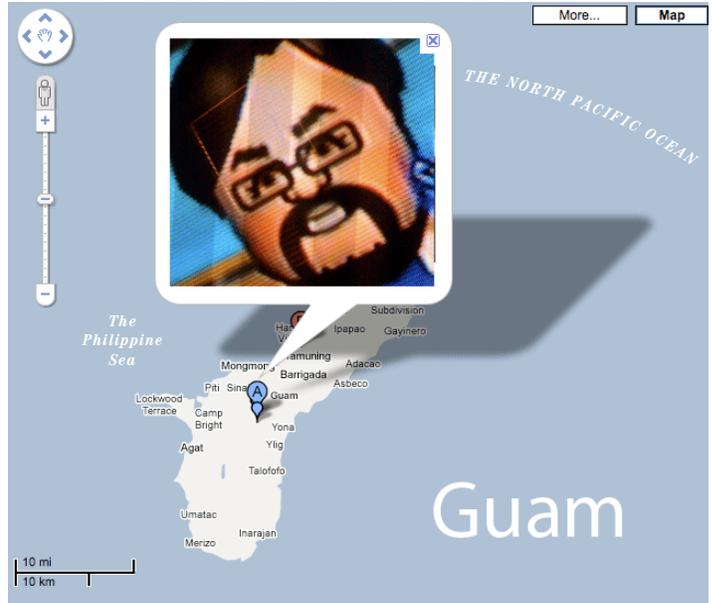
Short course edition. Vol. 1

January 2009

CHUCK BATCHELOR TRAVELS TO GUAM AS WOMEN'S HEAD COACH OF JUNIOR PAN PAC TEAM

Chuck Batchelor was named head coach of the women's team at the 2009 Junior Pan Pacific Championships. The competition took place in Guam from January 8-12. Selection for this elite coaching honor is based on a proven record of success, and is usually given to someone who has had experience on multiple national camps and teams. During the last 6 years, Chuck has had seven athletes qualify for the team.

Chuck had been head men's coach of the National Select Camp in 2006 and was offered an assistant coaching position for the National Junior Team in 2008. But after his swimmers' excellent performances at Olympic Trials (most notably Elizabeth Beisel making the U.S. Olympic Team), Chuck's credentials soared and earned him this distinguished appointment. The importance of this position was emphasized by the U.S. National Team Head Coach and General Manager, Mark Schubert, when he said, "The



ONE OF 5 U.S. TERRITORIES, GUAM (pop.173,456) SITS IN THE WESTERN PACIFIC OCEAN AND IS THE LARGEST ISLAND IN MICRONESIA.

coaches who work with our young athletes at the...Junior Pan Pacifics, play an integral role in the development of USA Swimming's most outstanding young talent. By putting experienced and successful coaches in key roles with our young teams, we're providing the athletes with the best possible foundation for their continued international success." Junior Pan Pac athletes are members of the National Junior Team. Girls under 17 and boys under 18 who made qualifying cuts last summer at Olympic Trials, the U.S. Open, or Speedo Junior National Championships earned a position on the National Junior Team. Of these, the top finishers in each event plus an additional ten chosen according to their International World Rankings are selected for the Junior Pan Pacific team. Bluefish Laura Sogar, the top finisher in the 200 breaststroke at the U.S. Open, earned herself a spot on the Jr. Pan Pac team and the chance to compete in Guam. Bluefish swimmers Alex Forrester and

A MILDLY INTERESTING SWIMMING FACT.

Mark Spitz swam every one of his medal winning events with a superb moustache.

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Kaia Simmons qualified for the National Junior Team and will have the opportunity to compete in an international meet in Vancouver, BC, in May. In addition to competing in Guam, Laura Sogar, along with Chris Rogers competed in the World Youth Games in Mexico this past July. Laura turned down the opportunity to swim in the World University Games with the hope of qualifying for The Fina World Championships that will be held in Rome, Italy in August. CONGRATULATIONS!!!

FOR SWIMMING NERDS ONLY.

A LITTLE SWIMMING HISTORY TO IMPRESS YOUR FRIENDS WITH.

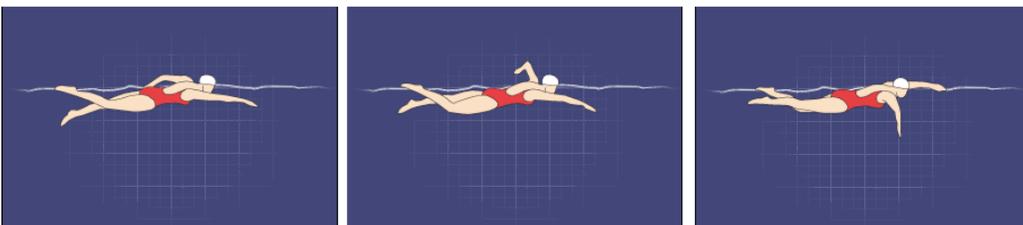
The **front crawl** has been in use since ancient times. In the Western world, the front crawl was first seen in a competition held in 1844 in London, where it was swum by native North Americans, who easily defeated the British breaststroke swimmers. However, the English gentlemen considered this style, with its considerable splashing, to be barbarically “un-European”; the British continued to swim only the breaststroke in competition.

Sometime between 1870 and 1890, John Arthur Trudgen learned the front crawl from native South Americans during a trip to Argentina (the exact date is disputed, but is most often given as 1873). However, Trudgen mistakenly used (in Britain) the more common sidestroke (scissor) kick instead of the flutter kick used by the Native Americans. This hybrid stroke was called the Trudgen. Because of its speed the stroke quickly became popular.

2008 Junior Team Time Standards

	Women	Men
50 Fr	26.19	23.49
100 Fr	57.09	51.09
200 Fr	2:03.59	1:52.89
400 Fr	4:15.79	3:58.79
800 Fr	8:44.99	8:13.29
1500 Fr	16:42.59	15:42.79
100 Bk	1:03.39	57.09
200 Bk	2:15.49	2:01.89
100 Br	1:11.99	1:04.49
200 Br	2:33.99	2:18.99
100 Fl	1:01.69	54.79
200 Fl	2:15.99	2:01.19
200 IM	2:18.49	2:06.49
400 IM	4:51.39	4:28.09

The Trudgen was improved by the Australian-born son of swimming teacher, “Professor” Richard (Fred, Frederick) Cavill, champion swimmer Richmond (Dick) Cavill (1884–1938). While he and his brother “Tums” developed the stroke independently, they were later inspired by Alick Wickham, a young Solomon Islander resident in Sydney who swam a version of the crawl stroke that was popular in his home in the Roviana Lagoon. This modified Trudgen stroke became known as the Australian crawl. American swimmer Charles Daniels made modifications to a six beat kick thereby forming the American crawl. With minor modifications, this stroke is the front crawl used today. The front crawl has become the fastest stroke in all of swimming.



English gentlemen considered this style, with its considerable splashing, to be barbarically “un-European”.

THE COACH'S CLIPBOARD

Q: What's with the Silver Medal?

As you may know, the Bluefish Swim Club has been awarded a Silver Medal in the Club Excellence Program by USA Swimming since 2006. Ever wonder what that means?

We thought it would be helpful to let you know.

Swim clubs fill out applications for the program and submit club profiles in order to be considered. In addition, USA Swimming looks at club performance and scoring. The highest scoring 16 clubs, based on the IPS (International Point Score) rating system will be recognized as Gold Medal Clubs.



SILVER MEDAL STATUS GIVES THE BLUEFISH

- Recognition as a USA Swimming Silver Medal Club for a period of one year.
- May use the USA Swimming Silver Medal Club designation in all advertising and promotional materials for a period of one year.
- Eligible for possible mentoring opportunities from a Gold Medal Club coach, and a recognition team banner from USA Swimming.
- Eligible for up to \$2,500 in grant assistance to be used for program enhancement.

GOLD MEDAL STATUS WOULD GIVE THE BLUEFISH

- Recognition as a USA Swimming Gold Medal Club
- Use of the USA Swimming Gold Medal Club designation and logo in all advertising and promotional materials.
- All 24 Gold Medal Clubs are eligible for up to \$12,000 in grant assistance to be used for program enhancement.
- Recognition from USA Swimming includes: a team banner for the current quadrennial, announcement in Splash magazine, and an announcement on the USA Swimming web site.

ARE YOU AN XTREME SWIMMER?



USA Swimming has announced an exciting new program ... the I.M. Xtreme Challenge. The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming.

Swimmers will participate in a designated combination of five or six events and based on the "power points" scored for each of those swims, earn a combined score that will be called the IMX Score. Hy-Tek has developed a power point system for each age level that allows for comparison of performances across strokes, distances and events, as well as between age groups.

THE FOLLOWING SINGLE AGE GROUPS AND EVENT COMBINATIONS WILL BE TABULATED AND SCORED FOR BOTH MEN AND WOMEN:

9 & UNDER; 10-YEAR OLDS:

200 IM, 200 Free, 100 Back, 100 Brst, 100 Fly

11-YEAR OLDS; 12-YEAR OLDS:

200 IM, 400/500 Free, 100 Back, 100 Brst, 100 Fly

13, 14, 15, 16, 17, AND 18 -YEAR OLDS:

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Brst, 200 Fly

The *Find Your IMX Ranking* page on the USA Swimming web site will maintain an up-to-date ranking of IMX scores that will provide rankings for top 7000 swimmers by both age and gender. USA Swimming will declare an IM Xtreme Challenge Champion for each age level and gender at the end of each short course and long course season. USA Swimming will also maintain and publish an all-time IMX Top 100 list.

Swim fast or better yet, swim "Xtreme"ly fast.

THE 30 SECOND COACH

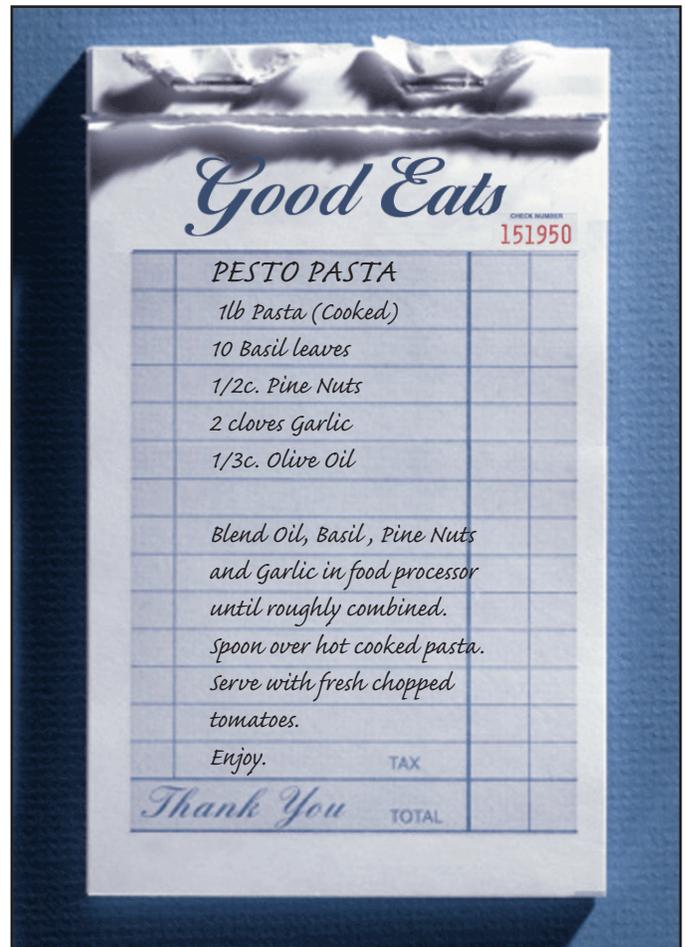
THIS MONTH'S GUEST SPEAKER :

Coach Mike Ross

"I am most often struck by how all age groups lose focus on the smaller elements of good technique when they get tired and then fall into the same habit in a race.

Some examples:

1. Not holding streamline
2. Not breaking cleanly in the backstroke (Chuck and I call this "Hunt for Red October" when I do this)
3. Breathing into the turn or double breathing in a turn
4. Not holding steady on starts"



YOU ACT LIKE A MONKEY. AND YOU SMELL LIKE ONE TOO!

JANUARY AND FEBRUARY BIRTHDAYS

Grace Bachman	16
Ariel Bender	19
Jeremy Brodeur	10
Jamie Buckley	8
Annalise Carney	12
Aidan Devers	12
Graham Eve	18
Lindsay Fucile	11
Charlie Harwood	12
Erica Houghton	10
Kaison Ifill	13
Emma Jackson	18
Justin Kennedy	13
Jack Lahiff	12
Taylor McCabe	10
J.R. Micciantuono	13
Nikki Michaud	14
Pat Myers	16
Jordan Nelson	18
Emily Noyes	12
Timmy O'Neill	18
Katie Radin	18
Kyle Semle	12
Ben Solomon	16
Shannon Vallande	13



FOR YOUR HEALTH

by Jen Semle MS, ATC

Did you ever hit your hand on the lane-line and cut your knuckle? Bandages just don't stay on in the water!

Here is a tip for a quick fix...

Step 1: Wash cut with warm, soapy water, rinse and pat dry. You may need to put pressure on skin to stop the bleeding completely.

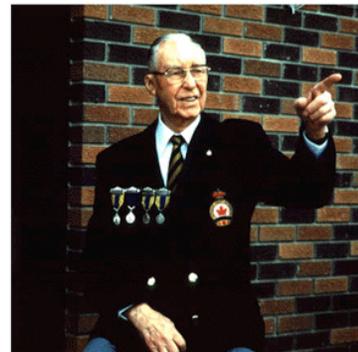
Step 2: Apply antibiotic ointment on the affected area and hop back in the water. (Bacitracin, Neosporin are the name brand versions of generic triple antibiotic ointment – all work) Vaseline can be used if antibiotic ointment is not available but is not a preference.

Step 3: Infection Prevention- Once your workout is finished, make sure to wash this area once again with warm soapy water, pat dry, apply more antibiotic ointment and then cover with clean dry bandage/band-aid.

Have you ever done a Google image search using your name? Here's one that we tried:



Chuck Batchelor Search Images



Charles Batchelor, 1988 Hazy Palmer, © 1997

★ SWIMMERS OF THE MONTH ★

name Ripley Devers age group 8&under
 favorite event 50 Breast
 best performance 1:58:15 in the 100IM
 least favorite event 25 back
 favorite food Sticky toffee pudding least favorite food zucchini
 favorite song "Love Story" by Taylor Swift
 role model Elizabeth Biesel
 favorite TV show Total Drama Island
 when i'm not swimming i like to Wear high-heels

name Kyle Peach age group 9-12
 favorite event 500Free. I love the 500free
 best performance i cut :38 in the 500 and finished under 7 minutes!! with a 6:28 least favorite event 200 back
 favorite food PIZZA!!!!!!!!!!!!!! least favorite food Escargot
 favorite song "I'm yours" Jason Mraz
 role model Michael Phelps (is there anyone else?)
 favorite TV show Monday Night RAW
 when i'm not swimming i like to watch TV with my brother

name Peter Quattromani age group Seniors
 favorite event 50FREE/500FREE (depends on my mood)
 best performance I swim best in the 200 free
 least favorite event 200 Fly
 favorite food BBQ Chicken PIZZA least favorite food broccoli
 favorite song "Dani California" -Chili Peppers
 role model My Father
 favorite TV show either "Scrubs" or "House"
 when i'm not swimming i like to listen to my iPod

THE PLAYLIST

A random selection from swimmers' iPods. In no particular order...

ANNA MOLLY
Incubus

LOSE YOURSELF
Eminem

GET LOW
Lil' Jon

STRAIGHT OUTA
COMPTON
N.W.A.

DON'T STOP BELIEVIN'
Journey

RENEGADES OF FUNK
Rage Against the Machine

PLUSH
Stone Temple Pilots

VIDEO GIRL
Jonas Brothers

LOVE STORY
Taylor Swift

KISS KISS
Chris Brown

NO AIR
Jordin Sparks/Chris Brown

LOVE LOCKDOWN
Kanye West

EVERYONE CARES
Nickleback

LIVE YOUR LIFE
Rihanna & TI

BOHEMIAN RAPHSODY
Queen

OFFICIAL INFORMATION

Welcome to "Official Information". This is the home of our terrific Bluefish officiating team. I hope you will find the topics in this newsletter to be informative and entertaining. Each newsletter will cover different issues that are current in the world of officiating. I would also love to address anything that interests you so please don't be shy and let me know if you have a special request that you would like to read about in upcoming issues and I will do my best to get it covered!

For our first issue, what does it mean to be a Bluefish Official? Well, let me tell you that you are in a group of committed individuals that are registered and certified in New England Swimming as USA Swimming Officials. New England Swimming is our LSC (Local Swimming Committee) and Bob Menck is our Officials Chair for all of New England. USA Swimming, our governing body, is a non-profit organization for which we are all very dedicated volunteers. But being a Bluefish Official is uniquely special because we are part of a family of a very professional team. Just like our Bluefish swimmers, we clearly set ourselves to a higher standard. We bring a positive and professional attitude to the deck and we are good ambassadors for the sport of swimming. The high standards that we set for each other reflect the principles of teamwork and dedication that we share in the love of our jobs. The training that you have committed to and the enthusiasm that all 22 of you bring to your positions is clearly visible. When we host a meet or you volunteer your time for our neighboring teams meets, we show a dedication and deck presence that is very well received.

So how does one become an even better official you ask? I will share these tips with you and ask you to please always remember these as you represent yourselves as a "Bluefish" Official, especially when working with a new apprentice. Regardless if you work our own home meets or travel to another team's competition what you reflect to others will rub off and clearly set higher standards for everyone. Remember you never know when you can set a great first impression to a new apprentice or a seasoned Referee!

- Please respect our uniform requirements and dress neatly and appropriately!
- Always attend pre-session briefings on time and prepared with pencil and paper to document work assignment if necessary. If you cannot attend the briefing due to another assignment or issue please

make sure you tell the hosting Referee!

- Cheerfully accept and work any assignment. Sometimes the turn end is the best place to be!
- If you have committed to work a session please try to give advance notice if you are not available!
- Describe all rule infractions clearly and concisely. Please do not use your hands to describe the infraction. Keep a copy of a DQ slip in your pocket and use the proper language to the best of your ability.
- Know what jurisdiction and deck protocol the Chief Judge is asking for, remember the CJ is the eyes and ears for the Deck Ref! There are no stupid questions! Ask away if you are not sure!
- Always maintain a positive attitude and be a team player!!

Well that covers the first issue of our "Official Information" Newsletter. I can't say this enough... **Thank you** for everything that you have done for the team. Your efforts never go unnoticed. I am so happy that you all are part of the group. Don't forget to sign up for our January meet! *Thanks, Joanie.*

Now let's try a Situation and Resolution for stroke and turn: This one is not that hard but as we progress I will provide more difficult ones!

An 8-year old approaches the first turn in the 50-yard breaststroke. Prior to touching, he does a flip turn and pushes off the wall with both feet. Is this legal? Recommended Resolution: No. The swimmer must touch the wall at the end of each length with both hands simultaneously. The swimmer should be disqualified.

Applicable Rule: 101.2.4

2008 GOLDEN GOGGLES



Each November, the USA Swimming Foundation hosts the Golden Goggle Awards, a Hollywood-style gala event celebrating swimming and honoring the sport's highest level US team. Depending on the year in the quadrennial cycle, that team could be the World Championship team

(every other year), the Pan Pacific Championships team, or the Olympic team. In an Olympic year such as this, the event ramps up to black tie, and the program is embellished with some extra awards. The venue rotates between Hollywood and New York, with this year's November 17th celebration being held at the New York Hilton. The event was hosted by sportscaster Bob Costas and featured Olympic legends Summer Sanders, Jenny Thompson and Gary Hall, Jr., with celebrity appearances by Donald Trump, David Blaine, Ana Ortiz and Tiki Barber.

As the Olympic team members were introduced on stage in their formal evening wear, one could see other facets of these accomplished athletes. This was even more noticeable in the "Red Carpet" interviews by Josh Davis. These are poised, articulate, well-rounded individuals and it's nice to see them in an off-deck venue.

Bluefish Elizabeth Beisel was honored here for the third consecutive year! In 2006 she was on the Pan Pacific Championship team; in 2007, she was a member of the World Championship team, and in 2008 she was a member of the US Olympic team. We are all so proud of her for her truly amazing accomplishments!

THE HUMANITARIAN AWARD:

Cullen Jones for his work in promoting diversity for the sport.

THE IMPACT AWARD:

NCAA President Myles Brand for fostering the growth of the sport.

COACH AWARD:

Bob Bowman, who coached four athletes onto the 2008 Olympic team (Michael Phelps, Erik Vendt, Peter Vanderkaay, and Allison Schmitt).

THE PERSEVERANCE AWARD:

Eric Shanteau for his performance at the Olympics following a cancer diagnosis. (Shanteau was diagnosed with testicular cancer a couple of weeks before making the team at Olympic Trials.)

THE BREAKOUT AWARD AND THE FEMALE RACE OF THE YEAR AWARD:

Rebecca Soni for her remarkable performance in the 200m Breaststroke at the Olympics, where she broke the world record and defeated the favored Australian, Leisel Jones.

MALE RACE OF THE YEAR AWARD:

Michael Phelps for his 100 Fly at the Olympics.

THE RELAY AWARD:

Men's 4x100 at the Olympics (Phelps, Garret Weber-Gale, Cullen Jones, Jason Lezak)

FEMALE ATHLETE OF THE YEAR:

Natalie Coughlin, who earned six medals at the Olympics, becoming the first woman in any sport to earn six medals in one Olympiad.

MALE ATHLETE OF THE YEAR:

Michael Phelps, for his eight Olympic gold medals and seven world records in Beijing

BOOSTER BUZZ

The Comedy night originally scheduled for the end of January is postponed to a later date.

A Canned good drive is scheduled to take place in conjunction with our home meet January 24th and 25th. Swimmers will be asked to donate one non-perishable food item for each session they will swim in. Donations will be given to a local food pantry.

The Bluefish Scholarship Program is "under construction". The Program will include 3 types of scholarships: 1) Learn to Swim 2) Competitive Team and 3) Educational [for a college bound high school senior]. Look for more details along with the application on our web site in the near future.

eScrip is here! eScrip is a fund raising resource where participating business partners contribute a percentage of your credit card and debit/ATM card purchases to the Bluefish. You register any one or all of your debit and credit cards. Participating merchants will make contributions to the Bluefish based on purchases made by you just by using the cards you have registered. More information coming soon!