

NEWSLETTER - PLUS

NO OFFICIAL PUBLICATION OF THE NEAAAU COMPETITIVE SWIMMING COMMITTEE

OCTOBER, 1976

IN THIS ISSUE: News from the fall meeting of the Swim Committee.....A rule change.....
the Fall and Winter Meet Schedule.....Personalities you should know.....
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Championship Meet.....Outdoor meet request.....Information center address
.....Notes from the Chairman and a list of clubs.....ALSO Certification
Clinic dates and information.....

At the Fall meeting of the NEAAAU Competitive Swimming Committee held at Holy Cross on Sept. 22 all of the sub-committee chairmen made reports on the progress of their committees to date. The information coming from these reports is throughout the Newsletter in the form of announcements and miscellaneous information.

A rule change coming out of that meeting is below. For those holding copies of the recently published NEAAAU Rule Book we will have that change printed after November 10th so that you may insert it in the proper place.

The rule has to do with who may swim in "A" meets and was adopted after dissatisfaction was shown with the rule adopted at the Spring Meeting. (See Newsletter-Plus June, 1976)

The change involves Section 2 of the Rules for the Conduct of Swimming Competition:

Section 2

Part C "A" Division Competition

It shall be at the Meet Director's option to choose to limit his/her meet using one of the following formats:

- A. Only those swimmers having an "A" time in any event, or its meter/yard equivalent shall participate in that event.
- B. A swimmer who has achieved an "A" time in 3 (three) or more strokes may swim any "A" event provided that the swimmer enters his/her non "A" events at his/her actual time with a notation that the time is over "A".
 1. The meet director has the right to reject these entries if he/she deems it necessary to conduct the meet within the four hour limit.

As voted this rule will become effective after October 1, 1976.

CERTIFICATION: Referee, Starter & Stroke & Turn certifications will be valid for one year and are renewable if service in three meets per year is indicated in each of these positions. Serving as Referee counts toward all positions.

Timer, Relay Take-Off Judge and Place Judge certifications will be valid for four years and are renewable if service is indicated in two meets per year over the four years.

Service in a meet is indicated on the back of the certification card. Individuals serving in these capacities should have the meet director sign their cards. Recertification is necessary if service is not indicated.

If you are certified and do not have a certification card with a "Record of Officiating Service" chart on the back, you may obtain this card from the registration chairman for \$1.00. Address requests to:

Kim Bierwert
286 Prospect St.
Northampton, MA 01060

See items under Miscellaneous Information for Certification Clinic dates that are available in the near future.

PERSONALITIES YOU SHOULD KNOW.....

The Executive Committee of the NEAAU Swimming Committee consists of eighteen individuals whose names you often read in this Newsletter and see connected with New England Swimming. These dedicated volunteers spend many hours laying the groundwork for successful meets and workable rules within New England, and many more hours straightening out things that didn't work and trying to track down why they didn't. Beginning this month we will profile a couple of these people each month, hoping as we do that you will feel you know them a little better and may contact them if you have a problem.

JOE THOMPSON ---NEAAU COMPETITIVE SWIMMING COMMITTEE CHAIRMAN:

Joe is very often seen at meets officiating and/or asking for volunteers to help time....last year he was chairman of the Certification Committee for the NEAAU Swim Committee....Joe is a widower with four children...his daughter Carol holds the New England Resident Record in the 200 Meter Freestyle...her time 2:11.34....Joe does much work for his home club the Worcester Swim Club....After graduating from Springfield College he obtained his Master's in Worcester...He now works in the Worcester school system as a teacher....Joe likes all sports, but when we asked him if he participates he said, "You gotta be kidding."...Joe was born in Worcester, likes the country, has no favorite TV programs or books, likes to dance on Friday nights and says his ambition is gone...If you're feeding Joe his favorite food is lobster and favorite drink is Rusty Nails. ..Joe says that now that he is NEAAU Swimming Chairman and looking for complaints he doesn't hear them any more....He is a good listener....If you have a problem contact him....His address is: 6 Pompano Road, Worcester, MA., 01605

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NEW ENGLAND SHOWING AT REGION 1, 2, 3 LONG COURSE CHAMPIONSHIPS IMPROVED AGAIN THIS YEAR WITH THE FOLLOWING NE SWIMMERS PLACING IN THE FINALS:

Hilary Bergman	SSC	400 FR	4:06.20	(3)	In addition to those making the finals the following swimmers made the consolation finals. The number after their name is the number of events: Mike DeCarlo -2 (NEB), Jack Gauthier 3 (NEB), Martha Donovan (DYD), Jim Phelan (BSC), Jeff Glaser (SSC), Donna Carter (HRY), Sue Doten (SSC), Dottie Sparks -2 (NEB), Bill Skelley, 2 (SSC), Carol Thompson (WSC), Kevin O'Connell (BSC), Sue Bridge (NEB), Ray Essick (UN)
		400 IM	4:40.13	(1)	
		1500 FR	16:19.03	(3)	
Chris Hug	SAC	400 FR	4:09.22	(5)	
		400 IM	4:46.78	(5)	
		1500 FR	16:28.84	(6)	
Sabrina Cronen	NEB	400 FR	4:32.14	(7)	
		1500 FR	17:38.08	(3)	
Jim Phelan	BSC	400 FR	4:11.98	(7)	
		1500 FR	16:28.25	(5)	
Jody Ochab	CCSC	200 IM	2:29.21	(5)	
		400 IM	5:16.89	(5)	
Jack Gauthier	NEB	200 FR	1:57.57	(4)	
Kevin O'Connell	BSC	100 BK	1:01.39	(2)	
Bob Hagberg	SSC	100 Fly	58.02	(4)	
Jeff Glaser	SSC	100 Fly	58.45	(5)	
Jamie LaRoche	SSC	100 Fly	59.37	(8)	

CONGRATULATIONS TO ALL OF THEM!!!

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WATCH FOR THE GIRLS HIGH SCHOOL CHAMPIONSHIPS IN YOUR STATE AND SEE HOW MANY NEW ENGLAND DISTRICT GIRLS NAMES YOU RECOGNIZE

NEAAAU OFFICIAL TIME STANDARDS FOR EIGHT AND UNDERS 1976-77

<u>C MAX</u>	<u>B MIN</u>	<u>A MIN</u>	<u>EVENT</u>	<u>A MIN</u>	<u>B MIN</u>	<u>C MAX</u>
<u>BOYS</u>				<u>GIRLS</u>		
22.1	22.0	18.6	25 Yard Freestyle	18.6	18.7	22.1
47.3	47.2	39.9	50 Yard Freestyle	42.8	50.6	50.7
1:53.9	1:53.8	1:34.8	100 Yard Freestyle	1:37.8	1:57.4	1:57.5
27.4	27.3	23.1	25 Yard Backstroke	23.1	27.3	27.4
1:00.0	59.9	50.7	50 Yard Backstroke	51.7	1:01.1	1:01.2
29.7	29.6	25.1	25 Yard Breaststroke	25.1	29.6	29.7
1:07.3	1:07.2	56.9	50 Yard Breaststroke	56.9	1:07.2	1:07.3
29.2	29.1	24.6	25 Yard Butterfly	24.6	29.1	29.2
1:05.5	1:05.4	55.3	50 Yard Butterfly	55.3	1:05.4	1:05.5
2:09.3	2:09.2	1:49.3	100 Yard IM	1:54.3	2:15.1	2:15.2

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WHY NOT JOIN?????ANY AAU CLUB MAY

Out of approximately eighty swim clubs in the New England District only about 34 are members of the Swim Committee.

Many smaller clubs would like more say about how swimming is run in New England and this is your chance.

As a member of the Swim Committee you receive your subscription to Newsletter Plus, all the printed rules and a vote on the issues before the Swim Committee.

Membership on the Committee is \$5.00 per year. Join the committee now and make sure you have your say. Send a check for \$5.00 to: NEAAAU SWIMMING COMMITTEE
c/o Joe Maguire
472 Weston Road
Wellesley, MA 02181

NEWSLETTER PLUS SUBSCRIPTIONS

Any new subscriptions may be started by sending a check for \$5.00 made out to NEAAAU Swimming Committee to:

Glenna Griswold
48 Brainard Road
Wilbraham, MA 01095

Be sure to include your name, address and zip code.

NEWSLETTER PLUS NEWS

Newsletter Plus will be mailed on the 14th of each month beginning in October. Any item you want published may be sent to

Glenna Griswold
48 Brainard Road
Wilbraham, MA 01095

Letters to the Editor will be published only if they are signed.

INFORMATION CENTER

In a letter sent to all clubs we could reach in August the NEAAAU Swim Committee asked for names and addresses of contact people for your swim clubs. The list in this issue is a result of the cards returned to the Committee. To update and improve communications please contact Glenna Griswold if your club is not listed or the information is incorrect.

If members of the Swim Committee or subscribers to the Newsletter have questions, you may contact Glenna and if she can't answer immediately she will try to find the answer for you. To phone: 413-596-4812

LETTERS TO THE EDITOR.....

As stated elsewhere in the Newsletter, any opinions or ideas that individuals interested in swimming might have will be published as long as they are signed.

In line with that policy, the letter below is being published. It is one man's opinion on the rule change which was announced on the first page of the Newsletter. We would welcome other opinions.

Dear Sir:

At the last Swim Committee meeting held at Hogan Center at Holy Cross on September 22, 1976, a revised rule was passed by those in attendance. This rule states that the meet manager has the discretion allowing "B" swimmers to swim at "A" meets provided that they enter at their actual competitive time.

It is my firm belief that this is another major step backward in New England AAU swimming. Prior to the passage of this ruling and due to the four hour time limit imposed on all meets, there were already "A" swimmers sitting at home because the meet was over-subscribed. This new rule will allow more swimmers to compete in the short distance events and severely limit the number of competitors above 200 yards or 200 meters.

One of the reasons stated for allowing the "B" swimmers to swim at "A" meets was that no long distances were scheduled at "B" meets. Everyone knows that this is a fact but the committee chose to ignore the most obvious solution for one that was expedient. The obvious solution is to improve the caliber of "B" meets and to change the events that are swum to coincide with what is occurring in AAU swimming in the United States. Rather than upgrade our "B" program, we are now in the position of down-grading or, at best severely limiting our "A" program.

It also was apparent that the main reason for making this rule change was the hope for additional revenue that might come about by allowing "B" swimmers to swim in an "A" meet. It is time to take the cart from in front of the horse and put it where it belongs. The only purpose for having an AAU program is to provide a vehicle by which boys and girls can compete under the best circumstances possible so that they might improve and, maybe, someday represent New England in either regional or national competition. However, as long as the main reason for having swimming meets is not the improvement of all of our swimmers but the hoped-for additional revenue, New England will never achieve a position of any competence in either regional or national swimming.

The latest information I have indicates that a total of seven swimmers reached the finals in the past summer's Region 1, 2, 3 championships held at Brown. It is my understanding that there are somewhere around 3,500 swimmers in New England, and out of that total group, only seven were capable of competing on the highest level in Region 1, 2, 3.

I think this says something rather strongly about the direction in which our program is going and to see another backward step taken leads one to draw the conclusion that we don't care about the swimmers, but we are vitally interested in the money attendant to the swimmers.

It is my hope that, in the future, rule changes of this magnitude will be properly addressed to the committee so that a study group can be formed. This study group then could consider all the ramifications under a less than emotional situation and perhaps benefit all of our swimmers in New England.

Sincerely, Jay Cronen

MISCELLANEOUS FACTS YOU SHOULD KNOW.....

SENIOR CHAMPIONSHIPS WILL BE HELD ON MARCH 11, 12, and 13 AT A PLACE TO BE ANNOUNCED. BELOW ARE THE CUT-OFFS FOR THE MEET.

<u>WOMEN'S</u>	<u>EVENT</u>	<u>MEN'S</u>
1:06.06	100 Butterfly	58.99
2:23.56	200 I	2:13.10
1:08.90	100 Back	1:02.71
5:40.68	500 Free	5:11.57
2:29.10	200 Fly	2:27.69
1:16.64	100 Breast	1:10.27
2:05.78	200 Free	1:58.67
5:18.2	400 I	4:48.97
21:04.5	1650 Free	18:51.01
59.00	100 Free	53.38
2:27.83	200 Back	2:19.50
2:45.67	200 Breast	2:39.53

GOOD LUCK !!!

A NOTE FROM JACK HAYDEN SANCTION CHRM.

To all teams requesting dates for meets. You must send a sanction form and a final copy of your meet entry before your sanction can be released. Do not mail your meet entries before you receive the white copy of your sanction from the AAU office.

Records chairman Joe Drolette would like to stress to coaches that it is their responsibility to file with him in proper form any times that may be New England Records. The procedure to follow is in the New England Swimming Handbook which all member teams of the Swim Committee received recently.

The club list found in this Newsletter is typed so that you may have Xerox labels made from it at most copy centers. These labels are usually about 30¢ a sheet and can save quite a bit of time

The Long Course Calander is not yet set. Bids for Long Course and/or outdoor meets for the summer season may be made by applying to JACK HAYDEN, 59 Sculpin Way, Swampscott, MA 01907.

Age Group Championships will be on April 5th and 6th. More information when we have it.

Dick Schafer is looking for an appropriate out-of-district meet for NEAAAU ALL-STARS in mid April. If you have any ideas contact Dick at 224 Davis St., Northboro, MA 01532

CERTIFICATION CLINICS SCHEDULED

October 16 - Saturday:

FALL RIVER YMCA
199 North Main St.
Fall River, MA 02720

Areas covered: Timer, Relay Take-Off Judge, Place Judge, and Starter.

Time: 12:00 Noon

Those interested in attending MUST contact Dr. Phil Smith in advance because there is only limited room.

Phone: 617-679-6844

October 16 - Saturday:

Hampshire Regional Y
286 Prospect St.
Northampton, MA

9:00 AM - Timer, Place Judge, Relay Take-Off Judge

1:00 PM - Stroke & Turn, Starter, Referee

NEW ENGLAND BARRACUDAS

November 6 - Saturday - Timer, Place Judge

November 13 - Saturday - Stroke & Turn Judge

Those interested in attending must contact the NER, 18 Old Stagecoach Rd. Bedford, MA, 01730 PH. 617-275-1537

STATE OF THE UNION.....Joe Thompson, Chairman

THE WINTER SEASON IS JUST ABOUT UPON US AND I HOPE EVERYBODY IS READY. THE EXECUTIVE BOARD HAS BEEN WORKING HARD ALONG WITH GLENNA GRISHOLD IN GETTING EVERYTHING STRAIGHT FOR YOU.

WE HAD A FAIR TURNOUT AT THE GENERAL MEETING AT HOLY CROSS, BUT IT WAS DISAPPOINTING TO ME THAT MORE CLUBS WERE NOT REPRESENTED. ANYONE THAT DID ATTEND WAS INFORMED ON ALL THE TASKS THAT WE ARE TRYING TO ACCOMPLISH, AND VOTED ON ONE RULE CHANGE THAT YOU WILL FIND IN ANOTHER PART OF THE NEWSLETTER.

I CANCELLED THIS MONTH'S EXECUTIVE MEETING, BUT NEXT MONTH'S MEETING SHOULD CLARIFY SOME OF THE AMBIGUITIES THAT EXIST. WE SHOULD ALSO GET CLOSER TO A MEET PACKET HAND OUT TO ASSIST MEET MANAGERS WHEN APPLYING FOR MEETS.

EVERY CLUB ON THE SWIM COMMITTEE SHOULD HAVE RECEIVED THE NEW BY-LAWS WITH CHANGES BY NOW AND WE WILL KEEP THEM UP TO DAT FOR YOU FROM NOW ON BY SENDING UPDATED INSERTS OR REPLACEMENT PAGES WHEN CHANGES OCCUR.

I REGRET TO SAY THAT WE HAVE LOST OUR PAST EDITOR TO NEWSLETTER-PLUS. DICK ROBINSON, I FEEL, HAS DONE A TREMENDOUS JOB GETTING THE PAPER EDITED AND TO YOU SINCE I HAVE BEEN CHAIRMAN, AND I HOPE WE CAN STILL PUT OUT THE SAME CALIBER PAPER. THE JOB NOW GOES TO GLENNA, OUR NEW SECRETARY AS STATED ON HER JOB ANALYSIS. (GOOD LUCK GLENNA) OUR CIRCULATION IS OUR LARGEST, APPROXIMATELY 150 AND GROWING.

AT THIS TIME I WOULD LIKE TO ASK ALL OF YOU TO USE YOUR LOCAL NEWSPAPER AS OFTEN AS POSSIBLE FOR THE SAKE OF SWIMMING PUBLIC RELATIONS. SEND THEM PRESS RELEASES FROM YOUR CLUB, OR GIVE THEM TO GLENNA TO SEND. SEND ANY PERTINENT INFORMATION (i.e. YOU CAN START BY SENDING YOUR WINTER MEET SCHEDULE, ANY LOCAL SWIMMER HOLDING NEW ENGLAND RECORDS, ANY SWIMMER MAKING NE RECORDS, SWIMATHONS, OR PUBLIC INTEREST STORIES. IF YOU HAVE A GOOD RAPPORT WITH YOUR PAPER, KEEP IT UP, BUT IF IT IS BAD A TALK WITH THE SPORTS EDITOR BY A LEAD PERSON IN YOUR AREA COULD BE THE ANSWER.

I AM AWAITING REPORTS FROM JACK HAYDEN, JEAN JOHNSON, PAUL PARENTEAU AND CORALIE O'CONNOR ON THEIR TRIP TO PHOENIX AND NATIONAL CONVENTION. WHEN THEY ARE IN I HOPE TO GET THEM TO YOU.

CONGRATULATIONS TO RAY ESSICK ON HIS APPOINTMENT TO THE NATIONAL COMPETITIVE SWIMMING ADMINISTRATOR FOR THE AAU. I THANK HIM FOR HIS INPUT IN NEW ENGLAND SWIMMING AND I WISH HIM GOOD LUCK ON HIS NEW ASSIGNMENT.

Aquamaids and Aquamen of Worcester c/o Paul Parenteau 128 Brookline St. Worcester, MA 01603	Cedar Swim Club c/o Richard Robinson, Dir. Forty-six Cedar St. Taunton, MA 02780	East Providence Boys Club c/o Michael P. McKenna 115 Williams Ave East Providence, RI 02914
Attleboro Bluefish C/o Mr. Victor Bonneville 69 Robert Street Attleboro, MA 02703	Cedardale Swim Club c/o Jay Mogavro 124 Walnut Road Tewksbury, Mass. 01834	Fall River Y c/o Mrs. Sally D. Smith 2123 Highland Ave. Fall River, MA 02720
Belmont Hill Swimming Assoc. c/o Bob Pyatt 825 Concord Ave. Belmont, MA 02178	Comm. Stars & Stripes of Medford c/o Esther Geehan 55 Linwood St. Medford, MA 02155	Fitchburg-Leominster Sting-Rays c/o Dan Madden East Bare Hill Road Harvard, MA 01451
Bennington Swim Team c/o Pat Schaffer Box 136 Bennington, VT 05201	Cranston YMCA Swim Team c/o Paul Rossi 1225 Park Ave. Cranston, RI 02910	Granite State Swim Assoc. c/o Larry J. Harr 6 Prospect Ct. Dover, NH 03820
Bristol YMCA Swim Team C/O Louis S. Tocci 448 Hope St. Bristol, RI 02809	Crimson Aquatic Teams c/o Ray Essick 60 Boylston St. Cambridge, MA 02138	Greendale YMCA Swim Club c/o Leo Vogel Stores St. Worcester, MA 01605
Brockton Comm-Y Swim Team c/o Mark O'Reilly 167 Myrtle Street Rockland, MA 02370	Cumberland S. C. c/o Bruce Calvert 2600 Mendon Road Cumberland, RI 02864	Greenwood Memorial c/o George Erickson 69 Park St. Gardner, MA 01440
Brockton Comm-Y Swim Team c/o Phil Sullivan 212 Belcher St. Brockton, MA 02402	Danvers Y Dolphins c/o Charles Jacobs, Jr. 282 Pickering St. Danvers, MA 01923	Hampshire Regional Y Swim Team c/o Kim Bierwert 286 Prospect St. Northampton, MA 01060
Brookline Recreation c/o James Locke 60 Tappan St. Brookline, MA 02146	Dedham Morning Starfish c/o Mr. Charles Hoar 15 Meadow St. Dedham, MA 02026	Hanover Swim Team c/o Joan Astley Box 1 White River, VT 05001
Brown Swim Club c/o Ed Reed Box 1874 Brown Univ. Providence, RI 02912	Dover Bluefins c/o Jim Dunn Dept. of Park & Rec. Dover City Hall Dover, NH 03820	J. W. Hayden Recreation Center c/o Joseph Lynch 24 Lincoln St. Lexington, MA 02173
Cambridge YMCA Swim Team c/o George Kostich 9 Ware St. Cambridge, MA 02138	Duxbury Recreation Dept. c/o Donna Nelson Duxbury Town Office 878 Tremont St. Duxbury, MA 02332	Holyoke Boys Club c/o William R. Scribner 20 Bond St. Holyoke, MA 01040
Cape Cod Swim Club c/o Rod Walz 7 Horse Pond Road Falmouth, MA 02540	Easthampton Barracudas c/o John Lamson Hannum Brook Road Easthampton, MA 01027	Hyde Park Bluefins c/o Ken Brockway 1196 River St. Hyde Park, MA 02136

Kent County YMCA Swim Team c/o Calvin Dunwoody 900 Centerville Rd. Warwick, R.I. 02886	Newport Navy Swim Team c/o Jeff Shea Special Services Bldg.114 NETC Newport, RI 02840	Salem Boys Club Swim Team c/o Ron Cooper Geremonty Drive Salem, NH 03079
Lawrence Boys Club c/o John Menzie, Jr. 136 Water St. Lawrence, MA 01841	Northern Berkshire YMCA c/o Bonnie J. Smith Box 367 Brickyard Ct. North Adams, MA 01247	Salem YMCA Swim Team c/o Jim Manning 290 Essex St. Salem, MA 01970
Lowell Boys Club Swim Team c/o Sigrid Schippert, Sec 6 Smokerise Dr. Chelmsford, MA 01824	Northeast Sports & Recreation c/o Charles Cicciarella 2 Fairmount Terrace Wakefield, MA 01880	Seekonk Dolphins c/o Ellis Mayers Seekonk High School Seekonk, MA 02771
Manchester Swim Club c/o Barbara Fellbaum, Sec 51 Wilmot Street Manchester, NH 03103	Northfield Mount Hermon School c/o Robert A. Bruce Rox 121 Northfield, MA 01360	Shawmut Aquatic Club c/o Cynthia Parsons, Sec. 41 Oldfield Dr. Sherborn, MA 01770
Melrose YMCA Swim Team c/o Richard A. Whitworth 497 Main St. Melrose, MA 02176	North Shore JCC Swim Club c/o Jack Hayden 59 Sculpin Way Swampscott, MA 01907	Smithfield Boys Club Deerfield Drive Greenville, RI
Lake Champlain Swim Club c/o Fred Blais 86 Suburban Square South Burlington, VT 05401	North Suburban "Y" Vikings c/o Jan Gallagher, Secretary 21 Frederick Drive Wilmington, MA 01887	Somerville YMCA c/o Joanne M. Foster 101 Highland Ave. Somerville, MA 02144
Nashua YMCA Swim Team c/o P. Ravdonis Prospect St. Nashua, NH 03060	Pawt. Boys Club c/o Robert Girouard 53 East Ave. Pawtucket, RI 02860	South Boston Boys Club c/o Mark Thomas 230 W. 6th St. South Boston, MA
Natick Swim Club c/o Mary S. Peirce 38 Woodland St. Natick, MA 01760	Pawtucket YMCA c/o Beverly Tillier 20 Summer St. Pawtucket, RI 02860	Sunrise Swim Club c/o Mark Michelson Spfld Boys Club 481 Carew St. Springfield, MA 01104
Needham YMCA Neptunes c/o Chris Wyman 863 Great Plain Ave. Needham, MA 02192	Pioneer Valley Swim League c/o Mrs. Isabelle Fraser 125 Franklin Road Longmeadow, MA 01106	Unattached (with ORYA) c/o Jean D. Ouellette Allen Ave RFD 1 Durham, NH 03824
NEW BEDFORD YMCA SWIM TEAM c/o Trix Whalen 62 Sherman St. New Bedford, MA 02740	Rhode Island Jewish Comm. Ctr. c/o Elliott Goldstein 401 Elmgrove Ave. Providence, RI 02906	Wakefield YMCA Swim Team c/o Mike Morrell 317 Main Street Wakefield, MA 01880
New England Barracudas c/o Lori Bates, Secretary 18 Old Stagecoach Dr. Bedford, MA 01730	Rhode Island Junior Swim League c/o Arnold Bigney 130 Paine Ave. Cranston RI 02910	Waltham Boys Club c/o Peter M. Donahue 20 Exchange St. Waltham MA 02154

Sunset Beach Swim Team
c/o Phil & Marilyn Mulcahy
64 Old Faith Rd.
Shrewsbury, MA 01545

Westfield Y Swim Team
c/o P. Castro
3 Sunbriar Drive
Westfield, MA 01085

Westwood Swim Club
c/o Mrs. Pamela Farrell
200 Nahatan St.
Westwood, MA 02090

Whitinsville Blue Dolphins
c/o Lillian Bibeau
Whitin Community Center
Main Street
Whitinsville, MA 01588

Worcester County Swim League
c/o Sylvia Chase
13 Rutland Terrace
Worcester, MA 01609

Worcester Girls Club
c/o Ann Marie Saunders
125 Providence St.
Worcester, MA 01604

Worcester Swim Club
c/o Coralie O'Connor
30 Walworth St.
Worcester, MA 01602

YMCA of Westerly-Pawtucket
c/o John Coduri
95 High St.
Westerly, RI 02891

Glenna Griswold, Secretary
NEAAAU Competitive Swimming
48 Brainard Road
Wilbraham, MA 01095

Joe Maguire, Treasurer
NEAAAU Swim Committee
472 Weston Road
Wellesley, MA 02181

Barbara Dubois
19 Ivory Way
Henrietta, N.Y. 14467

Check out meet
med

13-14 boys

1976 SHORT COURSE SENIOR CHAMPIONS

WOMEN

MEN

Chris Hogan NASY	100 Fly	59.882
Lissa McGrath NSSC	200 IM	2:12.027
Martha Donovan DYD	100 Back	1:01.926
Sabrina Cronen NEB	500 Free	5:08.213
Chris Hogan NASY	200 Fly	2:11.246
Dorothy Sparks NEB	100 Brst	1:09.581
Lissa McGrath NSSC	200 FREE	1:56.062
Lissa McGrath NSSC	400 IM	4:46.060
Sabrina Cronen NEB	1650 Free	17:28.696
Lissa McGrath NSSC	100 Free	52.967
Martha Donovan DYD	200 Back	2:16.295
Dorothy Sparks NEB	200 Brst	2:27.481

Jeff Glaser SSC	100 Fly	53.310
Mark Lazuk SAC	200 IM	2:04.816
J. Montesi NASY	100 Back	56.647
Chris Hug SAC	500 Free	4:50.462
Chris Hug SAC	200 Fly	2:04.126
Jim Chiudioni SAC	100 Breast	1:03.759
Chris Hug SAC	200 Free	1:50.844
Mark Lazuk SAC	400 IM	4:25.053
Chris Hug SAC	1650 Free	16:53.838
B. Jaksina NEB	100 Free	50.608
Mark Lazuk SAC	200 Back	2:06.253
Tom Nowak SAC	200 Breast	2:17.326

400 MEDLEY RELAY	NEB	4:14.736
Cronen, Sparks, Costin, Ehrlich		
800 FREE RELAY	NEB	8:10.191
Ehrlich, Bridge, Cronen, Costin		
400 FREE RELAY	NEB	3:45.707
Ehrlich, Costin, Laton, Friedl		

400 MEDLEY RELAY	SSC	3:45.515
Kerr, Lyon, Glaser, Semle		
800 FREE RELAY	SAC	7:30.089
Coleman, Wolfram, Lazuk, Geron		
400 FREE RELAY	SAC	3:26.503
Coleman, Wolfram, Crisafulli, Hug		

SHORT COURSE SENIOR CHAMPIONSHIP RECORDS

L. McGrath	3/7/76	52.967	100 FREE	D. Cline	3/20/71	48.70
L. McGrath	3/6/76	1:56.062	200 FREE	S. Bernard	3/8/75	1:47.30
S. Cronen	3/5/76	5:08.213	500 FREE	S. Chapin	3/7/75	4:50.10
S. Cronen	3/7/76	17:28.696	1650 FREE	J. Phelan	3/9/75	16:47.60
M. Donovan	3/5/76	1:01.926	100 BACK	J. Montesi	3/6/76	56.647
M. Donovan	3/7/76	2:16.295	200 BACK	J. Leland	3/10/74	2:04.10
D. Sparks	3/8/75	1:08.00	100 BREAST	R. Weaver	3/11/73	1:02.60
D. Sparks	3/7/76	2:27.481	200 BREAST	R. Weaver	3/9/75	2:14.60
C. Hogan	3/5/76	59.882	100 FLY	H. Hagberg	3/7/75	52.10
C. Hogan	3/6/76	2:11.246	200 FLY	R. Hagberg	3/8/75	1:59.30
L. McGrath	3/5/76	2:12.027	200 IM	M. DeCarlo	3/7/75	2:02.30
S. Garcia	3/8/75	4:46.80	400 IM	M. Lazuk	3/8/75	4:24.40

PATTERSON, SPARKS, COSTIN CORBISIERO 400 KERR, GLAZER, LYONS, SEMLE
NEB 3/7/75 4:13.60 MED. RELAY 3:45.515 3/5/76 SSC

ENRLICH, BRIDGE, CRONEN, COSTIN 800 CHAPIN, LAZUK, HUG, BERNARD
NEB 3/6/76 8:10.19 FREE RELAY 7:25.80 3/8/75 WAY

NEB 3/9/75 3:44.30 400 ST. AMOUR, CHAPIN, HUG, BERNARD
FREE RELAY 3:18.70 3/9/75 WAY

1976 TEAM CHAMPIONSHIP - New England Barracudas 1976 TEAM CHAMPIONSHIP - Shawmut Aquatic Club

1976 INDIVIDUAL TROPHY - Lissa McGrath NSSC 1976 Individual TROPHY - Mark Lazuk SAC

EDITOR: Bob Bernard, 5 Stoney Brook Road, Sherborn, Mass. 01770

Subscriptions: Send \$5.00 check to editor. Make check payable to NEAAAU Swim Committee

Sponsored by: NEAAAU Swim Committee. Chairman: Bob Pyatt, 825 Concord St., Belmont, Mass.

NOTES FROM THE COMPETITIVE SWIMMING COMMITTEE

Senior Championships:

On behalf of the Swimming Committee, I would like to congratulate and thank at the same time, the Shawmut Aquatic Club, the Framingham Parks and Recreation Department, Keefe Vocational High School, the Meet Director Bill Hayes, for the excellent and most efficiently run Senior Championship Meet that our Association has seen in many years. The facility was great, the competition superb.

And the performances of the swimmers speak for themselves. The women set 11 new Championship records and the men 2. We couldn't ask for better swimming. The winners are included elsewhere in this issue of N-P. All are to be congratulated.

All the participating teams did a commendable job at the Meet. However, much to our dismay, there were a few teams who, in not acknowledging the strictly adhered to scratch rule, made proper seeding for both the prelims and finals a difficult if not impossible task at times. It is indeed unfortunate that those coaches and swimmers did not have the courtesy to comply with the rules in fairness to other competitors. New England Senior swimming is improving by leaps and bounds, and hopefully this problem will not exist in the future.

The Meet was a great success, although the men's meet was small, as expected. It is my hope that next year we will not have to conflict with any of the High School Championship meets.

Age Group Championships:

As you know, the Age Group Championship Meet had to be postponed due to a problem with the Phillips-Exeter Academy facility. The meet has been rescheduled for March 27 & 28 at Keefe Vocational. The format of the meet will remain as planned. However, six lanes will be used instead of eight.

Summer Meet Schedule:

Bids for summer meets should be sent to Mark Michelson, 481 Carow Street, Springfield, Mass., 01104, before April 1, to be considered for acceptance. The Calendar Sub-Committee will meet shortly thereafter to set up the schedule of summer meets. In bidding for a meet date, sponsoring clubs should include all the necessary paper work, including a draft of the entry form and a list of events. Also an application for sanction should be included.

Miscellaneous:

The annual spring meeting of the Swimming Committee will soon be scheduled for a date in May. Please watch N-P for information regarding the date, and the agenda. All swim clubs should attend this important meeting.

Ray Essick informs me that HAA will host two C-level Development Meets on two Sunday mornings April 11 and 25. Be watching for details, or call Ray at Harvard University.

BOB PYATT

Competitive Swimming Committee Chairman

EDITORIAL.....TO OUR LOYAL SUBSCRIBERS

NEWSLETTER-PLUS has grown considerably over the past year...a growth that not only gives us personal pleasure, but ensures its continued existence. There are now over 150 subscribers.

It is with some pride and some regret that we end our term as Editors.

We would like to say "thank you" to Jan Campbell who has done all the printing, and to the Hallideys who first helped us begin. But most of all, we thank those who were charter subscribers before the first issue was printed, -- all 74 of you. You made N-P possible. We hope N-P continues keeping coaches, parents, and swimmers informed.

BOB & MARGE BERNARD

Newsletter - Plus

AN OFFICIAL PUBLICATION OF THE NEAAAU COMPETITIVE SWIMMING COMMITTEE NOVEMBER, 1976

IN THIS ISSUE: Notes from the National Convention...More clubs for you lists... Age Group Championships date and place....More meets....some meet achievements.....Personalities.... Conversions....New Top Ten Times Chairman....Notes from the Executive Committee....A notice for your bulletin board....

COMPETITIVE SWIMMING NOTES FROM THE NATIONAL CONVENTION:

There will be no conversion from short course to long course or back allowed at National Meets.

The Junior Olympics previously closed to those over 18 will now be an open meet.

Both short and long course Junior Olympics will now run four days. Previously the short course meet was three days.

There was talk of a point system for awards that a swimmer may accumulate toward some useful item instead of just collecting medals.

Swimming Rules: (Major changes)

1. The new backstroke starting blocks shall be allowed for short course meets.
2. Breaststroke Rule - Arms extended and drifting apart does not cause an infraction. When the hands begins its sideward or downward press, a new stroke shall have been started.
3. Butterfly kick - Any squeezing of the leg held in straight position shall not constitute an infraction.

These are the highlights from the notes taken by Paul Parenteau at the National Convention.

CONVERSION TIMES IN NEW ENGLAND

At the November 10 Executive Committee Meeting a motion was passed to accept conversion times using the following formula if there is a note on the entry blank stating that conversion times are acceptable:

YARDS TO METERS - # of seconds x 1.14

METERS TO YARDS - # of seconds x .8771

Any comments on this motion will be printed in the Newsletter if you send them to the editor.

New Top Ten Times Chairman

Mrs. Sylvia Chase will coordinate the activities of the Top Ten Times Committee. In the next Newsletter we will outline the procedure for submitting Top Ten Times.

WARNING: To those receiving the Eastern Sprints entry---pay close attention to the date the entry must be in. December 1 is the date it must be in the hands of the meet committee. It is not a postmark date.

In a continuing effort to introduce you to some of the personalities involved with New England Swimming, I have been tracking down members of the Executive Committee and asking them to fill out a form about themselves. They are all very modest and efforts to get them to fill out their forms keep me nagging them at strange times and places and have produced some "different" results. This month's personality, JOE MAGUIRE, NEAAAU TREASURER, declined to use the form and turned in the following comments about himself on the back of an Italian Restaurant placemat. Below are the comments----almost word for word----as Joe made them.

Editor

JOE MAGUIRE - NEAAAU COMPETITIVE SWIMMING COMMITTEE TREASURER: Joe was born and raised in Cambridge Mass where he started his swimming career at the "Y"...he was a state finalist and captain of his high school team...he graduated "inauspiciously from Harvard" where he swam for awhile and ended up managing and helping coach the Harvard Swim Team...Joe is now the coach of the Shawmut Aquatic Complex and describes himself as remarkably vibrant and versatile....Joe's ambitions are to make it through the next mornings practice and to weigh 150 pounds.....his favorite food is food--any kind will do....Joe this year proved he could be a successful tomato farmer and plans to run for President....Joe likes days of traveling by the shore or in the mountains and loves outdoor sports....he would rather participate than be a spectator....Joe has cow brown eyes and likes the color blue, extra large alligator shirts and loafers held together with adhesive tape....Joe's hero is Mark Michelson and he is very proud that last year Shawmut took both Senior and Age Group Championships....He is unmarried.....likes to go out on Saturday nights, and is currently in training to swim 200 lengths in Shawmut's fund raiseryou can very often see Joe at meets where he alternates shouting encouraging words to his swimmers and splits to a person trailing him with a clipboard.....wherever there is a meet, Joe knows where the best restaurant around can be found.....Joe handles the money and all requests for good eating places for the NEAAAU Competitive Swimming Committee.

CERTIFICATION CLINIC

Shawmut Aquatic will hold a certification clinic on Tuesday and Wednesday evenings November 30 and December 1. The clinic will be held at Wayland Town House in Wayland at 7:30 PM both nights.

If you are interested in going you must contact Cynthia Parsons, 41 Oldfield Dr., Sherborn, Ma. 01770, Phone:(617) 655-6332, to be sure there is room.

Tuesday night will cover Timer, Place Judge, and Relay Take-off Judge.

Wednesday - Starter, Stroke & Turn and Referee.

At the recent executive committee meeting it was decided to go with the new procedures for applying for meets. This means that starting with long course meets for the summer of 1977 that have not been applied for yet, you will apply by letter of intent and when your meet is approved you will receive a packet giving directions for sanction application etc. and the name of a person to help with problems you might have. Dick Schafer is currently working out the details which will be published as soon as we have them. Keep in mind that this means there will be three dates per year for applying for meets instead of the current two.

Below are some add-on names for your mailing list. Granite State is a change of address and YMCA of Westerly -Pawcatuck is a change of spelling.

GRANITE STATE SWIM ASSN.

c/o Dr. R. Marcel Reeves
Box 502
Durham, N.H. 03824

HAVERHILL SWIM CLUB

c/o Tom McCutchan
Haverhill High School
Monument St.
Haverhill, MA 01830

LOWELL YMCA MARLINS

c/o Ralph Boone
544 Shawsheen St.
Tewksbury, MA 01876

Boys Club of Newport RI

c/o Thomas Hastings
95 Church St.
Newport, RI 02840

Mobska Swim Club, Inc.

c/o Mrs. Jeanne T. Marini
242 Hatchville Road
Hatchville, MA 02551

PITTSFIELD YMCA SWIM TEAM

c/o Matt Benner
5 Crofut St.
Pittsfield, MA 01201

TRI-Y

c/o Jeff Archambault
YMCA
Southbridge, MA 01550

YMCA of WESTERLY-PAWCATUCK

c/o John Coduri
95 High Street
Westerly, RI 02891

REQUEST:

Please do not request copies of the October newsletter. Our extra copies are used up with new subscriptions and the cost of having them reproduced is prohibitive for us. If you cannot get it copied from a friend we can have it done, but it will cost \$1.10 (10¢ a sheet for 11 pages)

HIGH SCHOOL GIRLS: This past weekend, high school swimmers all over Massachusetts spent most of their time in Attleboro at the high school or in Springfield at Art Linkletter Natatorium for their Regional Championships. In the East, Acton-Boxborough led a tough field for the team trophy, while Minnechaug Regional in the West beat out their closest opponent by 130 points ending the meet with 261 points. Next weekend (Nov. 18 and 19) the girls will go to Milford, MA for the State Championship.

Listed below are the winners only of these two meets. The interesting thing about both meets is the fact that particularly in the East, the difference between first and sixth, and in some events first and twelfth was not very large in terms of time. In some cases, such as the 100 fly in the West, all three top times broke the existing State Record. In this event Sheila Dembek went 1:00.904 to qualify and in the finals second and third went 1:02.231 and 1:02.369 all very good times.

The State Meet should be very good. If you are free on Saturday and interested in some good girls swimming, Milford is the place to go.

<u>H.S.</u>	<u>TIME</u>	<u>SWIMMER</u>	<u>EVENT</u>	<u>SWIMMER</u>	<u>TIME</u>	<u>H.S.</u>
EAST						WEST
Marble	1:59.7	Marblehead	200 BR	Minnechaug	2:04.139	Minne
Brockton	1:56.5	Doreen Sabina	200 FR	Carolyn Burney	2:00.250	E. Lon
Natick	2:17.8	Sue Erlich	200 IM	Sheila Dembek	2:17.254	E-hamp
Marble	25.2	Lissa McGrath	50 FR	Mary Fiorentino	25.586	Cath
Westwd		Maura Casey	Diving	Diane Debien		Class
Dorvamp	1:03.0	Kate Heard	100 Fly	Sheila Dembek	1:01.067	E-hamp
Marble	55.1	Lissa McGrath	100 Free	Carolyn Burney	54.979	E. Lon
Bedfd	5:06.7	Sabrina Cronen	500 Free	Cory McGuill	5:26.586	Minne
Brkline	1:10.8	Rita Gauthier	100 BR	Sue Doten	1:10.902	Minne
Dover	1:05.5	Sue Garon	100 BK	Karen Miezicki	1:03.116	E. Lon
Acton	3:53.9	Acton-Boxborough	400 FR	Minnechaug	3:51.397	Minne

Hampshire Regional "B" Meet

Swimmers making "A" times:

8 & Under Girls

L. Dobies	NSYV
P. Birmingham	NEB
C. Cooney	SC
J. Martocci	SBST
C. Kevorkian	WAKY
M. Daly	WAKY
M. Reasin	ILY
K. Walberg	TRIY

8 & Under Boys

R. Larrabee	NEB
R. Rybacki	TRIY
J. Lamson	EHB
D. Harding	MSC
E. Saszik	ILY

8 & Under Boys cont'd

G. Olander	ILY
<u>10 & Under Girls</u>	
K. Poli	HRV
K. Scott	MSC
D. Boudis	DDY
S. Lannaville	HRV
P. Pike	HRV
A. Dembek	HPY

10 & Under Boys

T. Pybacki	TRIY
D. Benson	LOBC
S. Larrabee	NEB
G. Moll	NEB
D. Jorgensen	ILY
D. Dobies	NSYV
R. Burke	

10 & Under Boys cont'd

R. Burke	LOBC
T. Sullivan	DDY
C. Swirbliss	TRIY
J. Bowers	SSC

11-12 Girls

L. VanUmmerson	UN
J. Nicolai	HRV
K. Hesse	NEB
M. McNaughton	WAKY
K. Harvey	HRV
E. Peiners	SC
L. Daly	WAKY
C. Johnson	NSYV
K. Harvey	HRV
C. Ramsdell	GM
L. Gentile	WYST

Hampshire Regional "B" Meet cont'd.11-12 Girls cont'd

K. Favereau	SM
C. Johnson	NSYV

11-12 Boys

B. Dolan	WAKY
T. Ehrhart	HRV
S. Ruiter	NEB
C. Sullivan	DDY
T. Sullivan	LOBC
S. Mann	TRIY
R. Hebber	NSYV
J. Erlich	NEB

13-14 Girls

G. Penthany	NEB
T. Cloutier	OSC
S. Collins	HRV
. Walsh	HRV
D. Ruiter	NEB
L. Couch	EHB
B. Carter	HRV

13-14 Boys

E. Winofield	HRV
B. Whitaker	NLY
L. Dube	SSC
K. Mortman	HRV

OPEN Girls

S. McIlnamin	WAKY
C. Erlich	NEB
M. Bresnahan	UN

OPEN Boys

Brian Johansson	LOBC
R. Beals	TRIY
Bruce Johansson	LOBC
J. Collins	HRV
P. Gerenz	NEB
M. Guyton	MSC
R. Beals	TRIY

NOTE: When we receive our copies of results we are glad to print the names of swimmers who have moved up in their respective age groups. In the next issue of the Newsletter there should be more meet results in to get this information.

Pieces of Information:

Age Group Championships will be run on March 5 and 6 by Shawmut Aquatic Club at the Keefe Technical High Pool. We will continue to keep you informed as we receive information

The last page of the Newsletter this month is a flyer that can be put on your bulletin board or passed around to parents. We really would like to publish news from clubs. Have you had a party, a fund raiser, or gone out of district to a good meet? Let us know

Bids can still be made for the Senior Championship Meet on March 11, 12, and 13 by contacting Jean Johnson at 29 Liberty Avenue, Lexington, MA 02173

News from Clubs: The Springfield Boys Club Swim Team (Sunrise) held a Halloween SwimAthon and raised \$11,529 for gym equipment for the Boy's Club. Masquerading as a Halloween Party the Swimathon lasted for 18 hours from 6:00 PM on Saturday night to noon on Sunday. Younger swimmers were treated to a party complete with a horror trip through the shower rooms, a film, and games and prizes in addition to food--all arranged by the older team members. At 11:00 PM the younger swimmers went home and the older ones took over the pool and other areas of the Boys Club to swim in shifts, eat, watch more movies, dance and sleep ? until it was their turn to go in the water. Everyone including the coaches swam laps Team members are now looking forward to using the new Universal Gym that will be installed at the Boy's Club.

Joe Thompson is still looking for problems you might have. He wants to help you, but you must let him know. His address is 6 Pompano Road, Worcester, MA 01605
Phone: (617) 853-8143

We keep hearing from people reading results that they need a key to the code letters for various clubs. Below is a list of these code letters taken from the cards that were returned to us from the August mailing. From time to time we will add to this list. Included on it are clubs that have returned cards since publication of the last Newsletter. You will find these additions for you mailing list in another place in the Newsletter.

NOTE: Anytime information printed is wrong we will be happy to correct it in the next issue. Just mail corrections to the subscription address.

Aquamaid and Aquamen of Worcester	AMM
Attleboro Bluefish	ABF
Belmont Hill Swimming Association	BHSA
Brockton Community School -Y Swim Team	BCY
Brookline Recreation	BR
Brown Swim Club	BSC
YMCA Cambridge Mass	CYMCA
Cape Cod Swim Club	CCSC
Cedar Swim Club	CEDAR
Community Stars and Stripes of Medford	CSSM
Cranston YMCA Swim Team	CRY
Crimson Aquatic Teams	CAT
Danvers Y Dolphins	DYD
Dedham Morning Starfish	DMS
Dover Bluefins	DBF
Easthampton Barracudas	EB
East Providence Boys Club	EPBC
Fall River Y	FRY
Fitchburg-Leominster Sting-Rays	FLSR
Granite State Swim Association	GSSA
Greendale YMCA Swim Club	GYSC
Greenwood Memorial	GMSC
Hampshire Regional Y Swim Team	HRY
Hanover Swim Team	HST
Haverhill YMCA Swim Team	HYST
J. W. Hayden Recreation Center	HRC
Holyoke Boys Club	HBC
Hyde Park Y Bluefins	HPBF
Kent County YMCA	KCY
Lake Champlain Swim Club	LCSC
Lowell Boys Club Swim Team	LOBC
Lowell YMCA Marlins	LYM
Manchester Swim Club	MST
Melrose YMCA	MELY
Nashua YMCA	NASHY
Needham YMCA Neptunes	NEDY
New Bedford YMCA	NBYM
New England Barracudas	NEB
Newport Navy Swim Team	NNST
Northern Berkshire YMCA	NBY
Northeast Sports & Recreation Association	NSRA
Northfield Mount Herman School	NMH
North Shore JCC Swim Club	NSSC

Code List cont'd

Nobska Swim Club	NOBS
North Suburban Y Vikings	NSYV
Pawtucket Boys Club	PBC
Pawtucket YMCA	PAWTY
Pioneer Valley Swim League	PVSL
Pittsfield YMCA Swim Team	PITTY
Rhode Island Jewish Community Center	RIJCC
Salem Boys Club Swim Team	SST
Salem YMCA	SALY
Seekonk Dolphins	SD
Shawmut Aquatic Club	SAC
Somerville YMCA	SOMY
South Boston Boys Club	SBBC
Sunrise Swim Club	SSC
Sunset Beach Swim Team	SBST
TRI-Y	TRIY
Wakefield YMCA	WAKY
Waltham Boys Club	WBC
Westfield Y Swim Team	WYST
Westwood Swim Club	WWSC
Whitinsville Blue Dolphins	WBD
Worcester County Swim League	WCSL
Worcester Girls Club	WGC
Worcester Swim Club	WSC

MORE NOTES: The Swim Committee has had many requests from individuals for copies of the New England By-Laws that are sent out automatically to members of the committee. These by-laws are being updated on a regular basis. The next update will be mailed on November 20th. Financially, it is impossible to fulfill all these requests. In lieu of the fact that we would like more people aware of rules etc., the executive committee has decided to make available to individuals and non-members of the Swim Committee these by-laws and the updates at a cost of \$4.00 per year. If you wish to become a by-law subscriber you may by sending a check for \$4.00 made out to the NEAAAU Competitive Swimming Committee with a notation that it is for By-Laws and Updates to: Glenna Griswold, Secretary
NEAAAU Competitive Swimming
48 Brainard Road
Wilbraham, MA 01095

ANOTHER MEET

Shawmut Aquatic will run a Mini-Meet on February 13th. The meet will be held at Keefe Technical High School Pool in Framingham, MA. For information contact: Cynthia Parsons, 41 Oldfield Dr., Sherborn, MA. 01770.

The additions to the club list found in the Newsletter may be cut out and pasted to the list you received last month. It will also Xerox.

DON'T FORGET THAT IT IS TIME TO
RENEW YOUR INDIVIDUAL AAU MEMBERSHIPS.
CURRENT NUMBERS EXPIRE DECEMBER 31.

STATE OF THE UNION - Joe Thompson

The 1976-77 short course season is with us. Let's try to put 100% into it and come up with a lot of National Swimmers. Good luck coaches and swimmers.

Things have not been all roses since taking this job, but I have been very happy with the cooperation of members when things are rough. The Age Group Championship meet seems to be pretty well wrapped up and ready to go, while the Seniors still has some loose ends before we can give out information. The date and place are fairly well set-up, but we still do not have any club that has put in a bid to run it. If no bid is received soon, it will be run by the Swim Committee.

There were problems setting up short course season, but they were small and seem to be ironed out. I have had problems figuring out our by-laws so that we can make them work but I find that there are a lot of ambiguities in them. I need a good parliamentarian to help me at our meetings to keep us going in the right direction. If we have any volunteers out there, don't be shy, step forward and give me a call.

I am still looking for a Public Relations person to help swimming in the Northeast and I hope someone will contact me for that position soon.

Congratulations to Glenna Griswold for putting out a very informative Newsletter Plus last month. If they keep coming out that way we will probably make it a National publication.

Thanks to Jack Hayden and Paul Parenteau on their coverage of the National Convention.

National Rule Books: When the new National Rule Books come out, the Swim Committee is going to order many of them and they will be available to individuals and clubs by writing and ordering. Watch the Newsletter for more information.

Mistake: We received a call from Mrs. Smith in Fall River who discovered by accident that there is a mistake in this year's National Rule Book. You might want to note this if you are holding one.

On page 109 the 11-12 girls columns are mixed up so that what is actually "B" Minimum are in the book as "C" Max which throws the "A" minimum column into the "B" minimum and so forth across the page.

All the other age groups are alright, but this printing mistake caused some confusion at a recent meet.

STATE OF THE UNION - Joe Thompson

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NEWSLETTER- PLUS

NEWSLETTER PLUS IS A SMALL NEWSPAPER PUBLISHED MONTHLY AND DEVOTED TO NEW ENGLAND SWIMMING.

IN ORDER TO KEEP PARENTS, SWIMMERS, AND COACHES BETTER INFORMED WE ARE ASKING THAT YOU SEND ANY NEWS ABOUT YOUR CLUB, YOUR ACTIVITIES, OR YOUR LIKES AND DISLIKES TO THE ADDRESS BELOW SO THAT IT CAN BE RELAYED VIA THE NEWSLETTER TO OTHERS.

Subscriptions may be obtained by anyone by sending a check for \$5.00 for one year to the address below.

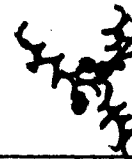
REMEMBER: This publication is for and about your sport in this area. Any news you have will be published.

Address subscriptions and your news to:

Glenna Griswold, Secretary
NEAAAU Competitive Swimming
48 Brainard Road
Wilbraham, MA 01095

Phone: (413) 596-4812

NEWSLETTER- PLUS



AN OFFICIAL PUBLICATION OF THE NEAAAU SWIMMING COMMITTEE

DECEMBER 1976

IN THIS ISSUE: More swimmers moving up at meets....."State of the Union"....Meet Bidding Procedures....Additional Clubs.....Coaches and Officials Meeting....Region I Cut-offs....What to do with meet results....Additional Meets on the Schedule....Some club news (WE WANT MORE)....A couple of Reminders and a club looking for a dual meet.....

MERRY CHRISTMAS !!!!!

STATE OF THE UNION..... JOE THOMPSON

"C" meets are the most talked about thing presently and rightly so. The meets we have set up are not sufficient to cover all of our "C" swimmers. I feel that this is the most important part of our swimming and I hate to see the "C" swimmer getting discouraged and quitting the AAU before they have reached their potential.

Suggestions have been made to double sanction "C" meets--East and West or North and South areas at the same time. It has also been suggested that we eliminate the 4-hour rule or have "C" meets more often on the logical calendar.

We can't seem to come up with any quick solution to alleviate the problem during the fall and winter schedule. I'd appreciate any ideas that you have, so please send them to me.

I would like to keep this issue in the spirit of Christmas. I recently sent a letter to a very good friend of mine. Here is a reprint of that letter:

Dear Santa,

We the people of all New England Swim Clubs have been very nice to our parents. (The National AAU) We have obeyed them in the best way we can. During the year we have been nice to our neighbors (YMCA, High Schools and NCAA). I was hoping that you will take all this goodness into your mind when you make up your list for US. I have enclosed a few examples if you cannot think of any on your own.

- 1. A computer system that will work in compiling all the necessary statistics in New England.*
- 2. We could use about 15 more pools instantly. Please make most of them 50 meter indoor pools.*
- 3. I would like to see you get all of the clubs all devices, methods and gimmicks, and pool time so that we can send at least 18 swimmers into next year's Nationals with at least three of them making the finals.*
- 4. I would like you to find us a philanthropist that will help subsidize many of the extras needed to bring New England up in standing with the rest of the United States.*

cont'd

Santa Letter cont'd

5. *I would like you to find us a used Photo Copier for our office.*

Thank you and Merry Christmas,

Joe
Joe Thompson

A TEAM LOOKING FOR A DUAL MEET

The Attleboro Bluefins are interested in having another club come to Attleboro after January 1st to swim a dual meet.

They have a new 8 lane 25 yard pool with large spectator seating capacity.

If you are interested, contact:
Mr. Victor Bonneville
69 Robert Street
Attleboro, MA 02703

Letter to the Editor

On December 5th the Whitinsville Blue Dolphins ran a Mini-Meet in a 20 yard pool.

Swimmers were given "B" time cards for 100 yard events swum in this pool.

Since the National Time Standards are based on a 25 yard pool, I believe coaches should be aware that a "B" time at this meet is based on five instead of four lengths of the pool and that the difference should be noted, and the time should not count.

Joe Maguire, Coach
Shawmut Aquatic Club

NESCO MEETING

There will be a meeting of the New England Coaches and Swimming Officials (NESCO) on January 19th at Brockton High School. Members will be contacted.

Any non-member who wishes to attend should contact Julie Sullivan at (617) 587-6425.

Misc. Notes: cont'd

At the Hampshire "A" meet Mike Landa (Unattached) from Hampden set a new resident record in the 100 IM with a time of 1:11.8. This breaks the old record set in 1972 of 1:12.2

* * * * *

MISCELLANEOUS NOTES:

We have not yet received the results from the Girl's High School Championships and in the interest of accuracy will wait to print some of the record breaking times. However a note on the meet--Minnechaug Regional High School from Wilbraham took the State Title for the western half of the State for the first time. Totaling 140 points against second place Acton-Boxborough (124), Minnechaug won with a strong "depth" performance. They did not take first in any event.

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We hear that B.C.High in the East and Cathedral (Spfld) in the West are the boys teams to beat this year.

We keep getting news from the same clubs over and over. There are over 100 clubs in New England. Let's hear from the other 90.

15-18 Boys making B" Times at Pawtucket "C" Meet

D. Kutyna	NEB	J. Supple	NEB
J. Piann	PANY	J. Buss	LOBC
G. Accetta	CRY	H. Cura	NEB
B. Olson	NEB		

ADDITIONAL MEETS FOR YOUR LIST:

- JANUARY 9 SENIOR DEVELOPMENT MEET
Facility: Keefe Vocational High School, Framingham, MA.
Contact: Joe Maguire, 472 Weston Road, Mellesley, MA 02181
- January 28 Medford Community Stars and Stripes "B" Meet
Facility: Medford High School
Contact: Mrs. Esther Geehan, 55 Linwood Street, Medford, MA 02155
- January 29 Medford Community Stars and Stripes "Mini-Meet"
Facility: Medford High School
Contact: Mrs. Esther Geehan, 55 Linwood Street, Medford, MA 02155
- March 5 & 6 New Bedford "Y" Annual "B" & "C" Meet
Facility: Southeastern Massachusetts University
Contact: Trix Whalen, 62 Sherman Street, New Bedford, MA 02740
- March 5 & 6 Age Group Championships
Facility: Keefe Vocational High School, Framingham, MA
Contact: Joe Maguire, 472 Weston Road, Mellesley, MA 02181
- March 11, 12, 13 Senior Championships
Facility: Southeastern Massachusetts University
Contact: Glenna Griswold, 48 Brainard Road, Wilbraham, MA 01095
- March 13 Medford Community Stars and Stripes Relay Carnival
Facility: Medford High School
Contact: Mrs. Esther Geehan, 55 Linwood St., Medford, MA 02155
- March 19 & 20 Hanover Swim Team "A" & "B" Meet
Facility: Dartmouth College
Contact: Mrs. Joan Astley, Box #1, White River Junction, VT. 05001
- March 26 Attleboro Bluefins "B" Meet
Facility: Attleboro High School
Contact: Mr. Victor Bonneville, 69 Robert St., Attleboro MA 02703
- March 27 Greenwood Memorial "A" Meet
Facility: Greenwood Memorial, Gardner, MA.
Contact: Mr. Frank Dansienka, 84 Euclid St., Gardner, MA 01440

APRIL MEETS WILL BE ANNOUNCED AS SOON AS TYPE AND FACILITY ARE SETTLED.

Below are the cut-offs for Region I Championships to be held at Fordham University. The date for the meet has been tentatively set as the weekend of March 26, 1977.

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
1:03.2	100 FLY	56.62
5:25.32	500 Free*	4:58.72
1:05.40	100 Back	1:02.23
2:20.03	200 IM	2:07.74
4:25.03	400 Medley Relay	3:58.73
2:22.95	200 Fly	2:06.92
1:13.62	100 Breast	1:06.05
2:01.55	200 Free	1:48.92
4:59.96	400 IM *	4:37.35
8:32.24	800 Free Relay	7:56.22
56.30	100 Free	49.79
2:20.93	200 Back	2:07.72
2:39.08	200 Breast	2:24.08
18:55.3	1650 Free*	17:10.23
3:55.18	400 Free Relay	3:30.9

(*) Events may be limited to 5 (five) heats if there are too many entries. 3 (three) heats of 1650. If time allows slow heats of 1650 run at conclusion of trials.

ADDITIONAL CLUBS TO ADD TO YOUR LIST

CUMBERLAND - LINCOLN BOYS CLUB
c/o Carl Labranche
P.O. Box 404
Ashton, Rhode Island 02864

EAST COAST BLUES SWIM TEAM
c/o Charles Watkins
5 Strafford Road
Dover, NH 03820

LAWRENCE "Y" MAHOOS
c/o Ed Dowd Coach
46 Farwood Drive
Andover, MA 01810

YMCA OF QUINCY
c/o Sue Kinney
79 Cottingham
Quincy, MA 02169

NEW MEET BIDDING PROCEDURES

The new short form for bidding for meets will be available by January 1, 1977.

This form should be used for those Long Course meets not already requested, or any Short Course meets to be run between May and September, 1977. Meets to be run during this period should be requested no later than February 1.

The procedure will be as follows:

1. Short forms are being sent to all clubs
2. Fill out and return.
3. When meets have been awarded you will be sent a packet including sanction form and check lists.
4. You will return your sanction form and proceed with your meet plans.
5. You will have the name of a person to contact if you run into trouble with any of your plans.

Before January 1st all clubs will receive in the mail short forms to use when requesting meets along with directions for filling them out and returning them.

Club List cont'd

YMCA OF CAMBRIDGE
c/o Eileen Craffee, Coach
7 Temple
Central Square
Cambridge, MA 02139

BARRINGTON YMCA
c/o Pierce Donovan
19 Fireside Drive
Barrington, RI 02806

CERTIFICATION NEWS

Patches are available for certified officials at a cost of \$1.50 each (prepaid). Send your requests to the Certification Committee at the NEW address below:

Certification Committee
Kim Bierwert
16 Bates Street
Northampton, MA 01060

Included with mailing of this Newsletter to the clubs are request for clinic forms.....Please keep these on hand and use them when requesting certification clinics from the committee.

NEWS FROM AROUND THE DISTRICT

Shawmut Aquatic is looking for swimmers and parents interested in going to England in April for an educational-swimming trip. The trip to include stops in five major English cities will be during Spring Vacation. Swimmers of all age groups will be swimming several dual meets and meeting English swimmers. The cost is nominal for a trip of this kind. Because the trip is a charter you must contact them immediately if you are interested in going. This will be the last announcement of the trip in the Newsletter before their deadline. For more information contact:

Mr. Victor Bayer
29 Claudette Circle
Framingham, MA 01701
Phone: (617) 877-3687

We hear that 60 Sunrise swimmers will be going South to train Long Course over Christmas.

Those working with results have asked us to request clubs running meets to include a code sheet with their results---also please put the name and date of your meet on the results. They are very hard to identify without these things.

CONT'D

News From the Executive Committee Meeting

Meet Managers should be aware that the following things should be sent to Glenna Griswold after a meet:

1. Copy of heat sheets
2. Surcharge Check
3. Two copies of financial statement
4. 12 (Twelve) copies of the results

Glenna will see that all items are distributed to the proper individuals. To help with records, finances, and general efficiency this is very important.

Sylvia Chase, the new Top Ten Times Chairman will hold the first meeting of her committee on Wednesday, January 12.

There has not yet been a final decision on which meets qualify for top ten times

Individual clubs will be asked to supply workers for the Seniors Meet in March. Jobs will range from people to sell programs and typists to timers, judges and referees. Please be aware that you will be asked to help and have some people in mind when you are contacted.

NOTE ON THE SENIOR DEVELOPMENT MEET

The Senior Development meet being held in Framingham will have some events not available in upcoming meets for Senior level swimmers hoping to qualify for the Championships. There will be a 200IM, 500 Free, and 100 and 200 of each event. Swimmers may swim 3 events for the \$2.00 entry fee. Swimmers may swim either a 100 or a 200 in an event but not both.

District News cont'd

Shawmut Aquatic raised about \$8000.00 in their SWIM A THING held Thanksgiving weekend.

SWIMMERS IMPROVING THEIR TIMES AND MOVING UP WITHIN THEIR AGE GROUPS IS WHAT THIS IS ALL ABOUT. INCLUDED IN THIS NEWSLETTER ARE THE NAMES OF THOSE WHO MOVED UP AT TWO "C" MEETS AND A "B" MEET.

FALL RIVER "C"AA TIME11-12 Girls

C. Surette NEB

"A" TIME10 & Under Boys

M. Williams QSC
J. Brown BSC
E. Smith FRY

11-12 Girls

T. Eisenhaur CSSM
E. Reiners QSC

"B" TIME10 & Under Girls

K. Ehrlich UN
C. McCarthy QSC
S. Norton NEB
S. Perroni BSC
D. Gardiner NSYV
R. Feitelberg FRY
J. Lemone NSYV
M. Murdough UN
S. Manton NEB
D. Phillips NSYV

10 & Under Boys

W. Bowden BSC
J. Gardiner NSYV
C. McCarthy BSC
A. Laats CSSM
I. Toal FRY
M. Williams QSC
J. Brown BSC
R. Mayall FRY
T. Handfield BSC
S. Harrington UN
G. Randall HYST

11-12 Girls

E. Sullivan NEB
K. Rousseau FRY

Fall River "C" cont'd

S. Dickerson QSC
N. Stanton FRY
K. Williamson NEB
S. Milligan BHSA
H. Hansen NEB
S. Edmonds QSC
T. Ravanis NEB
G. Cushing UN
J. Cooke CSC
C. Johnson NBYW
L. Simons NSSC
L. Piper NBYW
T. Eisenhaur CSSM
J. Feitelberg FRY
S. Dickerman QSC
D. Hodgson FRY
E. Reiners QSC
J. Lindstrom UN
H. Schultz NBYW
M. Meyer FRY
P. Switzer QSC

11-12 Boys

A. Herrera BSC
M. McDonald QSC
B. Malloy FRY
R. Clarkson DYD
J. Ehrlich NEB
P. Kitchen FRY
A. Tong 1 NEB
D. Ackell FRY
C. Long NEB

13-14 Girls

S. Pratt FRY
M. Lawrence FRY
P. Durkin FRY
A. Humphrey FRY
K. Clony NEB
M. Boyd FRY
G. Potter FRY
T. Reiling NEB

13-14 Boys

G. Gailluis NEB
J. Ackell FRY
J. Costa FRY
B. Cooke NEB
B. Gaudreau NEB

SWIMMERS MOVING UP CONT'DFALL RIVER "B"AA Time10 & Under Boys

E. Smith	FRY
<u>11-12 Girls</u>	
C. Flick	DYD
J. Morrison	LYM
J. Downey	DMS
C. Ramsdell	GMSC

11-12 Boys

R. Sherman	ABF
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13-14 Boys

J. Ackell	FRY
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"A" TIME8 & Under Girls

L. Jjerpe	ABF
L. Seigney	LYM
K. A. Madden	MSC
H. Ilg	ABF
J. Hatem	LYM
J. Dreher	SAC
M. Dennis	FRY
J. Martocci	SBST

8 & Under Boys

S. Proulx	ABF
G. Doyle	QSC
A. Price	UN
F. Giglio	BARY
C. Ciccarelli	UN
J. Carter	SBST
J. Fellbaum	MST
R. Whitten	MSSC
H. Smith	WBD
G. Kipe	MST
J. Reardon	ABF
E. Pesare	CRY
C. Way	UN

10 & Under Girls

M. E. Powers	MELY
H. Flick	DYD
P. O'Connell	SAC
C. McCarthy	QSC
S. Mulcahy	SBST
J. Surette	MELY

10 & Under Boys

P. Webber NSYV	
J. Reardon	ABF
D. Hunderford	A3F
C. Crowley	SAC
E. Smith	FRY
K. Hayes	WBD

11-12 Girls

K. Smith	MST
J. Remon	DYD
N. Bornstein	QSC
C. Ramsdell	GMSC
D. Hodgson	FRY
B. Costa	FRY
P. Elste	SAC
M. Cloutier	QSC
J. Clony	NEB
J. Feitelberg	FRY
B. Fuller	MELY
S. Ryan	SAC
J. Morrison	LYM
K. Favereau	GMSC
E. Reiners	QSC
S. Bachi	MST
J. Downey	DMS
C. Flick	DYD
S. Beck	LYM
L. Seigney	LYM
K. Joyce	WBD
S. Malloy	FRY
N. Stanton	FRY
J. Fellbaum	MST
J. Delaney	DYD
D. Kuong	SAC

11-12 Boys

K. Flemming	DMS
M. Holbrook	MST
D. Ackell	FRY
J. Brawley	DMS
J. Vaughan	ABF
R. Hungerford	ABF
D. Duberger	CSSC
R. Sherman	ABF

cont'd

FALL RIVER "B" CONT'D13 - 14 Girls

M. Manganiello	MELY
T. Clouthier	QSC
K. Malloy	FRY
K. Hjerpe	ABF
A. Vaughan	FRY
M. Hatem	LYM

13-14 Boys

H. Johnson
J. Doyle

Open Boys

C. Rocket	FRY
J. Kruse	SAC

Open Girls

R. Lux	MELY
V. Raszka	UN
K. Alexandrowicz	GYSC

PAWTUCKET "C" MEET8 & Under Girls"B" TIME

R. Carlon	ABF
S. Orton	BSC
S. Troy	MPSC
E. Simonian	LYM
C. Bowden	BSC
H. Goldfine	CRY
H. Hysko	PAMY
B. Hellendring	PAMY
C. Dragon	PAMY
D. Simons	NSSC
D. Sparkes	CRY
B. Schwartz	NBYM
C. Diodati	LOBC
L. Bettencourt	CEDAR
K. Porter	NBYW
J. Strojny	CEDAR
S. Bendl	PAMY

8 & Under Boys

D. Hysko	PAMY
P. Duffy	NSYV
C. Kenney	CEDAR
D. Baldwin	WBD
Rabinowitz	CRY

8 and Under Boys cont'd

T. Joiner	WBD
D. Slavin	CEDAR
D. Mackwell	LOBC
R. Porter	NBYW
J. Broderick	LOBC
D. Mahoney	MPSC
T. Meyers	CEDAR
J. Feen	WBD
K. Bisset	PAMY

10 & Under Girls

S. Vishnevsky	PAMY
S. Burns	LYM
S. Varrieur	ABF
R. Curlis	GYSC
C. Dragon	PAMY
J. Oliva	MGC
P. Schuld	ABF
K. Doyle	LOBC
S. Audet	BSC
M. Naughton	GYSC
L. Vachon	ABF

10 & Under Boys

D. Scheffer	LOBC
T. Broderick	LOBC
R. Bendl	PAMY
C. Carignan	ABF
M. Hubert	LOBC
S. Proia	ABF
S. Georgouis	LOBC
H. Lemaire	CEDAR
H. Orton	BSC
M. Bonneville	ABF
R. Burke	LOBC
C. Zuidema	MGC
B. Gauthier	LOBC
T. Sayeis	LOBC
T. Pierce	LOBC
J. Lopez	BSC

11-12 Girls

C. Bialecki	MGC
I. DeBoor	GYSC
C. Johnson	NBYM
S. Simons	NSSC
L. Sevigny	LYM
K. Gauthier	LOBC
N. Capone	UN
D. Fell	NBYW

11-12 Girls cont'd

N. Crawford	UN
J. Flynn	UN
K. Pesare	CRY
L. Martel	PAMY
M. Deady	DMS
B. Hayes	WBD
C. Sneden	LYM
J. Cooke	CEDAR
D. Theriot	LYM

11-12 Boys

S. Travers	LOBC
J. Deady	DMS
B. Scalia	LYM
P. Hemmer	UN
D. Georgoulis	LOBC
R. Clarkson	DYD
H. Buss	LOBC
C. Hecriam	SAC
K. Lamarche	GYSC
A. Bisset	PAMY
D. Georgoulis	LOBC
C. Hoar	UN
D. Fowler	WBD

13-14 Girls

K. Travers	LOBC
J. Sundquist	DMS
M. Taxiara	WBD
D. Suidema	MGC
J. Murphy	LOBC
K. Peckenham	PAMY
C. Pesare	CRY
C. Cochran	DMS
J. Lellay	PAMY
M. Hatem	LYM

13-14 Boys

D. Driscoll	DMS
K. Schwartz	CRY
F. Burke	LYM
G. Accetta	CRY
B. Bonneville	ABF
B. Reynolds	LYM

15-18 Girls

T. Harnois	PAMY
D. Puishys	WGC
L. Hauser	PAMY
A. Megowan	NEB

15-18 Boys on Page 2