

NEWSLETTER PLUS

AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JANUARY 1987

IN THIS ISSUE: Proposed Long Course, 1987, calendar; Bid Form; Zone Meet; New Long Course record holders; Bay State Games; Logo information; Age Group and Age Group Qualifier information.....

NEW BOARD MEMBERS FOR NEW ENGLAND SWIMMING:

At its January meeting, the Board of New England Swimming approved the appointment of three new board members. Congratulations to:

Chairman : ROBERT FREDETTE, 2 Wallingford Street, Dover, NH 03820 603-742-5153

Treasurer: NILA SWENSON, P. O. Box 111, Kittery Point, ME 03905 207-439-3876

At Large : BARBARA GOULD, 52 Brackenbury Street, Malden, MA 02148 617-324-4903

AGE GROUP AND SENIOR QUALIFYING MEETS:

There will be two Age Group and Senior Qualifying meets, both offering the same events, and both being held on February 14 and 15. One meet is being sponsored by the Cape Ann YMCA at the Cape Ann YMCA; the other is being sponsored by the New England Pharmacudas at Attleboro High School. New England has been divided in the following manners:

CAPE ANN YMCA: All of Vermont, New Hampshire and Maine (NSC); in Massachusetts: the Carver area, Winchendon area across to the shore areas; all clubs in Boston proper (including Bernal's Gator Swim Club); all clubs north of Boston.

ATTLEBORO: All of Rhode Island; any clubs south of Boston; all of western Massachusetts; Weston Swim Club, Shawmut Aquatic Club; any clubs south of Worcester, including all of the Worcester area.

New England Swimming reserves the right to transfer a team from one meet to the other if the meets are unevenly subscribed or over-subscribed.

Please remember that any swimmer who ages up between the time of the Qualifying Meet and Age Groups may swim, in this meet only, in their new age group. Please make the actual age of the swimmer very clear for the purpose of possible Top Ten Times.

There will be no 8 and under events at either meet.

MEET CORRECTION:

A meet was omitted from December's calendar of meets, although it was listed in the November calendar.

Feb. 15: BCSY mini
Brockton High School
Brockton, MA
9 and unders, all events

Mary Costello
44 Burroughs Road
Brockton, MA 02401
617-586-3671

The next BOARD MEETING of New England Swimming will be at 7 p.m. on Tuesday, February 10, 1987 at Howard Johnson's, Newton, MA (over the turnpike).

PROPOSED MEET SCHEDULE--LONG COURSE, 1987:

- May 23--24: C(B)
B(A)
- May 30--31: 12 and under specialty
(Bay State Games Trials) **
- June 5--7 : A
- June 13--14: Specialty Meet
A(B)
- June 20--21: C(B)
B(A)
- June 26--28: A
- July 4--5 : Distance Specialty
- July 9--11: (Bay State Games) **
11--12: A(B)
C(B)
- July 17--19: New England Seniors
Age Group Qualifier*
- July 25--26: B(C)
- July 28--August 1: Senior Nationals, Clovis, CA
July 30--August 2: Age Groups
- August 11--15 : Junior Nationals, Fort Lauderdale, FL

* New England Swimming would like to hold two Age Group Qualifying meets in 50 meter pools in order to prevent overcrowding and severe cuts in the meet.

** The Bay State Games involves Massachusetts swimmers 12 and over. It is expected that these meets will be approved by New England Swimming.

The bid form is included in this newsletter. Please send three copies to Isabelle Fraser by MARCH 1, 1987. Teams may bid on meets outside the proposed calendar, but bids within the calendar will have first priority. The Calendar Committee reserves the right to change, delete, or add events to meets in order to have a balanced season for the swimmers. Please include all information concerning the events you wish to offer when you submit your bid.

Please note that this is a TENTATIVE schedule; the final schedule will depend on what teams are willing to run meets and what pools are available on specific dates.

BID DEADLINE: MARCH 1, 1987

ADDITIONAL SHORT COURSE MEET:

April 4--5: WYSL PENTATHLON
site to be determined
A trophy meet for all ages; out by
postmark; no time standards

Susan Saunders
165 Oak Street
Shrewsbury, MA 01545
617-842-5130

LOGO INFORMATION:

Included in this newsletter is a copy of the United States Swimming modified mark which may be used by New England Swimming and its member clubs. (New England Swimming has signed a licensing agreement with United States Swimming.)

Each New England registered team will be receiving photocopies of the US Swimming modified mark and the new New England Swimming logo as soon as they are professionally drawn. Teams may use the logos for printed material such as certificates, news letters, programs, etc. At its next board meeting, New England Swimming will be developing a policy for other uses of the modified US Swimming mark and the New England Swimming logo.

1986 WORLD, UNITED STATES TOP 25 TIMES:

Congratulations to the following New England Swimmers who are ranked in the top 25 in the world and the top 25 in the United States.

ALEX KOSTICH	BGSC	800 meter freestyle	8:05.85	10th world; 5th US
		1500 meter freestyle	15:37.09	16th US
JAMES SWEENEY	BGSC	800 meter freestyle	8:15.24	24th US
		1500 meter freestyle	15:41.26	20th US
SCOTT JAFFEE	BGSC	200 meter breaststroke	2:20.74	10th US
KEITH HAYES	SAC	100 meter butterfly	55.25	9th US
MATT COUNTIE	BGSC	100 meter backstroke	58.84	23rd US
JENNY THOMPSON	SSA	50 meter freestyle	26.58	15th US
		100 meter freestyle	57.94	24th US
LOUISE GOVIN	CAST	1500 meter freestyle	17:03.19	24th US
		400 meter IM	4:56.73	22nd US

CORRECTION: CHRIS AGNEW (PVAC) was omitted from the list of swimmers who placed in consolations at Junior Nationals.

CHANGE OF ADDRESS:

NEWBURYPORT Y BLUES
Ruth Burke
12 Cross Street
Rowley, MA 01969

NEW TEAM

CENTRAL VERMONT WAVEMAKERS
Jim Tait
Box 4336, RR2
Barre, VT 05641
CVWM

NEW ENGLAND SWIMMING OFFICE:	Mary Riddell 20 Cleveland Road Needham, MA 02192 617-449-0270
OFFICE HOURS:	Monday : 8:00 a.m.--12:00 noon 7:30 p.m.--10:30 p.m. Thursday: 8:00 a.m.--12:00 noon

United States Swimming, Inc.

Modified Mark



Use of the United States Swimming (USS) modified mark is the exclusive right of each licensed Local Swimming Committee (LSC).

Either of the modifications as shown on this page may be used by USS-licensed local swimming committees. Examples of application: printed informational materials, awards, officials' emblems, certificates, banners and flags. Additionally, merchandise that may be purchased and resold for profit: towels, t-shirts, pins, patches and other meet souvenir-type items.

Any space between concentric circles may be used for the LSC name and designations such as Age Group Championships, Official, and All-Star Team. — A rocker may be added at the bottom for further designation. See illustration.

Required for full-color applications

Blue: PMS/Pantone 287

Red: PMS/Pantone 199

Blue: PMS/Pantone 287

Red: PMS/Pantone 199



Correct one-color application may be one of the following: black, blue, red, white, metallic gold or metallic silver.

No LSC, member club/organization, or individual may use the USS modified mark for any purpose whatsoever, whether for promotion or fund-raising, unless there is an executed contract (licensing agreement) between United States Swimming, Inc. (USS) and the LSC.

Age Group Championships

On behalf of the New England Swimming Board, I would like to respond to some concerns expressed about the apparent change in the date of Age Group Championships this season. First of all, let me start by clarifying a general misconception about the nature of the calendar which is printed in Newsletter Plus preceding each season and is then revamped as the season progresses. This calendar is a tentative schedule which attempts to solicit bids for meets on certain desired dates. As bids are received and accepted, the calendar is expanded to include the team, pool, and contact person involved. If a bid for a meet is not forthcoming, then the meet must either be eliminated or, in the case of championship meets, further efforts must be made to solicit offers from teams who have the resources to run them properly. Every attempt is made to schedule meets on the tentative dates published, but if no acceptable bids are submitted then the only alternative becomes to solicit bids for alternative dates. Since the bid system is entirely voluntary and New England Swimming has no authority to dictate to teams what meets they must bid on, the calendar is subject to change and the response of the N.E. swimming community.

This season, we still had not received a bid for Age Group Championships at the time of the annual meeting. Compounding the usual problems with the size and length of the meet was the fact that the proposed dates conflicted with Men's Eastern College Championships. Starting in late September, we had already contacted several teams to encourage them to consider bidding on this championship on the desired dates. To provide other options, we looked into the matter of how other LSC's handle the difficult task of running a trials and finals championship of this magnitude. As a consequence, the teams contacted were told that they could consider the possibility of: (1) two pools (2) two weekends and (3) sharing responsibilities and costs with other teams.

One New England team did give the bid considerable thought, but ultimately decided that they could not handle the demands on their resources. Only then did we begin to consider the possibility of an alternative date. In mid October, at our request, Ed Reed of Little Rhody Aquatic Club indicated that his team would be willing to run Age Groups on the 27-29 if we could find someone else to run "C" (now Bronze) championships. We put his offer on hold for a time while we pursued a final option which, while slim, might have allowed us to leave the calendar as proposed. In early November, this possibility was totally eliminated and the Board was forced to accept the fact that having Age Group Championships in late March was our only option.

I should add that two weeks after it was decided to schedule Age Groups for the 27-29 of March, Technical Committee did receive an oral, informal offer to run Age Groups on the original dates. However, the facilities involved were two six lane pools with limited spectator space which were deemed unsuitable for a meet of this caliber. Furthermore, this arrangement would have penalized a significant number of swimmers by eliminating four places from the combined championship and consolation heats for every event of every age group.

This is rather a detailed explication of what transpired, but I think it is important to give the New England Swimming community a sense of the problems and logistics involved in order to dispell the notion that this dilemma was dealt with in a casual, arbitrary, or irresolute manner. We did not change the date of Age Groups, we merely accepted the one and only viable offer. Unfortunately, the format and magnitude of this championship precludes many teams from even considering a bid and this is an on-going problem which we will have to tackle in the next few weeks with next short course season in mind. If you have any suggestions, please drop me a line.

May C. Greineder, Age Group Chairperson

REGIONAL NATIONAL CERTIFICATION.

Bernal's Gator's National Qualifying meet to be held on Jan. 29th to Feb. 1st, 1987 at Blodgett pool, Harvard University has been designated as a meet acceptable to certify USS National officials. The following conditions must be met for an official to be certified for national.

1. Current New England Certified official
2. Must be registered with U.S. Swimming for 1987
3. Satisfactory performance at the BGSC Nat. Qualifier

The cost of the certification is \$5.00 for new applicants, and \$2.00 for renewal. This will be valid for two years, and will include a patch and pin from the National office. This certification makes you eligible to officiate at USS National meets. Please contact Pat Peterson (617-256-7342), if you would like to be eligible for this certification.

BAY STATE GAMES:

Trials for the Bay State Games will be held on May 29 and 30, 1987 at six sites listed below. Warm-ups on May 29 will be 4 p.m. and on May 30 will be 9 a.m.

Each swimmer may enter six individual events. The top four finishers at each qualifier in each division and event will move on to the finals. All events are timed finals, and US Swimming rules apply.

Events on Friday will be 100 back, 100 free, 200 breast, 1000 free. Saturday events will be 50 free, 100 breast, 100 fly, 200 back, 200 free, 200 fly, 200 IM, 400 IM, and 500 free.

Finals of the Bay State Games are scheduled for July 9-12, 1987 with the swimming competition taking place on July 10, 11, and 12 at a site in Boston to be determined.

METROPOLITAN

Clark University Pool, Medford
Nancy Bigelow, 617-729-6134

SOUTHEAST

Dedham High School Pool
Mike Piazza 617-329-3640

CENTRAL

Clark University Pool, Worcester
Ross Gerry 617-793-7161

NORTHEAST

Minuteman Regional Technical High
School, Lexington
Rob Caron, 617-788-0595

COASTAL

Bridgewater State College
Joe Ueskewicz 617-947-6736

WEST

White Brook School, Easthampton
Kathy Stewart 413-527-2418

Zone Meet Info.

This year the Zone Meet will be at the State University of New York at Buffalo at the Amherst Campus in a new facility. The team will leave from Auburn, Mass on Wednesday, April 1, 1987. The meet will be held on April 2,3, and 4 and the team will return on Sunday, April 5, 1987. The 15-18 team will be picked off of the New England Senior Meet, the younger team 10 & U., 11-12, and 13-14 year olds will be picked off of Age Groups at Brown. The swimmers will have to decide at Age Groups if you are going or not as the team will leave the following Wednesday. All forms will have to be handed in at Age Groups. There will be a table set up just for the Zone Meet. The top two swimmers in each event will be asked. If these swimmers change age before the meet then the next swimmer will be asked. Each swimmer is allowed to swim six events and only three per day so sometimes we ask swimmers further down the line. We try to put together the most balanced team we can.

Please plan ahead - if you have any interest in sending your swimmer to age groups have that decision made before the meet in case he or she is asked.

Isabelle Fraser
Zone Meet Co-ordinator

.....
Application for anyone interested in coaching the New England Zone Team for 1987.
Meet Dates: Leave Wednesday - April 1, return Sunday - April 5, 1987.
Site: State University of New York at Buffalo - Alumni Arena Pool - Amherst Campus.
(New facility)

Name _____

Address _____

Club Affiliation _____

Please bear in mind the Club with the most qualifiers will be asked to send a coach. In previous years they have often declined but they will be asked.

.....
Please return the above form to Isabelle Fraser, 125 Franklin Rd., Longmeadow, Ma. 01106 as soon as possible.
.....

NEW NEW ENGLAND LONG COURSE RECORDS:

8 and under:	CAY (boys)		200 meter free relay	2:35.56	NE/RES
	(B. Stocking, J. Ramsey, J. Fountain, T. Walters)				
	CAY (boys)		200 meter medley relay	3:10.75	NE/RES
	(B. Stocking, J. Ramsey, J. Fountain, T. Walters)				
11 and 12	LESLIE REPETTO	BGSC	200 meter freestyle	2:14.93	RES
			50 meter breaststroke	37.14	NE/RES
	SUE PERGOLA	CAST	100 meter butterfly	1:06.86	NE/RES
	ALLISON KLINAKIS	SSA	200 meter IM	2:32.80	NE/RES
13 and 14	BEN MCBRIDE	LRAC	100 meter backstroke	1:04.18	RES
	JENNY THOMPSON	SSA	50 meter freestyle	26.58	RES
			100 meter freestyle	59.42	NE
				57.94	RES
			100 meter backstroke	1:08.62	RES
	LYNN KELLEY	BGSC	200 meter freestyle	2:08.78	RES
			800 meter freestyle	9:16.23	RES
			100 meter butterfly	1:05.52	RES
			200 meter butterfly	2:21.91	RES
	TARA BOLIVAR	SAC	100 meter breaststroke	1:16.02	NE/RES
	MARIA KOZIOL	PVAC	200 meter backstroke	2:27.86	RES
	SSA (girls)		200 meter free relay	1:44.93	NE/RES
	(J. Thompson, J. Comeau, S. Westcott, K. Gittlein)				
	SSA (girls)		400 meter free relay	4:10.45	NE/RES
	(J. Comeau, J. Thompson, S. Belanger, K. Gittlein)				
15--18	ALEX KOSTICH	BGSC	800 meter freestyle	8:23.60	NE
				8:05.85	RES
	MATT COUNTIE	BGSC	100 meter backstroke	58.84	RES
			200 meter backstroke	2:08.05	RES
	MARC LEVARN	NEB	100 meter breaststroke	1:08.37	NE
	SCOTT JAFFREE	BGSC	100 meter breaststroke	1:06.89	RES
			200 meter breaststroke	2:22.32	RES
	BGSC (boys)		200 meter medley relay	1:50.97	NE/RES
	BGSC (boys)		400 meter medley relay	3:57.61	RES
	(M. Countie, T. Peterson, D. Johnson, J. Sweeney)				
	BGSC (boys)		200 meter free relay	1:40.72	NE/RES
	BGSC (boys)		400 meter free relay	3:39.67	NE
				3:36.84	RES
	(J. Sweeney, B. Stevenson, D. Johnson, M. Countie)				
	BGSC (boys)		800 meter free relay	7:52.55	RES
	(J. Sweeney, B. Stevenson, D. Johnson, M. Countie)				
	CYNTHIA KANGOS	WESC	50 meter freestyle	26.93	RES
	MISSY HOY	LRAC	400 meter freestyle	4:26.90	RES
			1500 meter freestyle	17:03.19	RES
	LOUISE GOVIN	CAST	800 meter freestyle	8:52.73	RES
			200 meter IM	2:23.49	RES
			400 meter IM	4:56.73	RES
	COURTNEY CHUBB	BGSC	200 meter butterfly	2:20.49	RES

NEWSLETTER PLUS

AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

FEBRUARY 1987

IN THIS ISSUE: National Age Group Top 16 Times cutoffs; New England logo information; Championship meet information; Massachusetts High School information...

CHAMPIONSHIP MEET INFORMATION:

CORRECTIONS: New England Seniors: the warm-up time for the 1000 on Thursday is 5:30 p.m., and the meet will begin at 6:30 p.m.

Age Group Championships: The age group on the event page should be 10 and under (not 9 and under); the number of the 200 yard medley relay for 11 and 12 boys should be 84. (not 4.); the number of the 50 yard fly for 11 and 12 boys is 92.

CHANGE IN FORMAT: The relays at New England Seniors will be trials and finals events.

OTHER: In response to some questions, it is stated in the entries of Silver and Bronze Championships that "no swimmer may enter the same individual event in both the Silver Championships and the Bronze Championships." Swimmers who achieve Age Group times for the first time at either championship may enter Age Groups.

Swimmers, parents, and coaches are expected to be familiar with the scratch, check-in, and verification rules included in the championship meet information.

National rules for United States Swimming state that the age of a swimmer on the first day of the meet determines the age group swum during a meet. New England Swimming allows an exception for the Age Group Qualifying meet, but not for any other meets.

RECORDS CHAIRMAN:

JOE DROLETTE has resigned as Records Chairman of New England Swimming after many years of compiling New England Records and National Age Group Top 16 Times for New England. We thank him for his service to New England Swimming.

The new Records Chairman will be:

MARY KELLEY, 386 Central Avenue, Needham, MA 02194. (617-449-2072).

Records achieved in New England calendar meets do not need to be reported. However, all other records do need to be reported, and it is helpful to report all record breaking swims.

National Age Group Top 16 Times are reported in the LSC where they are achieved.

Please report all names of relay swimmers for record breaking relay swims or for relays achieving National Age Group Top 16 reportable times.

The Board of New England Swimming will meet on Tuesday, March 10, 1987 at Howard Johnson's (now the Tara Newton), Newton, Ma (over the turnpike) at 7 p.m.

MORE CHAMPIONSHIP MEET INFORMATION:

SENIORS: In addition to the additions and corrections noted on the first page, please note the following additional relay information: All relays will be conducted as trials and finals in the same manner as individual events. Finals relay team members need not be the same as trials. It is suggested that coaches may want to include extra swimmers on their entry to be penalized in case of a no-show relay.

Swimmers penalized for no-show infractions will be permitted to swim time trials if they are offered. Time trial events are included in the national three event maximum per day rule.

ENTRIES: All entries for championship meets must list all entrants with first and last name, age, and USS number.

DISABLED SWIMMERS: Disabled Swimmers must submit an "Information Form for Disabled Swimmers" with their entries. Forms are available through the New England Swimming office or, in the case of New England Seniors, from Lois Koerckel,

VERIFICATION AT CHAMPIONSHIP MEETS:

In addition to New England calendar meets, the following results are on file in the office and will be available at the championship meets. The results that are starred (*) do not have duplicate copies and will not be available at the Eight and Under Championships.

Worcester County League	EST 11	LYM/ANA/HYST/EST
*WFR 9/21 Freestyle meet	BC 11/29-30	Bates College
*WBA 9/27 Backstroke meet	BN 11/30	BCSC/NEB
*WFL 10/11 Butterfly meet	*CSC 12/13	CSC "BC"
*WBR Breaststroke meet	*SI 12/12-14	Scimitar Invitational
*WIM 10/19 IM meet	ES 12/17-18	Exeter Sprints
*WC 11/1-2 Worcester County	*NHD 1/4	NH Developmental
MA Girls High School	.MSA 1/10-11	Malvern Swim Assoc.
*GSN 11/14-15 North Sectionals	*CS 1/17	CSC/SSYS
*GSS 11/14-15 South Sectionals	*AA 2/6-8	"AA" Invitational
*GST 11/21-22 State Meet	BAT 2/7	BAT Invitational
CGL 11 CSSM/DYD/NWSC		

For all other meets, you must include the results in your packet. Please label the results with your won code, meet name, and date. If you have several results, please list all the codes on a separate sheet of paper.

COACHES' MEETING:

There will be a meeting for all registered New England coaches on Saturday, March 14, 1987 between sessions at New England Senior Championships (Harvard University). The exact time and place will be posted at the meet. If a coach wishes to attend the meeting and will not be at the meet, please contact the office for the exact time and place of the meeting.

If you have an item that you wish to discuss at the meeting, please contact Allan Livingston, P. O. Box 37, Cochituate, MA 01778-0512 (617-655-2120) or Mike Parratto, Tri-City Apartments, Apt. 16, Dover, NH 03820 (603-749-2869).

CALENDAR COMMITTEE:

The Calendar Committee will meet at New England Senior Championships (Harvard University) between sessions on Sunday, March 15, 1987. All bids for long course, 1987, are due by March 1, 1987. You may submit a bid after the deadline, but bids submitted before the deadline will have priority.

The tentative calendar and bid form were printed in January's newsletter. Please remember that you may bid on meets off the calendar. If you have any questions, please contact Maureen McMorrow, Box 188, Lincoln, MA 01773 (617-259-0138).

"ALL ATHLETE FUND":

The New England Swimming budget includes an item called the "All Athlete Fund." Last year this money was used for the Gold Medal Clinics that were held in Wellesley, MA and Exeter, NH.

The athlete representatives on the New England Swimming Board are presenting a list of suggestions for the use of this fund for this year to the New England Board at their next meeting (March 10). If any swimmers have a suggestion for the use of this fund, please contact the athlete representatives immediately.

Scott Latch, 3 Butternut Road, Westford, MA 01886 (617-692-3834) or
Heidi Mogavero, 5 Mohawk Circle, Westboro, MA 01518 (617-366-4929).

REREGISTERED TEAMS:**FORT DEVENS SHARKS**

Ben McCarthy
PO Box 1127
Shirley, MA 01464
FDS

SOUTH SHORT STRYPERS SWIM TEAM

Janet L. Keyes
79 Coddington Street
Quincy, MA 02169
SSYS

HELP WANTED: ASSISTANT SWIM COACH. Coastal Swim Club. Send resume to: Coastal Swim Club, P. O. Box 297, Bryantville, MA 02317.

WANTED: COACHES--qualified diving coach and assistant swim coach to work with Age Group and High School swimmers and divers. Salary negotiable; varied hours; position available May 1, 1987. Contact: ABF, Vic Bonneville, 69 Roberts Street, Attleboro, MA 02703 (617-222-1288).



NEW ENGLAND LOGO:

New England has had the official New England logo and the modified United States Swimming logo professionally drawn. Printed copies of these logos in various sizes will be sent to all registered New England teams with the 1986 Long Course Record Book. If anyone else needs a copy of the sheet or if a team needs another copy, they are available through the New England office.

It was decided at the last meeting of the board of New England Swimming that all registered New England teams may use the New England logo for their own purposes, including programs, brochures, uniforms, banners, etc. They also may use it for items that the team is going to sell such as tee shirts, bumper stickers, etc.

However, any commercial venture using the New England Swimming logo must be initiated by New England Swimming or one of its member teams for their own specific use or sale. For all other purposes, special permission must be granted by the Board of New England Swimming.

The official New England Swimming logo may be used in red, white, and blue or in team colors. However, the modified United States Swimming logo may be used only in the colors listed in January's newsletter.

Our thanks again to SCOTT SEAVER (SSA) who designed the New England logo.

NEW ENGLAND SWIMMING OFFICE

Mary Riddell
20 Cleveland Road
Needham, MA 02192

617-449-0270

Office Hours: Monday : 8:00 a.m.--noon
7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--noon

By Ms. Amick, a petition (accompanied by bill, Senate, No. 195) of Carol C. Amick, Robert C. Buell and Argeo Paul Cellucci for legislation to protect student rights in school and olympic sports. Education.

The Commonwealth of Massachusetts

In the Year One Thousand Nine Hundred and Eighty-Seven.

AN ACT PROTECTING STUDENT RIGHTS IN SCHOOL AND OLYMPIC SPORTS.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

1 SECTION 1. Chapter 71 of the General Laws as appearing in
 2 the 1984 Official Edition, is hereby amended by inserting the
 3 following new section: --
 4 Section 88. Right of Students to equal opportunity in partici-
 5 pating in school and olympic sports.
 6 Provided he has the permission of his parent, guardian, or
 7 custodian to do so, a student in a public or nonpublic high school
 8 or junior high school has a right to participate in an olympic
 9 sport at any time without thereby becoming ineligible to partici-
 10 pate in such sport under the auspices of his school during the
 11 regular scholastic season. As used in this section, "olympic sport"
 12 shall mean any team or individual sport within the purview of an
 13 organization recognized as the national governing body of the
 14 sport by the United States Olympic Committee pursuant to the
 15 "Amateur Sports Act of 1978," 92 STAT, 30-50, 36 U.S.C. 391,
 16 as amended.

17 Participating in an olympic sport by a student may include
 18 informal play or practice, participation in an instructional pro-
 19 gram, clinic, or camp, or participation in organized amateur
 20 competition, including, but not limited to, intramural play, and
 21 competition conducted under the auspices of the national govern-
 22 ing body of the sport or any of its divisions or affiliates, including
 23 (state) affiliates, or conducted under the auspices of a church,
 24 civic, or fraternal association or organization, veterans' organiza-

25 tion, athletic club or association, booster, social, or private club,
 26 municipal recreation department, business or other organization,
 27 agency, or entity promoting amateur athletics on a national,
 28 regional, state, or community level.

29 No student in any public or nonpublic high school or junior
 30 high school shall be denied the right to participate under the
 31 auspices of his school in an olympic sport on a varsity, junior
 32 varsity, reserve, or class level, or to participate in such sport in
 33 inter-scholastic competition, including regular season, post-
 34 season, tournament, and championship play, on the ground that
 35 the student has participated in such sport in violation of any rule
 36 limiting or prohibiting participation in such sport.

37 No public or private school athletic association, or other public
 38 or private agency or organization exercising authority over scho-
 39 lastic sports, shall impose or threaten to impose any sanction on a
 40 public or nonpublic high school or junior high school, school
 41 administrator, athletic director, teacher, or coach, or on a school
 42 team or individual student, on the ground that a student has
 43 participated in an olympic sport.

44 No school administrator, athletic director, teacher, or coach in
 45 a public or nonpublic high school or junior high school shall
 46 compel a student, as a condition for eligibility to play an olympic
 47 sport under the auspices of the school, to participate in such
 48 sport, attend any instructional program clinic, or camp for such
 49 sport, or refrain from participating in other sports.

50 A public or private school, athletic association, or other public
 51 or private agency or organization exercising authority over scho-
 52 lastic sports, may impose appropriate sanctions on a school
 53 administrator, athletic director, teacher, or coach for violation of
 54 Division A of this section. No sanction shall be imposed on the
 55 student subjected to such compulsion, and the student shall
 56 remain eligible to participate in sports under the auspices of his
 57 school.

1 SECTION 2. Within nine months of the effective date of this
 2 act, the board of education shall adopt rules to implement section
 3 eighty-eight, including, but not limited to, (1) and (2) in para-
 4 graph seven.

1 SECTION 3. This act shall take effect upon its passage.

MASSACHUSETTS HIGH SCHOOL UPDATE:

A group of parents, swimmers, coaches and school officials have been trying to persuade the Massachusetts Interstate Athletic Association (MIAA) that rules concerning participation by athletes, most commonly swimmers, are detrimental to their participation in high school sports. So far we have had little impact, and the MIAA seems unmoved by our attempts. We have abandoned the legal route as we found this totally fruitless and are presently addressing the State Legislature to pass a bill to stop any organization from preventing students from participating in school athletics because they may be involved with a non-school team in that same sport or in another sport.

We need the help of Massachusetts parents for the passage of Senate Bill #195, even if your swimmer is not yet in high school. Families residing in districts represented by members of the Education Committee have received letters asking them to write to their Senators and Representatives. If you have not yet done this or did not receive a letter from us, please write immediately and urge other parents of swimmers and other athletes to do the same. The Education Committee hearing on Senate Bill #195 will be March 12 and we need the letters to that committee by then.

If you are not in a district represented by a member of the Education Committee, please write to your State Representative and Senator urging their support of Senate Bill #195. You may also send a copy of your letter to the Education Committee Office, Room 473G, State House, Boston, MA 02133. We also would like you to urge your school committees, principals, and athletic directors to support Senate Bill #195.

SENATE BILL #195--"An Act protecting Students Rights in School and Olympic Sports"

DOES NOT: prevent the MIAA from making rules to govern the student's participation in practices, meets, games, etc, for his high school team.

DOES NOT: prevent the MIAA from making a "bona fide team" rule.

DOES NOT: prevent the MIAA from making rules for eligibility based on grades and/or behavior.

SENATE BILL #195--"An Act protecting Students Rights in School and Olympic Sports"

DOES: prevent the MIAA from having jurisdiction over your child's activities outside of school.

DOES: make the parent responsible for his child's activities outside of school.

DOES: allow a student to practice on the same day with his school team and club team, if that is considered in the athlete's best interest.

Members of the Education Committee include:

Senators: Richard Kraus (Arlington); Louis Bertonazzi (Milford); John P. Burke (Holyoke); Salvatore Albano (Somerville); Robert Buell (Boxford); Michael Barrett (Cambridge).

Representatives: Nicholas Paleologos (Woburn); Susan Tucker (Andover); Joseph Connolly (Natick); Stephen Doran (Lexington); Barbara Hildt (Amesbury); Richard Tisei (Wakefield); Timothy O'Leary (Melrose); Shirley Owens-Hicks (Boston); Mark Roosevelt (Boston); Stanley Rosenberg (Amherst); Carol Cleven (Chelmsford).

(The addresses included are the home addresses; most represent other towns, also.)

The committee also is in need of funds to cover the cost of a professional lobbyist and mailing costs. Contributions may be sent to: The Swimmers Relief Fund, % Mary Riddell, 20 Cleveland Road, Needham, MA 02192.

If you have any questions, please contact: Pat or Tom Peterson (617-256-7342; Sally or Bill Whitman (617-237-4584); Maureen McMorrow (617-259-0138); Mary Riddell (617-444-2590).

SAINT JOHN FUNDY AQUATIC CLUB

9 February 1987

Mary Riddell
New England Swimming
20 Cleveland Road
Needham, MA 02192

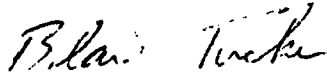
Dear Ms Riddell:

The Saint John Fundy Aquatic Club would like to take this opportunity to invite New England Swim Teams to our invitational long course swim meet to be held on the first weekend in May. This meet the Atlantic Pepsi Challenge will be using a youth/senior format. We already have commitments to attend from several clubs in eastern Canada (Ontario, Quebec, and the Atlantic Provinces). These clubs have some of the best swimming talent in our country and thus we are confident the level of competition will bring out the best in your swimmers.

At this point in time we would need to know how many clubs in New England are interested; how many swimmers would be attending and whether the swimmers would require billeting. Enclosed are several copies of our preliminary invitation. We ask that your office distribute these to your member clubs. Note that we have available a mailing address in Calais, Maine. We hope that this will cut down on delays.

Thank you for your prompt attention to our request and we sincerely hope that your swimmers will take advantage of the opportunity to come to Saint John.

Yours in swimming



Blair Tucker, Head Coach
Saint John Fundy Aquatic Club

The meet will be a trials and finals format in an eight-lane, 50 meter pool. Events will include the 800 and 1500 meter freestyle. Copies of the meet entry will be at all Championship Meets, or you may call the New England Office for more information.

NEW PRICES FOR SEED CARDS: Seed cards are available through the New England office. The cost for plain cards is \$15.50 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.00 per thousand. There is no minimum, and you may split them any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$21.00, including mailing. If the cards are picked up in Needham, the cost is \$19.50. If you want 2,000 or more cards with initials, the cost is \$19.00 per thousand, including mailing. If 2,000 or more cards are picked up in Needham, the cost is \$17.50 per thousand. The minimum order for cards with initials is 1,000 cards.

NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to Newsletter Plus. Subscriptions may be ordered through the New England office for \$7 per year.

RECORD BOOKS AND TOP TEN BOOKS:

The 1986 LONG COURSE RECORD BOOK will be mailed to all registered teams within the week. The 1985--1986 SHORT COURSE RECORD BOOK, the 1986 LONG COURSE RECORD BOOK, the 1985--1986 SHORT COURSE TOP TEN BOOK, and the 1986 LONG COURSE RECORD BOOK are all available at the office for \$2.50 each. Please send a check payable to New England Swimming and indicate which book(s) you wish to purchase.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



FIRST CLASS

SANCTION CHAIRMAN
Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

MARCH 1987

IN THIS ISSUE: Long Course Meet Schedule; New England Board Members; Rule Change; National Age Group Pentathlon Meet; National Age Group Camp; Eastern Zone Meet; United States Olympic Festival...

CONGRATULATIONS TO: New England Teams and Swimmers who participated in United States Swimming Swim-a-Thons in 1986 and the following clubs and swimmers who were recognized for their achievements

PORTSMOUTH AQUATIC CLUB raised \$17,611 and ranked 8th nationally for clubs.

AMY PALMER (SSA) raised \$2,239 and ranked 6th nationally for individuals.

SEEKONK (MA) HIGH SCHOOL raised \$4,100 and ranked 2nd nationally for high schools.

ATTLEBORO (MA) HIGH SCHOOL raised \$1,077 and earned an honorable mention for high schools.

RETURNED CHECK POLICY

At the March meeting of the Board of New England Swimming it was voted to establish a policy for New England Swimming that there be a \$10 fee for checks returned to New England Swimming or its member clubs.

VERIFICATION

The new verification procedure which was used at New England Senior Championships worked well. Those who were doing the verification were able to check the verification of swimmers who did not make the cut or who were DQed without chasing coaches around the deck or making numerous announcements over the PA system.

However, clubs need to bring a copy of their entry to the verification table when they turn in their packets which contain any results that New England Swimming does not have on file. The original entry which was sent to the meet is needed in the office in case there are any problems with the entry. At Age Groups please be sure to bring a copy of your entry with your verification packet.

The next meeting of the Board of New England Swimming will be on Tuesday, April 14, 1987 at 7 p.m. at Howard Johnson's in Newton (over the turnpike).

MASSACHUSETTS HIGH SCHOOL SWIMMING:**ATTENTION ALL HIGH SCHOOL SWIMMERS & PARENTS**

ON Thursday March 12, 1987 The JOINT COMMITTEE on EDUCATION had a hearing on SENATE BILL 195. Many dedicated parents have worked very hard on this first stage.

NOW we need YOUR help.

LETTERS!! CALLS!! LETTERS!!

1. Write to your senator and representative. (A short message asking them to support Senate Bill 195). The Bill now goes back to the senate and house for their vote. They will support it only if YOU ask them to.
2. Follow-up your letter with a phone call to their office. They like to hear from YOU.
3. Send us any articles about the issue in your local papers.

To: Mary Riddell
20 Cleveland Circle
Needham, MA 02192

4. Write a letter to the editor of your paper in support of these articles, referring to that article and the issue of rule 19. Thank the paper for their coverage of the issue.
.....THIS is important to keep the issue ALIVE.....
5. If your paper has not covered the issue, give them a nudge, let them know you expect coverage.

The Ad Hoc Committee of the MIAA which is looking into "the swimming problem" will be meeting on the afternoon of April 9, 1987. For more information please contact:

Mary Riddell
Pat Peterson

444-2590
256-7342

Maureen McMorrow 259-0138
Gally Whitman 237-4584

or the MIAA 881-5750

WANTED: Nashua Country Club Pool Director/Swim Team Coach. Approximately 60 swimmers, staff of six life guards; Red Cross Certified; Granite State League; Ideal summer job. Contact Marc Allen 603-888-4873.

ZONE MEET:

The eighth Easter Zone Championship Meet will be held in Buffalo, NY on April 2, 3, and 4. The meet will be at the State University of New York, Alumni Arena Pool, Amherst Campus, a new 50 meter pool with two eight-lane 25 yard short course pools.

The New England team will be traveling on April 1 and returning on April 5, 1987. The bus will be leaving from the Auburn Mall, Auburn, MA at 7:30 a.m. April 1 and will stop at the Ramada Inn (exit 6) if swimmers from western Massachusetts or Vermont want to board there. The bus will return to the Auburn Mall about 4:15 p.m. on April 5.

The team will be staying at the Ramada Inn, 6643 Transit Road, Buffalo, NY 14221 (716-634-2700).

The cost of the trip this year will be \$190.00 which will include nine meals and four nights at the hotel. The meals will be co-ordinated with the time the team arrives back from the pool. Swimmers will be responsible for their own food on travelling days. Members will receive team suits, sweatshirts and caps.

Four coaches will accompany the team and will meet with the team at a team meeting between session at Age Groups on Sunday, March 29, 1987. Team uniforms will be given out at this time.

Swimmers who are selected at the Age Group meet must be ready to make their decision immediately if they wish to be part of the team. Checks for the trip should be made out to New England Swimming, Inc. and given to Isabelle Fraser at Age Groups.

Swimmers who were selected at Seniors should mail their checks to Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106.

There will be limited space on the bus for parents who are not chaperones for \$60.

Questions may be directed to Isabelle Fraser at Age Groups or at 413-567-3415 during the day before 2:30 p.m.

Swimmers may enter six individual events, no more than three per day. Two swimmers are allowed in each event from each LSC except the 1650 and the 1000 free where only one is allowed. In cases of a swimmer qualifying in more than six events, the swimmer will be put where he or she is of most value to the team. There will be one relay team per relay event.

UNITED STATES OLYMPIC FESTIVAL

The US Swimming team that will compete in the United States Olympic Festival, July 14-16 in Chapel Hill, N. C. will be chosen at the short course Senior Nationals. The 1987 squad will be the fastest 52 men and 52 women, age 18 and under. The swimmers will be placed into a talent pool and then drafted by the coaches at a special meeting in Colorado Springs on April 14. The only exception is that swimmers in this age bracket that have already made the U. S. National Team will not be eligible for the Olympic Festival.

Uniforming, housing, food and transportation for this event will be handled by the U. S. Olympic Committee.

team of 13 men and 13 women also will be selected at short course Nationals to compete in a USA-Canada Junior Dual meet in Montreal on April 4 and 5. These swimmers will also be 18 years of age and under, and swimmers may make both teams.

LONG COURSE CALENDAR, 1987

This is a tentative calendar; the committee is still scheduling some meets, including a long course distance meet. There will be some additions and possibly some changes depending on pool availability.

- | | | |
|-----------------|---|---|
| May 16--17 | : Shawmut Aquatic Club
no cuts | Farley Middle School
Framingham, MA |
| May 29--31 | : Cape Ann Y
12 and under specialty | Cape Ann Y
Gloucester, MA |
| June 7 | : Manchester Sunfish Swim Club
pentathlon | **New Hampshire College
Manchester, NH |
| June 13--14 | : Bernal's Gator Swim Club
BA
Seacoast Swimming Association
no cuts | *Harvard University
Allston, MA
Dover Indoor Pool
Dover, NH |
| June 20--21 | : Portsmouth Aquatic Club
C (B)
Belmont Aquatic Team
B (C) | **Portsmouth Pool
Portsmouth, NH
Bentley College
Waltham, MA |
| June 26--28 | : Pioneer Valley Aquatic Club
A | *Springfield College
Springfield, MA |
| July 11 | : Manchester Sunfish Swim Club
B (C) | *Manchester Outdoor Pool
Manchester, NH |
| July 17--19 | : Seacoast Swimming Association
Age Group Qualifier
Bernal's Gator Swim Club
New England Senior Championship | *Guppy Pool
Dover, NH
*Harvard University
Allston, MA |
| July 30--Aug. 1 | : Little Rhody Aquatic Club
Age Groups | *Brown University
Providence, RI |

OTHER MEETS:

- | | |
|-----------------|--|
| May 29--30 | : Bay State Games Trials (Massachusetts swimmers 12 and over). |
| July 9--11 | : Bay State Games Finals |
| July 14--16 | : US Olympic Festival, Chapel Hill, NC |
| July 28--Aug. 1 | : US Senior Nationals, Clovis, CA |
| Aug. 11--15 | : Junior Nationals, Fort Lauderdale, FL |

*long course meter pool

**short course meter pool

DUAL MEET: St. John Fundy Aquatic Club is interested in participating in a dual meet or other competition in New England the end of July or the first of August. If you are interested, please contact Blair Tucker, 506-632-8894 (office) or 506-693-8901 (home).

NEW ENGLAND SWIMMING, BOARD MEMBERS

March 1987

Robert Fredette Chairman	2 Wallingford Street Dover, NH 03820	603-742-5153
Maureen McMorrow Vice Chairman	Box 188 Lincoln, MA 01773	617-259-0138
Nila Swenson Treasurer	P. O. Box 111 Kittery Point, ME 03905	207-439-3876
Priscilla Davis Secretary Safety Officer	205 Woodbury Street S. Hamilton, MA 01982	617-468-3786
Sabine Schwartz Administrative Chairman	46 Salmi Road Framingham, MA 01701	617-877-5672
May Greineder Age Group Chairman	56 Cleveland Road Wellesley, MA 02181	617-237-4277
Joseph Bernal Senior Chairman	P. O. Box 806 Cambridge, MA 02238	617-495-2268
Bruce Schaefer Technical Chairman	P. O. Box 1292 Framingham, MA 01701	617-881-5956
Charlene Carper Registration Chairman	3 Madison Lane Amherst, MA 03031	603-673-8422
Pat Peterson Officials Chairman	29 Sandra Drive Chelmsford, MA 01824	617-256-7342
Isabelle Fraser Sanction Chairman	125 Franklin Road Longmeadow, MA 01106	413-567-3415
Sigrid O'Neil YMCA Liaison	P. O. Box 18 Ward Hill, MA 01830	617-794-9389
Allan Livingston Coach Representative	P. O. Box 37 Cochituate, MA 01778-0512	617-655-2120
Mike Parratto Coach Representative	Tri City Apartments, Apt. 16 Dover, NH 03820	603-749-2869
Scott Latch Athlete Representative	3 Butternut Road Westford, MA 01886	617-692-3834
Heidi Mogavero Athlete Representative	5 Mohawk Circle Westboro, MA 01518	617-366-4929
Mary Riddell Administrative Assistant	20 Cleveland Road Needham, MA 02192	617-449-0270 617-444-2590
Dan Rhinehart At Large	23 Zone Street Providence, RI 02908	401-273-0363
Tom Smith At Large	9 Robin Road Concord, NH 03301	603-224-0462
Roy Einreinhofer At Large	41 Canterbury Drive Sudbury, MA 01776	617-443-9639
Barbara Gould At Large	52 Brackenbury Street Malden, MA 02148	617-324-4903

continued...

OTHER CHAIRMEN:

Mary Kelley Records, NAG Top 16	386 Central Avenue Needham, MA 02194	617-449-2072
Sally Shire OVC Chairman	31 Plain Road Westford, MA 01886	617-692-8797
Carol Peckenham OVC Chairman	76 Cobble Hill Road Lincoln, RI 02865	401-724-5048
United States Swimming	1750 East Boulder Street Colorado Springs, CO 80909-5770	303-578-4578

NEW ENGLAND SWIMMING OFFICE

Mary Riddell
20 Cleveland Road
Needham, MA 02192
617-449-0270

Office Hours: Monday : 8:00 a.m.--noon
7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--noon

INSURANCE

United States registered clubs will receive a summary of the current USS Insurance Program. United States Swimming has adopted a catastrophic accident program to replace the existing accident medical insurance program. The catastrophic accident program provides almost unlimited medical and rehabilitative expense benefits, as well as compensation for loss of earning benefits, for disabled United States Swimming athletes. This program offers injured athletes and their families an alternative to the civil justice system, serving as a buffer to conventional liability coverage.

When an injury occurs, no matter how minor, a Report of Occurrence form must be sent to:

United States Swimming
Insurance Coordinator
1750 East Boulder Street
Colorado Springs, CO 80909

AND : The Grump Company of Arizona, Inc.
U. S. Swimming Coordinator
2001 North Third Street, Suite 100
Phoenix, AZ 85004

Please send a copy to the New England Swimming office, also. Copies of the Report of Occurrence form were included in the December Newsletter Plus. Additional copies are available through the office.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

APRIL 1987

IN THIS ISSUE: Age Group Times; Warm-up Procedures; Long Course Meets
Zone Team; Breaststroke Interpretation.....

Our THANKS to MR. & MRS. MURRAY STARK of New York City
who generously donated
the new New England banner
to New England Swimming.

The banner was displayed at Age Group Championships and
will be used in future New England events.

REGISTRATION INFORMATION:

Please correct the address of CHARLENE CARPER which was printed in the last news-
letter. It should be 3 Madison Lane, Amherst, NH 03031 (not MA!).

According to our records the following teams have not registered for 1987. If there
is a mistake, please contact Charlene Carper immediately.

Cranston YMCA Swim Team
Lawrence Y Wahoos
Lynn YMCA Killer Whales
Montachusett Regional YMCA Stingrays
New Hampshire Senior Swim Team
North Shore Piranhas

Salem Swim Team
Sandwich Stingrays
Somerville YMCA
Sunset Beach Swim Team
West Roxbury-Roslindale YMCA
Wilbraham-Hamden Aquatic Club
Worcester Girls Club

INFORMATION FOR COACHES:

The United States Swimming Safety Education Committee, chaired by Audre Birkliid,
has been charged with responsibility for developing a coaches safety training pro-
gram. The committee, working cooperatively with the American Red Cross, has developed
the "Coaches Safety Training Program" for release in 1987. All coaches will be re-
quired to show proof of training in CPR, First Aid and Coaches Safety Training to be
eligible for membership in 1988.

New England's Safety Officer, Priscilla Davis, will have more information as soon as
it is available.

The next meeting of New England Swimming will be held on Tuesday, May 12, 1987
at 7 p.m. at the Tara Newton (formerly the Howard Johnson's) over the turnpike.
The New England Swimming community is welcome to attend all board meetings.

CHANGE OF COACH AND ADDRESS:

BELMONT AQUATIC TEAM
Alisa Scioscia
9 Marion Road
Bedford, MA 01730
BAT

NEW TEAM:

SOUTH SHORE STRYKERS SWIM TEAM
Janet Keyes
973 Quincy Shore Drive
Quincy, MA 02170
SSYS

WANTED: Bristol YMCA Swim Team. Coach needed approximately 50 swimmers; September--March, SENECA Cluster League.
Contact: Chris Parella (401) 253-5400 (Rhode Island)

WANTED: Coach for a small team just outside Boston. U. S. Swimming experience preferred. Duties include coaching and instruction for senior swimmers, coordination with the age group coach and communication with parent liason. Please call or write: Bob Lazzaro, 11 Eliot Road, Belmont, MA 02178-617-484-5149.

COACH WANTED for Portsmouth Aquatic Club (NH seacoast area); \$7500 to \$8000 starting salary commensurate with experience. Benefits include health/major medical insurance, expenses to all meets and one major clinic per year. Excellent facilities and pool time. Position to begin either May 11 or September 20 depending on availability. Assistance with housing and/or additional employment is available.
Contact: Greig Gronauer at home 603-431-2875 or at work 603-431-2009 x278 between noon and 9 p.m.

HEAD COACH NEEDED for Exeter Swim Team in September. Interested applicants submit resume to: Exeter Swim Association, P. O. Box 766, Exeter, NH 03833 by July 1, 1987.

FOR SALE: Six adult small and one adult medium sweatshirts from the Zone meet. If you would like one, please send \$15 to Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106.

TIROD OF TYPING? The Hampshire Regional YMCA Swim Team was able to produce the Bronze Championship Meet Program and Meet Results using one person only. The results at the meet were posted promptly using only two people. In the entire process, the swimmers' names were typed just once when the seed cards were received! If a swimmer entered several events, their name was still typed just once.

We were able to do this because of an integrated set of computer programs developed for us by James H. Burrill & Associates. These programs not only reduce the amount of effort needed to enter the information about swimmers and then use it, they also check the information for validity.

The programs will run on any IBM PC compatible computer with 256k using PC-DOS (MS-DOS) version 2.00 or higher. You may obtain a double sided, double density floppy disk with copies of these programs and the documentation by writing to James H. Burrill & Associates, South Deerfield, MA 01373. Please enclose \$15.00 for handling and postage.

LONG COURSE CALENDAR, 1987

- May 16--17 : Shawmut Aquatic Club no cuts
Farley Middle School
Framingham, MA
all events, cut by postmark
Bruce Schaefer
P. O. Box 1292
Framingham, MA 01701
617-881-5956
- May 29--31 : Cape Ann YMCA specialty meet
Gloucester, MA
17 and under specialty meet
all events, cut by postmark
Joe O'Neil
P. O. Box 18
Ward Hill, MA 01841
617-794-2389
- June 7 : Manchester Sunfish Swim Club pentathlon
**New Hampshire College
Manchester, NH
short events for all
Louise Paulauskas
31 Garrison Drive
Bedford, NH 03102
603-472-5649
- June 13--14 : Bernal's Gator Swim Club B and Better
*Harvard University
Allston, MA
all events, except distance, cut by
postmark
Lois Koerckel
2 Abbott Drive
Andover, MA 01810
617-475-3645
- Seacoast Swimming Association no cuts
Dover Indoor Pool
Dover, NH
all events including 500 fr, 400 IM
Elaine Burnham
70 York Street
York, ME 03909
207-363-3001
- Shawmut Aquatic Club no cuts
Farley Middle School
Framingham, MA
all events, cut by postmark
Bruce Schaefer
P. O. Box 1292
Framingham, MA 01701
617-881-5956
- June 20--21 : Portsmouth Aquatic Club C (B)
**Portsmouth Pool
Portsmouth, NH
all events, including 1650
Greig Bernauer
P. O. Box 1357
Portsmouth, NH 03801
603-431-2000 x 278
- Belmont Aquatic Team B (C)
Dentley College
Waltham, MA
all events
Mary McCann
161 Claflin Street
Belmont, MA 02178
617-484-7865
- June 26--28 : Pioneer Aquatic Club A
*Springfield College
Springfield, MA
Brian Trelease
53 Ellington Street
Longmeadow, MA 01106
413-567-1397
- July 4--5 : Greenwood Memorial Swim Club pentathlon
*outdoor pond (if rain, indoor 25 yard
Gardner, MA pool)
Jack Perkins
309 Ashburnham Street
Fitchburg, MA 01420
617-345-1974
- July 11 : Manchester Sunfish Swim Club B (C)
*Raco Theodore Pool
Manchester, NH
short events
Louise Paulauskas
31 Garrison Drive
Bedford, NH 03102
603-472-5649

- July 17--19 : Seacoast Swimming Association Elaine Burnham
 Age Group Qualifier 70 York Street
 *Cuppy Pool York, ME 03909
 Dover, NH 207-363-3001
- 0 all events, including 500 fr & 400 IM
 3 & unders
- Bernal's Gator Swim Club Lois Koerckel
 New England Senior Championships 8 Abbott Drive
 *Harvard University Andover, MA 01810
 Allston, MA 617-475-3645
- July 31--Aug. 2: Little Rhody Aquatic Club Ed Reed
 Age Group Championships 7 Riverview Drive
 *Brown University Barrington, RI
 Providence, RI 401-245-4222

OTHER MEETS:

- May 29--30 : Bay State Games Trials (Massachusetts swimmers 12 and over)
- July 9--11 : Bay State Games, University of Massachusetts, Boston
- July 14--16 : US Olympic Festival, Chapel Hill, NC
- July 28--Aug. 1: US Senior Nationals, Clovis, CA
- Aug. 11--15 : Junior Nationals, Fort Lauderdale, FL

*long course meter pool

**short course meter pool

NOTE: Bernal's Gator Swim Club will be sponsoring a distance specialty meet; the date has not yet been approved.

NEW ENGLAND SWIMMING OFFICE

Mary Riddell
 20 Cleveland Road
 Needham, MA 02192
 617-449-0270

Office Hours: Monday : 8:00 a.m.--noon
 7:30 p.m.--10:30 p.m.
 Thursday: 8:00 a.m.--noon

EIGHT AND UNDER CHAMPIONSHIPS:

High Point winners--Girls, individual

- | | |
|------------------------|-----|
| 1. KELLY GITTLEIN | SSA |
| 2. JESSICA TUCKER-MOHL | SSA |
| 3. KATHLEEN C'NEIL | LYM |

High Point winners--Boys, individual

- | | |
|-------------------|------|
| 1. BRAD MANCINI | NSC |
| 2. JEROME LESLIE | PVAC |
| 3. CHRIS CARDILLO | YSEA |

Girls, team

- Seacoast Swimming Association
- Bernal's Gator Swim Club
- Nashua YMCA

Boys, team

- East Providence Boys Club
- Worcester Swim Club
- Bernal Gator's Swim Club

NEW ENGLAND SENIOR CHAMPIONSHIPS:

High Point Winners--men, individual

- | | |
|------------------|------|
| 1. ALEX KOSTICH | EGSC |
| 2. SCOTT JAFFEE | EGSC |
| 3. DAVID JOHNSON | EGSC |

High Point Winners--team

- Bernal's Gator Swim Club

High Point Winner--women, individual

- | | |
|--------------------|------|
| 1. JENNY THOMPSON | SSA |
| 2. LOUISE GOVIN | CAST |
| 3. HEIDI HANNENIAN | HYST |

- Little Rhody Aquatic Club
- Seacoast Swimming Association

RECORD BREAKING SWIMS:

Seniors, Harvard University, March 12--15, 1987

<u>11 and 12:</u>	LARISSA HEROLD	SSA	200 yard freestyle	1:58.62	RES
			200 yard IM	2:12.25	NE/RES
<u>13 and 14:</u>	BARBARA BEDFORD	NCAC	100 yard backstroke	59.78	RES
	ALISON KLIMAKIS	SSA	100 yard butterfly	57.80	RES
			200 yard butterfly	2:05.24	RES
	JENNY THOMPSON	SSA	100 yard freestyle	51.18	RES
			100 yard backstroke	58.50	NE/RES
			200 yard backstroke	2:08.14	RES
			100 yard butterfly	57.25	RES
			100 yard breaststroke	1:05.67	RES
			200 yard IM	2:08.43	RES
			400 yard IM	4:35.81	RES
	RAY CAREY	EGSC	200 yard butterfly	1:59.27	RES
<u>15--18</u>	HEIDI HANNENIAN	HYST	100 yard butterfly	57.53	RES
			200 yard butterfly	2:04.12	RES
	SCOTT JAFFEE	EGSC	100 yard breaststroke	57.61	RES
	CHRIS KOVACS	EGSC	100 yard backstroke	51.64	RES
	400 yard free relay	EGSC (L. Rutherford, S. Jaffee, F. Han, M. Countie)		3:06.07	NE/RES

Worcester Bay State Classic, Worcester, MA January 16--18, 1987

<u>8 and under:</u>	SPENCER HAWKINS	HASY	25 yard backstroke	16.85	NE/RES
<u>11 and 12</u>	LARISSA HEROLD	SSA	100 yard IM	1:03.58	RES

Zone Meet, Buffalo, NY, April 2--4, 1987

<u>11 and 12:</u>	LARISSA HEROLD	SSA	50 yard backstroke	29.14	RES
			100 yard IM	1:01.87	RES

ZONE MEET:

The New England Zone Team recently returned from a successful meet in Buffalo, NY. Although they finished tenth (out of 12 teams), they were not far from seventh and did not have enough 15--18 swimmers to field any relays in that age group.

Congratulations to the entire team and to the following first place winners:

LARISSA HEROLD 100 free, 100 fly, 100 IM

RAY CAREY 1000 free

National Top 16 reportable times were achieved by:

CHARLES BARNES 50 fly

RAY CAREY 200 fly

MICHAEL CARROLL 200 free, 500 free

MATT CRAVEN 50 free

BRIAN LIVINGSTON 1650 free

LARISSA HEROLD 50 back, 100 back, 100 free, 100 fly, 100 IM, 200 IM

SHANNON MCCARTHY 50 breast, 100 breast

TEAM MEMBERS INCLUDED:

10 and under:

Kelly Gouldson	LYM
Amanda Hall	NEB
Kathleen Hodge	NYSL
Aileen Keane	CSSM
Kerry Kearns	CSSM
Shannon McCarthy	WESC
Erika Meany	CAY
Jean Tridisco	CAY
Dylan Andrews	EPBC
Charles Barnes	LRAC
Matt Craven	HAY
Leon Kelly	CAST
Alex Lai	CAST
Josh Pristaw	NCAC

11 and 12:

Adrienne Bonne	LYM
Julie Dempster	CSSM
Larissa Herold	SSA
Kimberly Ho	LRAC
Liz Kotch	ABF
Megan Lammon	CAST
Ellen Martin	NWSC
Deather Montanaro	LRAC
Jennifer O'Neil	LYM
Jennifer Rosen	NBYE
Steve Beal	WESC
Michael Carroll	CSSM
Chris Cahan	PAC

Jeff Hertzog	SSA
Todd Whitford	PAC
Andrew Whitney	PAC
David Laporte	PVAC
Bryan Stanley	EPBC
Gene Sutherland	CAY
Jim Thomas	WESC

13 and 14:

Jennifer Ashe	EGSC
Jennifer Burns	NWSC
Rebecca Cullen	LRAC
Jodi DeLuca	EGSC
Britt Greineder	NEB
Jennifer Jackson	EGSC
Alicia Keenan	SEA
Kara Kouloheras	NEB
Wendy Lamontagne	LRAC
Jennifer Perkins	GMSC
Owen Bittinger	NEB
Ray Carey	EGSC
Brian Livingston	SSA
Chris Parent	HRY
Brian Thomas	BCAC

15---18

Marcia Cardinale	SEA
Marc Bonnet-Fymard	UN
Ben McBride	LRAC
*Karyl Brewster	SAC
*Jim Robertson	EGSC

*did not attend because of illness

The coaches were: Tim Flannery (MSSC), Barbara Gould (CSSM), Art Laurensen (LRAC)..
Thanks to the chaperones: Pat Laporte, Sharon Montanaro, Anne Kotch, Judy Hall
Jack Perkins, Mrs. Gouldson, Sandy Craven, Harold Whitney.

WARM-UP PROCEDURES:

The U.S. Swimming Board of Directors has established a policy that each LSC set up mandatory warm-up procedures. These procedures should include 1) no diving in warm-ups, except limited diving in sprint lanes; and 2) appropriate supervision for each lane during warm-ups.

These procedures must be followed at each and every meet with the referee having the power to remove a swimmer/coach/club from the meet for failure to conform.

The meet marshals are a necessary position(s) at each meet, reporting to the referee. Meet marshals must be members of United States Swimming. They have authority over the entire meet venue.

If you have any comments, questions, or suggestions, please contact the Safety Coordinator for New England--Priscilla Davis, 205 Woodbury Street, South Hamilton, MA 01982 (617-468-3786).

I. Pre-Meet Warm-up Period

- A. Control/supervise - key words for safe warm-ups**
- B. Marshals should be actively supervising the warm-up to ensure that proper procedures are followed**
- C. There will be one adult marshall per lane during the warm-up period.**

II. General Warm-up Period

- A. Allocate the first 30 - 45 minutes to general warm-up in all lanes**
- B. There should be no racing starts or diving off the blocks or off the edge of the pool at this time**
- C. Outside lanes - kicking only**
- D. Inside lanes - swimming and pulling only; no paddles**
- E. No sprinting or pace work**

III. Specific Warm-up Period

- A. Last 30 - 45 minutes of pre-meet warm-up period**
- B. Suggestions for eight-lane pool; each lane scheduled as follows:**
 - 1. Push off one or two lengths and back, beginning at starting end of pool. Circle swimming only. No racing starts or diving.**
 - 2. Racing start only. Swim one length only. All swimmers begin at starting end of pool.**
 - 3. General warm-up only (as above). No racing starts or diving.**
 - 4. General warm-up only (as above). No racing starts or diving.**
 - 5. General warm-up only (as above). No racing starts or diving.**
 - 6. General warm-up only (as above). No racing starts or diving.**
 - 7. Racing start only. Swim one length only. All swimmers begin at starting end of pool.**
 - 8. Push off one or two lengths and back, beginning at starting end of pool. Circle swimming only. No racing starts or diving.**

- C. Suggestion for six-lane pool; each lane scheduled as follows:
1. Push off one or two lengths and back, beginning at starting end of pool. Circle swimming only.
No racing starts or diving.
 2. Racing start only. Swim one length only. All swimmers begin at starting end of pool.
 3. General warm-up only (as above). No racing starts or diving.
 4. General warm-up only (as above). No racing starts or diving.
 5. Racing start only. Swim one length only. All swimmers begin at starting end of pool.
 6. Push off one or two lengths and back, beginning at starting end of pool. Circle swimming only.
No racing starts or diving.
- D. No racing starts or diving is allowed in lanes one and eight or one and six so that those who are supervising the warm-up do not have to move away from the pool to avoid getting wet.
- E. Important points for specific warm-up period
1. No racing starts or diving in lanes other than those designated for diving. The blocks could be marked to remind swimmers that they should not dive.
 2. Start all swimmers in all lanes at starting end of pool.
 3. Coaches should stand at starting end of pool when verbally starting swimmers on sprint or pace work.
 4. Swimmers should be reminded by coaches that breast-strokers need more lead time than freestyle or butterfly swimmers.
 5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his start.
- F. Additional Considerations
1. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedure.
 2. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
 3. We would remind the coaches that the responsibility for supervision of their swimmer(s) is the same at the meet as when on deck at practice.
 4. Marshals have authority through the meet director over the warm-up. A swimmer and/or coach may be removed from the deck for interfering with this authority.

These are GUIDELINES. Discretion and common sense must be used when establishing procedures. The procedures must fit the type of meet and circumstances - the number of swimmer, lanes available (possibly only four at some meets) and time available.

1987 Age Group Championship Times

Female

Male

Female meters*	Female yards	13-14	Male yards	Male meters*
30.89	27.19	50 Free	25.69	29.99
1:07.79	58.99	100 Free	55.39	1:05.99
2:25.49	2:07.09	200 Free	2:01.99	2:21.09
5:05.49	5:38.99	400/500 Free	5:30.99	4:56.99
10:40.09	11:45.99	800/1000 Free	11:15.79	10:30.09
19:05.79	18:52.39	1500/1650 Auto.	18:30.69	18:38.39
20:11.89	19:47.59	1500/1650 Consid.	19:27.89	20:32.79
1:20.99	1:10.09	100 Back	1:07.99	1:18.99
2:54.69	2:29.99	200 Back	2:27.99	2:50.09
1:30.99	1:17.59	100 Breast	1:14.99	1:26.99
3:16.69	2:50.99	200 Breast	2:41.99	3:09.99
1:17.49	1:07.19	100 Fly	1:04.99	1:15.09
2:55.99	2:33.99	200 Fly	2:33.99	2:53.99
2:44.59	2:26.99	200 IM	2:21.39	2:40.99
5:58.69	5:14.49	400 IM	5:07.49	5:41.29
<u>15-18</u>				
30.19	26.39	50 Free	23.99	27.59
1:05.59	57.59	100 Free	52.29	59.49
2:20.69	2:03.99	200 Free	1:53.69	2:10.19
4:59.99	5:32.99	400/500 Free	5:06.39	4:40.89
10:33.69	11:40.99	800/1000 Free	10:50.39	10:07.49
19:03.29	18:50.19	1500/1650 Auto.	18:07.39	18:11.09
20:02.59	19:43.39	1500/1650 Consid.	18:55.69	19:38.49
1:18.09	1:07.99	100 Back	1:03.09	1:11.99
2:48.99	2:26.49	200 Back	2:15.99	2:37.99
1:28.39	1:15.99	100 Breast	1:08.49	1:18.99
3:11.99	2:43.59	200 Breast	2:29.29	2:56.49
1:13.19	1:04.19	100 Fly	58.99	1:07.79
2:48.99	2:24.09	200 Fly	2:18.39	2:40.19
2:41.99	2:23.09	200 IM	2:10.49	2:29.59
5:45.99	5:04.49	400 IM	4:46.09	5:24.89

*Long course meters (50 meter pool)

Short course meters must be converted to short course yards by .9049.

ALL TIMES MUST BE ACHIEVED AFTER SEPTEMBER 1, 1986.

1987 Age Group Championship Times

<u>Female</u>		<u>8 and Under*</u>	<u>Male</u>	
meters*	yards		yards	meters*
	18.29	25 Free	19.39	
46.39	42.39	50 Free	46.39	49.39
1:53.69	1:38.39	100 Free	1:53.79	1:51.99
	23.29	25 Back	25.79	
1:02.39	51.59	50 Back	54.09	1:01.69
	24.39	25 Breast	28.89	
1:05.69	56.09	50 Breast	1:03.29	1:10.89
	22.99	25 Fly	27.29	
1:03.49	1:00.79	50 Fly	1:09.39	1:17.29
	1:48.99	100 IM	1:58.79	
		<u>10 and Under</u>		
36.79	32.29	50 Free	32.19	38.99
1:22.49	1:12.19	100 Free	1:11.79	1:25.99
3:00.99	2:37.89	200 Free	2:36.99	3:06.99
45.79	39.99	50 Back	39.99	46.49
1:39.69	1:26.19	100 Back	1:27.19	1:42.59
49.99	42.99	50 Breast	43.89	52.39
1:51.39	1:34.99	100 Breast	1:36.99	1:56.99
44.29	37.49	50 Fly	37.99	49.99
1:45.99	1:28.89	100 Fly	1:38.29	1:54.99
	1:22.09	100 IM	1:23.49	
3:21.69	3:00.99	200 IM	3:04.89	3:34.99
		<u>11-12</u>		
32.89	28.69	50 Free	28.99	33.59
1:11.99	1:02.99	100 Free	1:03.49	1:13.79
2:35.39	2:17.09	200 Free	2:17.99	2:39.99
5:28.99	6:03.99	400/500 Free	6:06.29	5:37.99
40.09	34.79	50 Back	35.49	41.49
1:26.59	1:14.99	100 Back	1:16.29	1:29.99
43.69	37.59	50 Breast	38.99	45.99
1:35.59	1:22.99	100 Breast	1:25.99	1:41.89
37.39	31.99	50 Fly	32.99	38.99
1:26.29	1:14.99	100 Fly	1:15.29	1:32.09
-----	1:13.09	100 IM	1:13.99	-----
2:56.99	2:36.99	200 IM	2:39.99	3:06.99

UNITED STATES SWIMMING

1750 East Boulder Street, Colorado Springs, Colorado 80909-5770 Phone: (303) 578-4578 Telex: 45-0562



Please respond to:

WILLIAM A. LIPPMAN, JR.
13036 Warren Avenue
Mar Vista, CA 90066
(213) 397-0120

Past President (1977-1979)
Chairman: Rules Committee
ASUA Technical
Swimming Committee
Member: Investment Committee

March 15, 1987

TO ALL INTERESTED PARTIES:**BREASTSTROKE INTERPRETATION**

After the breaststroke rules were changed by FINA last year at the World Championships, the U. S. Swimming rules were amended to reflect those rule changes. A memorandum dated September 25, 1986 was disseminated by the USS Rules Committee to explain these changes and to advise how they should be interpreted. One particular interpretation regarding the point at which the swimmer's head must break the surface of the water was admittedly tentative, awaiting an anticipated official interpretation by the FINA.

That interpretation by FINA has been issued, and a copy is attached. Except for the one item considered tentative at the time (the underlined clause in that memorandum), the USS interpretation of September 25, 1986 is still valid.

EFFECTIVE May 1, 1987, THE SWIMMER'S HEAD MUST BREAK THE SURFACE OF THE WATER BY THE TIME THE SWIMMER'S HANDS REACH THE WIDEST PART OF THE SECOND STROKE AFTER THE START AND EACH TURN.

This interpretation is similar to that of September 25, 1986 but requires the head to break the surface a little earlier than did the earlier interpretation.

Anyone having questions regarding the interpretation of breaststroke may contact Rules Committee member Ross Wales for further clarification.

William A. Lippman Jr.
William A. Lippman, Jr., Chairman, U. S. Swimming Rules Committee
U. S. Swimming News

NEW PRICES FOR SEED CARDS: Seed cards are available through the New England office. The cost for plain cards is \$15.50 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.00 per thousand. There is no minimum, and you may split them any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$21.00, including mailing. If the cards are picked up in Needham, the cost is \$19.50. If you want 2,000 or more cards with initials, the cost is \$19.00 per thousand, including mailing. If 2,000 or more cards are picked up in Needham, the cost is \$17.50 per thousand. The minimum order for cards with initials is 1,000 cards.

NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to Newsletter Plus. Subscriptions may be ordered through the New England office for \$7 per year.

RECORD BOOKS AND TOP TEN BOOKS:

The 1985-1986 SHORT COURSE RECORD BOOK, the 1986 LONG COURSE RECORD BOOK, the 1985-1986 SHORT COURSE TOP TEN BOOK, and the 1986 LONG COURSE RECORD BOOK are all available at the office for \$2.50 each. Please send a check payable to New England Swimming and indicate which book(s) you wish to purchase.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



FIRST CLASS

PIONEER VALLEY AQUATIC CLUB
Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106
PVAC



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

MAY 1987

IN THIS ISSUE: 1987 National Age Group Time Standards; Proposed short course 1987--1988 meet schedule; Bid Form; Senior Cuts; 8 and under A and B Times; Warm-up Reminders; Annual Meeting; Junior Nationals; Age Group High Point Winners; Record Breaking Swims...

DATES TO REMEMBER: SATURDAY, OCTOBER 17, 1987: ANNUAL MEETING
Farley Middle School
Framingham, MA

SUNDAY, NOVEMBER 22, 1987: TOP TEN BANQUET
Windsor Mills Restaurant
Dracut, MA

LONG COURSE MEET CHANGES AND CORRECTIONS:

The information director for the GMSG meet to be held on July 4 and 5 is Tim Amadon, 617-632-5387 (home) or 617-632-0775 (work).

The BAT meet scheduled for June 20 and 21 will be held at Minuteman Regional Vocational School, Lexington, MA.

Our thanks to the HARVARD COMMUNITY HEALTH PLAN. Due to their generous contribution of a conference room, New England Swimming will be holding their next few board meetings there.

The next meeting of the Board of New England Swimming will be on Tuesday, June 9, 1987 at 7 p.m. at the HARVARD COMMUNITY HEALTH PLAN, 230 Worcester Road (Route 9), Wellesley, MA. The building is located off the east bound lane of route 9 between Silver Lake Dodge and Wellesley Toyota. It is .6 miles west of Route 128.

From Route 128 take Route 9 westbound. Exit at Cedar Street toward Needham. Pass over Route 9 and take the first right. Harvard Community Health Plan is on the left between Silver Lake Dodge and Wellesley Toyota. Parking is available in the parking garage. Enter the building on the lower level and take the elevator to the third floor; ask for the third floor conference room. There is no smoking in the conference room.

AGE GROUP CHAMPIONSHIPS:

HIGH POINT WINNERS, TEAM:

1. BERNAL'S GATOR SWIM CLUB
2. LITTLE RHODY AQUATIC CLUB
3. NEW ENGLAND BARRACUDAS

HIGH POINT WINNERS, GIRLS:

1. BERNAL'S GATOR SWIM CLUB
2. NEW ENGLAND BARRACUDAS
3. LITTLE RHODY AQUATIC CLUB

HIGH POINT WINNERS, BOYS:

1. WESTON SWIM CLUB
2. BERNAL'S GATOR SWIM CLUB
3. LOWELL YMCA MARLINS

HIGH POINT WINNERS; INDIVIDUAL:

10 and under

- | | | | |
|-------------------|------|------------------|------|
| 1. AMANDA HALL | NEB | 1. JOSH PRISTAW | NCAC |
| 2. KELLY GOULDSON | LYM | 2. DYLAN ANDREWS | EPBC |
| 3. KERRY KEARN | CSSM | 3. MATT CRAVEN | HAY |

11 and 12

- | | | | |
|-------------------|------|--------------------|------|
| 1. LARISSA HEROLD | SSA | 1. MICHAEL CARROLL | CSSM |
| 2. MEGAN LAMMON | CAST | 2. CHRIS GAHAN | PAC |
| 3. LIZ KOTCH | ABF | 3. DAVID LAPORTE | PVAC |

13 and 14

- | | | | |
|---------------------|------|------------------|------|
| 1. BARBARA BEDFORD | NCAC | 1. DEAN GOULDSON | LYM |
| 2. LAURA KOERCKEL | BGSC | 2. DUSTIN FOSTER | LYM |
| 3. JENNIFER PERKINS | GMSC | 3. RAY CAREY | BGSC |

ANNUAL MEETING:

Please plan now for the Annual Meeting to be held at the Farley Middle School, Framingham, MA on Saturday, October 17, 1987. In addition to the Annual Meeting itself, there will be a registration clinic, registration workshop, certification and recertification clinics for officials, and a meeting for all New England coaches.

WARM-UP PROCEDURES:

All coaches, swimmers, and meet managers must be familiar with and follow the warm-up procedures which were published in Newsletter Plus in April.

Please note the following requirements:

1. There will be absolutely no diving during warm-ups except when designated lanes (usually lanes 2 and 5) are announced.
2. Coaches are responsible for the supervision of their swimmer(s).
3. Coaches should start at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. All swimmers should start at the starting end of the pool.

If you have any questions or suggestions, please contact Priscilla Davis, 205 Woodbury Street, South Hamilton, MA 01982 (617-468-3786).

NEW ENGLAND SENIOR CUTS 1986/87

WOMEN

MEN

SHORT COURSE	LONG COURSE	EVENT	SHORT COURSE	LONG COURSE
25.99	29.99	50 free	22.99	26.99
56.49	1:04.29	100 free	50.99	59.09
2:00.99	2:16.99	200 free	1:50.59	2:09.29
5:22.99	4:47.49	400/500 free	4:59.89	4:38.09
11:19.99	10:08.99	800/1000 free	10:29.99	9:49.99
19:13.59	19:40.19	1500/1650 free	18:17.59	18:50.49
1:05.99	1:14.89	100 back	59.99	1:09.19
2:21.39	2:40.79	200 back	2:10.99	2:36.79
1:14.19	1:26.69	100 breast	1:05.59	1:16.09
2:40.79	3:03.99	200 breast	2:26.99	2:49.79
1:02.99	1:10.49	100 butterfly	56.99	1:04.79
2:19.99	2:38.19	200 butterfly	2:10.99	2:25.89
2:19.99	2:39.99	200 ind. medley	2:07.49	2:24.79
4:59.99	5:37.99	400 ind. medley	4:37.79	5:22.89

All times must be done after September 1, 1986.

NEW ENGLAND SWIMMING - 8 & UNDER A & B Standards

Females Yards (Metres)

Males Yards (Metres)

<u>A time</u>	<u>B time</u>	<u>Event</u>	<u>A time</u>	<u>B time</u>
16.99 (---)	18.29(---)	25 free	17.79(---)	21.09(---)
37.99(45.89)	42.39(57.59)	50 free	39.99(47.69)	48.19(58.09)
1:27.59(1:49.99)	1:38.39(2:06.89)	100 free	1:31.19(1:48.99)	1:53.79(2:10.99)
20.59(---)	23.29(---)	25 back	22.79(---)	26.79(---)
46.69(58.99)	51.59(1:08.39)	50 back	51.59(1:00.49)	59.99(1:10.19)
21.89(---)	24.39(---)	25 breast	23.49(---)	28.89(---)
49.99(59.09)	56.09(1:15.29)	50 breast	53.19(1:03.29)	1:03.29(1:16.69)
19.59(---)	22.99(---)	25 fly	23.09(---)	27.29(---)
48.89(1:03.99)	1:00.79(1:15.59)	50 fly	55.69(1:11.49)	1:09.39(1:18.59)
1:38.79(---)	1:48.99(---)	100 I.M.	1:46.89(---)	1:58.79(---)

JUNIOR NATIONALS:

New England Swimmers were very successful at Junior Nationals this past April. Congratulations to all who participated and especially to those who place first in individual events.

SARAH PERRONI	LRAC	1st--100 yard freestyle
JENNY THOMPSON	SSA	1st--100 yard backstroke (national JO record) 200 yard backstroke 100 yard butterfly
LEWIS RUTHERFORD	BGSC	1st-- 50 yard freestyle (east JO record) 100 yard freestyle 100 yard breaststroke
DAVID JOHNSON	BGSC	1st--200 yard butterfly

New England Swimmers who placed in finals included:

SARAH PERRONI	LRAC	ANNE KOERCKEL	BGSC
JENNY THOMPSON	SSA	COURTNEY CHUBB	BGSC
ALISON KLINAKIS	SSA	LEWIS RUTHERFORD	BGSC
BARBARA BEDFORD	NCAC	DAVID JOHNSON	BGSC
MISSY HOY	CAST	CHRIS KOVACS	BGSC
ETHAN SAUNIER	WESC		

New England Swimmers who placed in consolations included:

KARYN WAID	CAST	ROSEMARIE DELEO	BGSC
CHRISTINE AGNEW	PVAC	TOM PETERSON	BGSC
STEPHEN ROOT	PVAC	ROB BERRY	LRAC

New England Swimmers who swam in individual events included:

KRISTY UUSTAL	LRAC	KRISTINA MARTIN	BGSC
KAREN CROSSMAN	LRAC	PAIGE MORGAN	BGSC
ROGER NIENHUIS	LRAC	KATE ZENDA	BGSC
MARIA KOZIOL	PVAC	LESLIE REPETTO	BGSC
LYNN TRELEASE	PVAC	DEBBIE WILDER	BGSC
BECKY PAIGE	NEB	MAISHA MOSES	BGSC
SCOTT FRASER	NEB	FRANK HAN	BGSC
SUE PERGOLA	CAST	SHANE WALSH	BGSC
TROY HOSMER	CAST	JAMES SWEENEY	BGSC
JILL COMEAU	GMSC	DAVID WILKINS	BGSC
TARA BOLIVAR	SAC	KIM SHIRE	BGSC
MATT CARRICO	EST	DEAN FREDETTE	SSA

Several New England Swimmers also participated in relays: Lynne Peckenham (LRAC); Stephanie Westcott, Kim Gittlen, Susie O'Connor, Karen Swensen, Becky Palmer, Mary Whaling, Jason Seaver, Jerry Bailey, Doug Bothmer, Scott Seaver (SSA); Amy VanAker, Daniel Schar (BGSC); Julie Veremey (PVAC); Derrick Hansen, Scott Latch, Michael Yunker (WESC).

HEAD COACH NEEDED for Shawmut Aquatic Club, Framingham, MA. Minimum of three years in United States Swimming necessary. Send resume to Shawmut Aquatic Club, Box 1292, Framingham, MA 01701.

RECORD BREAKING SWIMS:Junior Nationals, Orlando, Florida, April, 1987:

13 and 14:	BARBARA BEDFORD	NCAC	100 yard backstroke	57.44	RES
	JENNY THOMPSON	SSA	100 yard backstroke	56.99	RES
			200 yard backstroke	2:02.62	RES
			100 yard butterfly	56.96	RES
			200 yard individual medley	2:05.93	RES
	ALISON KLINAKIS	SSA	100 yard butterfly	57.72	RES
			200 yard butterfly	2:05.29	RES
15--18 :	SARAH PERRONI	LRAC	100 yard freestyle	51.11	RES
	MISSY HOY	CAST	500 yard freestyle	4:55.88	RES
			1650 yard freestyle	16:41.19	RES
	KARYN WARD	CAST	500 yard freestyle	4:57.08	RES
	ANNE KOERCKEL	EGSC	200 yard breaststroke	2:21.65	RES (tie)
	COURTNEY CHUBB	EGSC	100 yard butterfly	57.31	RES
	LEWIS RUTHERFORD	EGSC	50 yard freestyle	20.52	RES
			100 yard freestyle	45.68	RES
			100 yard breaststroke	57.05	RES
	CHRIS KOVACS	EGSC	200 yard backstroke	1:51.96	RES
	EGSC (women)		400 yard medley relay (P. Morgan, A. Koerckel, C. Chubb, M. Moses)	3:55.17	RES
	EGSC (men)		400 yard medley relay (T. Peterson, L. Rutherford, D. Johnson, J. Sweeney)	3:26.34	RES
			400 yard free relay (L. Rutherford, D. Johnson, F. Han, J. Sweeney)	3:03.40	RES

RECORD BREAKING SWIMS:New England Age Group Championships, Brown University, Providence, RI, 3/26--29/87:

11 and 12:	LARISSA HEROLD	SSA	100 yard individual medley	1:02.57	RES
			50 yard backstroke	29.52	RES
			50 yard butterfly	26.85	RES
	MEGAN LAMMON	CAST	50 yard backstroke	29.55	RES
13 and 14:	BARBARA BEDFORD	NCAC	200 yard backstroke	2:10.04	RES

ADDRESS CHANGE:

FALL RIVER YMCA
Sally Smith
450 Rock Street, Unit #12
Fall River, MA 02720
FRY

REREGISTERED TEAM:

MONTACHUSETT REGIONAL YMCA STINGRAYS
Deborah Finch
63 Main Street
Leominster, MA 01453
MRYX

PROPOSED MEET SCHEDULE, short course, 1987--1988:

October	17	:	New England Swimming's Annual Meeting
November	14--15:	C (B)	
	21--22:	B (C)	
	22:		Top Ten Banquet
	27--29:	A (B)	Thanksgiving Weekend
December	5--6 :	B (A)	
	12--13:	A (B)	Christmas Classic
	19--20:	C (B)	
January	2--3 :	B (A)	
	9--10:	C (B)	
	15--17:		National Qualifier
	23--24:	B (C)	
	30--31:	B (A)	
February	6--7 :	C (B)	
	13--14:	A (B)	
	20--21:	C (B)	
	27--28:	B (C)	
March	5--5 :		Bronze Championships
			B through Age Group and Senior Cut Qualifier
	11--13:		New England Senior Championships
	12--13:		Eight and under Championships
	18--20:		Silver Championships
	25--27:		New England Age Group Championships
	22--26:		Senior Nationals, Orlando, FL
	29--2 :		Junior Nationals, Tuscaloosa, AL

The Bid Form is at the last page of this newsletter. All bids are due by July 15.

The C (B) notation indicates that the meet is for C swimmers; B swimmers may swim if there is room. Mini meets, distances meets and specialty meets may be bid at any time in the calendar. Meets outside the calendar may be bid, but meets within the calendar will have priority. Meets may be bid for one, two, or 2 ½ days. The Calendar Committee may allow more than one meet a weekend.

Please note that entries for Age Groups will not be accepted after the deadline from Silver Championships or any other championship meet. A swimmer may not qualify for Age Groups at Silver Championships.

NEW ENGLAND SWIMMING OFFICE

Mary Riddell
20 Cleveland Road
Needham, MA 02192

617-449-0270

Office Hours: Monday : 8:00 a.m.--noon
7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--noon

REQUEST FOR MEET(S)

DATE OF MEET:

General reminders when bidding for meets:

1. This form must be completed to the best of your ability.
2. Meets must be cut by New England rules.
3. It is the responsibility of the host club to run the meet and not depend on the teams that are entering the meet.
4. Meet information must be sent out 4 weeks in advance of the entry deadline; results are sent out within 10 days of the meet.
5. New England has a 4 hour limit per session.
6. A representative of a team sponsoring a meet must attend the Meet Manager's Meeting.

Complete the following:

Club Name: _____

Address: _____ Phone number: _____

Club President: _____ Phone number: _____

Meet Director: _____ Phone number: _____

Address: _____

Information Director: (if different from meet director) _____

Address: _____ Phone: _____

Meet you are bidding for: _____

Date: 1st choice _____ 2nd choice _____ 3rd choice _____

Facility location: _____ Name: _____

address: _____ Number of lanes: _____

Type of timing to be used: _____

Individual entry cost: _____ Relay cost: _____

Details on awards to be given: _____

AM Session: Age groups: _____ warm-up time: _____ Start time: _____

PM Session: Age groups: _____ warm-up time: _____ Start time: _____

Names of meet referee: AM _____ PM _____

Names of meet starter: AM _____ PM _____

Names of stroke and turns: AM _____ PM _____

Names of head timer: AM _____ PM _____

You must provide with this request a list of events that you are going to run at the meet. The request will be evaluated and changes made if need be to have a balanced calendar of events and meets. Thank you.

Please send three copies to Calendar Chairman: Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106

NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to Newsletter Plus. Subscriptions may be ordered through the New England office for \$7 per year. Registered New England Clubs receive a subscription as part of their membership fee.

SEED CARDS: Seed cards are available through the New England office. The cost for plain cards is \$15.50 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.00 per thousand. There is no minimum, and you may split the cards any way between boys and girls.

If you would like initials on the cards, the price for 1,000 cards is \$21.00, including mailing. If the cards are picked up in Needham, the cost is \$12.50 per thousand. If you want 2,000 or more cards with initials, the cost is \$19.00 per thousand, including mailing, or \$17.50 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



FIRST CLASS

SANCTION CHAIRMAN
Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JUNE 1987

IN THIS ISSUE: OUTSTANDING SWIMMERS; INSURANCE INFORMATION; COACHES SAFETY CURRICULUM; GOLD MEDAL STROKE CARDS;; NEW ENGLAND RECORD POLICY; SENIOR NATIONALS; ATHLETE REP AND COACH REP INFORMATION.....

NEW BOARD APPOINTMENTS:

At its June meeting, the Board of New England Swimming made the following appointments:

TECHNICAL CHAIRMAN: DAN RHINEHART, coach Little Rhody Aquatic Club
SENIOR CHAIRMAN : MIKE PARRATTO, coach Seacoast Swimming Association

IMPORTANT INSURANCE INFORMATION:

Effective January 1, 1987, U.S. Swimming no longer offers minor accident medical coverage. When in effect, this policy offered a \$2,000 maximum payment over and above a \$50 deductible to injured USS members.

In its place, USS adopted Catastrophic Accident Protection. The USS insurance program now consists of two programs; 1) Catastrophic Accident Protection and 2) a Liability Insurance Program.

Benefits under the catastrophic policy become payable when one of the two following events occurs:

1. \$50,000 of medical expenses are incurred within one year of the date of a covered accident by a covered person for injury sustained in that accident; or
2. The injuries sustained in a covered accident result in the entire irrecoverable loss of speech or, hearing in both ears or, sight in both eyes or use of two or more limbs. In such situations, the deductible is waived.

The catastrophic accident program provides almost unlimited medical and rehabilitative expense benefits, as well as compensation for loss of earning benefits, for disabled U. S. Swimming athletes. This program offers injured athletes and their families an alternative to the civil justice system, serving as a buffer to conventional liability coverage.

Will all teams please inform their members of the change in the minor accident medical coverage.

The next meeting of the Board of New England Swimming will be on Tuesday, July 14, 1987 at 7 p.m. at the Harvard Community Health Plan, 230 Worcester Road (Route 9), Wellesley, MA. The building is located off the east bound lane of Route 9 between Silver Lake Dod and Wellesely Toyota, .6 mile west of Route 128. The meeting will be in the second floor conference room.

ATTENTION ALL ASPIRING ARTISTS ! ! !
UNITED STATES SWIMMING AND SWIMMING WORLD MAGAZINE ANNOUNCE
THE "SAFETY MASCOT DESIGN CONTEST"

HELP THE SAFETY EDUCATION PROGRAM OF UNITED STATES SWIMMING ! ! !

IS YOUR SAFETY MASCOT THE ONE WHICH WILL HELP EDUCATE YOUR TEAMMATES,
COACHES AND FAMILIES ON THE IMPORTANCE OF SWIMMING SAFETY?

Send your safety mascot design to your Local Swimming Committee (LSC) Safety Coordinator by September 1, 1987. Your design will be judged against other entries from other swimmers from your own LSC. All the LSC winning entries will be displayed and voted on by attending delegates at the United States Aquatic Sports Convention in Atlanta, Georgia, September 20-27, 1987.

Ten top designs will be selected from the 59 LSC winners. One grand prize winner, three second-place winners and six third-place winners will then be chosen by the National Safety Education Committee. The winning design will then be featured in Swimming World Magazine, U.S. Swimming News and in USS safety education materials.

The top ten artists will receive a U.S. Swimming poster autographed by a favorite swimming star especially for them. All artists will receive a USS logo decal, just for entering.

CONTEST RULES:

- 1) All artists must be current athlete members of USS.
- 2) No assistance, except verbal help for spelling, is permitted.
- 3) Designs may not exceed 8 1/2" x 11" in size.
- 4) Designs may be drawn in crayon, magic marker or felt-tip pen, colored pencil, charcoal or poster paints.
- 5) Designs must be named; however, the Safety Education Committee reserves the right to re-name the winning entry.
- 6) Artist's name, age, address and swim club must be listed on the back of design.
- 7) All entries become the property of United States Swimming.
- 8) Entries must be received no later than September 1, 1987 by the appropriate LSC Safety Coordinator.*

Please mail all entries by September 1, 1987 to: PRISCILLA DAVIS
205 Woodbury Street
South Hamilton, MA 01982

OUTSTANDING SWIMMERS, SHORT COURSE, 1986--1987

EIGHT and under

KELLY GITTLEIN	SSA	SPENCER HAWKINS	NASY
KATHLEEN O'NEIL	LYM	JEROME LESLIE	PVAC
EMILY POBŁOCKI	CLBC	BRAD MANCINI	WSC
SARAH SWAIN	CCSC	JONATHAN QUIMBY	LYM
JESSICA TUCKER-MOHL	SSA	BERT STOCKING	CAY

9 and 10

SAMANTHA BRIGGS	EST	DYLAN ANDREWS	EPBS
KATHLEEN BURKE	CAY	CHARLES BARNES	LRAC
KELLY GOULDSON	LYM	MATT CRAVEN	HAY
AMANDA HALL	NEB	KEITH GETCHELL	EST
KERRY KEARN	CSSM	JOSH PRISTAW	NCAC

11 and 12

LARISSA HEROLD	SSA	RAY CAREY	EGSC
LIZ KOTCH	ABF	MICHAEL CARROLL	CSSM
MEGAN LAMMON	CAST	CHRIS DUPONT	UN
ELLEN MARTIN	NWSC	CHRIS GAHAN	PAC
LESLIE REPETTO	EGSC	DAVID LAPORTE	PVAC
JENNIFER ROSEN	NEYB		

13 and 14

BARBARA BEDFORD	NCAC	RAY CAREY	EGSC
JENNIFER JONES	EGSC	DUSTIN FOSTER	LYM
ALISON KLINAKIS	SSA	SEAN GOULDSON	LYM
LESLIE REPETTO	EGSC	CHRIS HOLT	LRAC
JENNY THOMPSON	SSA	BRIAN LIVINGSTON	SSA

15 and 16

HEIDI HANNENIAN	HYST	FRANK HAN	EGSC
LYNN KELLEY	EGSC	DAVID JOHNSON	EGSC
SARAH PERRONI	LRAC	ALEX KOSTICH	EGSC
KRISTY UUSTAL	LRAC	ETHAN SAULNIER	WESC
KARYN WARD	CAST	WAYNE SNELLGROVE	EGSC

17 and 18

COURTNEY CHUBB	EGSC	SCOTT JAFFEE	EGSC
LOUISE GOVIN	CAST	ALEX KOSTICH	EGSC
MISSY HOY	CAST	CHRIS KOVACS	EGSC
ANNE KOERCKEL	EGSC	LEWIS RUTHERFURD	EGSC
NOREEN SOLAKOFF	BCSY	JAMES SWEENEY	EGSC

OPEN

LOUISE GOVIN	CAST	SCOTT JAFFEE	EGSC
HEIDI HANNENIAN	HYST	DAVID JOHNSON	EGSC
MISSY HOY	CAST	ALEX KOSTICH	EGSC
ANNE KOERCKEL	EGSC	LEWIS RUTHERFURD	EGSC
JENNY THOMPSON	SSA	JAMES SWEENEY	EGSC

SENIOR CHAMPIONSHIPS: The entry for New England Championships will be mailed in a few days. The entry due date will be Wednesday, July 8, 1987. We are sorry for the delay.

TOP TEN:

Outstanding Swimmers for Short Course, 1986--1987 are listed in alphabetical order in this newsletters. The Top Ten Book will be mailed to all teams very shortly. A list of all Top Ten Swimmers will be in next month's newsletter.

SENIOR NATIONALS:

Several New England swimmers participated in the United States Swimming Short Course National Championships in Boca Raton, Florida.

ALEX KOSTICH (BGSC) and JENNY THOMPSON (SSA) both placed in finals and Jenny was named "rookie of the meet." Alex placed 2nd in the 1000 yard freestyle, 3rd in the 1650 yard freestyle, and 6th in the 500 yard freestyle. Jenny placed 2nd in the 50 yard freestyle and 6th in the 100 yard freestyle.

Louise Gouin (CAST) and Scott Jaffee (BGSC) placed in consolations. Also participating in individual events were Carolyn Ryder (BGSC), Matt Countie (BGSC), and Aaron Thompson (SSA). Lewis Rutherford (BGSC) swam on a relay team.

NEW COACH:

CLARK MEMORIAL SWIM TEAM

Jayne Fletcher
155 Central Street
Winchendon, MA 01475

CM

MEET WANTED: Teams interested in a casual three team invitational meet or time trials in mid or late August, please contact Cape Cod Swim Club, 617-564-5690.

NEW ENGLAND SWIMMING OFFICE

Mary Riddell
20 Cleveland Road
Needham, MA 02192

617-449-0270

Office Hours: Monday : 8:00 a.m.--noon
7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--noon

NEW ENGLAND RECORDS:

At the June meeting of the Board of New England Swimming, the following policy for New England Records was established. New England Records may be set at any sanctioned United States Swimming meet and also at YMCA National Championships. This would include all sanctioned New England Swimming meets and any meets outside of New England sanctioned by other LSC's. However, in order to be considered, records must be set at meets which have either automatic timing or three hand timers per lane and also have a referee who is both certified and a registered member of United States Swimming. Time trials are never considered for records.

An application should be submitted for any record breaking swim which is to be considered for a New England Record. A new form is being developed; in the meantime, you may use the old form which is available in the office or from Mary Kelley (386 Central Avenue, Needham, MA 02194). You must have the tape and the signature of the certified and registered referee or the seed card and the signatures of three timers when there is no automatic timing as well as the signature of the referee. If the meet is not a New England calendar meet, you must also submit a copy of the results.

Although the application for record may be submitted by the swimmer, parent, or coach, the ultimate responsibility is with the swimmer. Each team should have a copy of the record books, but if you have any questions, check with Mrs. Kelley or the office.

NATIONAL CHAMPIONSHIPS:

Coaches who know or anticipate that they may have swimmers attending either Junior National or Senior National Championships should plan ahead. The only teams that receive copies of the entry are teams that participated in the meet during the previous season. All others who anticipate attending should obtain an entry from United States Swimming (1750 East Boulder Street, Colorado Springs, CO 80908-5770,, (303) 578-4578.

A team roster is part of the entry. This roster must be certified by Charlene Carper, registration chairman, before the entry is mailed. The rosters may be certified at any time, and Charlene strongly suggests that coaches submit them to her as soon as possible to avoid last minute problems. Please include names of any swimmers who might possibly be going as it does not matter if there are extra names on the roster. Send the completed roster to Charlene Carper, 3 Madison Lane, Amherst, NH 03031.

BIDS FOR SHORT COURSE MEETS:

All bids for Short Course 1987-1988 meets are due by July 15, 1987. Please send three copies of each bid to Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106. The Calendar Committee is tentatively planning to meet during Senior Championships. Members of the committee will be notified when the time and location are definite.

UNITED STATES SWIMMING

1750 East Boulder Street, Colorado Springs, Colorado 80909-5770 Phone: (303) 578-4578 Telex: 45-0562

USS INSURANCE BROKER MERGES

Effective immediately, John Peterson has left the Crump Companies of Arizona to join Financial Guardian. Financial Guardian will now serve as the new USS Insurance brokerage firm. The current staff, under Peterson, will continue to service USS insurance programs. The firms' new address will be:

Financial Guardian

7600 North 16th Street

Suite 208

Phoenix, AZ 85020

Telephone: (602)870-4096

Financial Guardian is a premier top twenty national brokerage firm dedicated to excellence. As a company, Financial Guardian has aligned itself with the growing awareness that the true bottom line is customer care and satisfaction.



EXERCISE INDUCED BRONCHOSPASM DRUG BAN CHANGED

The following information was received from the USOC in April. -ed.

The choice of medication in the treatment of asthma and respiratory ailments has posed many problems. Some years ago, ephedrine and related substances were administered quite frequently. However, these substances are prohibited because they are classed in the category of "sympathomimetic amines" and therefore considered stimulants.

In the past, the IOC had allowed the use of some Beta2 agonists (Albuterol and Terbutaline) for the treatment of Exercise Induced Bronchospasm, under a "Special Consideration" clause, with the receipt of a written request from the attending physician.

This position has changed.

There is no longer a need for special consideration for Beta2 agonists in aerosol form. However, oral forms are banned.

Use of the following Beta2 agonists is permitted in the aerosol form only:

BITOLTEROL -- Tornalate; ORCI-PRENALINE -- Alupent; RIMBUTEROL; SALBUTAMOL, ALBUTEROL -- Proventil, Ventolin; TERBUTALINE -- Brethaire.

The permit card issued for the use of the above medications is no longer valid. With the change in policy it is not necessary to present the card for inhalants nor does it authorize the use of these medications orally.

For further information, contact the USOC Drug Control Hotline, 1-800-233-0393.

MEMBERSHIP VERIFICATION

The following question was posed to John Peterson, Vice President of Financial Guardian, the U.S. Swimming Insurance broker.

QUESTION: What is required of a meet host to ensure compliance with the requirement that all participants in an insured event be members of United States Swimming?

ANSWER: The meet host must do "whatever is reasonable" to ensure that all participants be members of USS. The host must "pursue with reasonable diligence" the proof of membership.

What does this entail? Mr. Peterson suggested that each club's coach provide some certification that all team members who will be participating in the insured event are USS members. The meet host is not expected to pursue a "National-style" of membership verification, personally verifying each swimmer's membership.

Once the meet host has obtained a membership verification statement from each club, he has fulfilled his responsibility to ensure compliance. The meet host would not be held responsible if a coach provides false information.

INSURANCE CERTIFICATES MAILED

Liability insurance certificates were mailed to all 1987 U.S. Swimming member clubs on Tuesday, May 12. The certificates reflect the revised policy number and renewal date of 5/5/87.

Third party additional insured endorsements are NOT automatically reissued upon policy renewal. Endorsements will be issued only by Financial Guardian - Insurance Brokers. Requests for these endorsements must be in writing to either Financial Guardian or the USS National Headquarters.

For further information about the U.S. Swimming coverages, please contact the USS National Headquarters at 303/578-4578.

CORRECTION NOTICE

The 1987 Insurance Summary listed an incorrect liability policy number. The current policy number is that given on the Certificate of Insurance itself: 559 2377. Please update your summary accordingly.

NOMINATING COMMITTEE:

The New England Swimming Annual Meeting will be held on October 17, 1987, and the election of officers will be an important part of that meeting. Anyone who is interested in standing for election or being appointed to a position should contact Roy Einreinhofer, 41 Canterbury Drive, Sudbury, MA 01776 (617) 443-9636.

COACHES MEETING:

There will be a meeting for all New England coaches during Age Groups. If you have any items that you wish to discuss, please submit them to Allan Livingston, P. O. Box 37, Cochituate, MA 01778-0512.

A new coaches representative will be elected at the same time. If you would like to have your name on the ballot, please submit it to Allan Livingston, also. If you are not going to be at Age Groups and would like a ballot, Allan will send you one if you request it.

The coaches reps attend all New England Board meetings, the Technical Committee meetings, and the Calendar Committee meetings. In their second year of office they also attend the United States Swimming Convention. New England Swimming pays for the expense of attending this convention.

ATHLETE REPRESENTATIVE:

The election of the new Athlete Representative will take place at Age Groups. Each team will have one vote. The teams may either select a representative to vote or the team may vote and submit a ballot. Teams that are not going to be at Age Groups may request a ballot.

The representatives attend the Board Meetings, Annual Meeting, Top Ten Banquet, and Technical Committee meetings. The Board usually meets monthly and currently is meeting in Wellesley. The Technical Committee meets about three times a year. The athlete representatives also attend the United States Swimming Convention which is usually held the end of September and usually requires missing a few days of school. Expenses are paid by New England Swimming for attending the convention and the Top Ten Banquet. The position runs for two years.

If you are interested in being nominated by the current athlete reps and having your name on the ballot, please return the following form. If you have any questions, please call the office or Scott Latch (617-692-3834) or Heidi Mogavero (617-366-4929).

NAME: _____ TEAM: _____

ADDRESS: _____ PHONE: _____

AGE: _____ YEAR IN SCHOOL (IN SEPTEMBER): _____

Please include a brief statement telling why you would like to be the Athlete Representative.

UNITED STATES SWIMMING

1750 East Boulder Street, Colorado Springs, Colorado 80909-5770 Phone: (303) 578-4578 Telex: 45-0562



UNITED STATES SWIMMING AND ULTRASWIM™ SHAMPOO REINTRODUCE GOLD MEDAL STROKE AWARD CARD PROGRAM FOR CLUBS IN THE U.S.

United States Swimming and Ultraswim™ Shampoo have reintroduced the Gold Medal Stroke Award Card program. The project, first launched in 1984, will once again provide LSC's and local USS clubs with a vital incentive and recruiting program.

The "GMSA" cards may be distributed by USS coaches in cooperation with summer league and Parks and Recreation Dept. pools, thereby tapping a tremendous wealth of competitive swimming.

The program is set up to reward young swimmers for learning the four competitive swimming strokes. The child receives an attractive award card upon completion of a 25 yard pool length of the first of the four strokes. A gold star or like marker may be affixed to the appropriate spot on the card. More markers may be added for each of the other 25 yard length tests completed thereafter.

The benefits of the USS/Ultraswim™ GMSA program were stated by Joan Gutmann, Associate Marketing Manager for Chattem, Inc., distributors of Ultraswim™: "The Gold Medal card program is a perfect opportunity for both Ultraswim™ and USS. This important project will encourage youngsters to learn the competitive swimming strokes and look to continue developing with a USS club. This will undoubtedly increase community awareness of the sport and membership in USS.

"At the same time, Ultraswim™ is able to expand its target market. These youngsters will grow up with our products and develop a loyalty which will last for as long as they swim and remain active."

USS/Ultraswim™ Gold Medal Stroke Award cards and flyers are available through each LSC office. For more information on the program, please contact United States Swimming/ 1750 E. Boulder St./ Colo. Springs, CO/ 80909/ (303) 578-4578.

**Ultra
Swim™**
Gets the Chlorine Out



**UNITED STATES SWIMMING
COACHES SAFETY CURRICULUM
Requirements and Equivalents**

To fulfill the United States Swimming Coaches Safety Curriculum for 1988 USS coach membership, the coach must show proof of training in each of the three following areas - Cardiopulmonary Resuscitation (CPR), First Aid and Safety Training for Swimming Coaches.

CARDIOPULMONARY RESUSCITATION (CPR)

The minimum acceptable training:

American Red Cross "Race for Life"

Any one of the following courses will also satisfy the requirement:

- | | |
|--------------------------------------|----------------------------|
| American Red Cross | American Heart Association |
| - Adult CPR, or | - Heart Saver, or |
| - Community CPR, or | - Basic Life Support, or |
| - Basic Life Support, or | - Any Instructor Rating |
| - CPR, or | |
| - Any CPR Instructor Certificate, or | |

FIRST AID

The minimum acceptable training:

American Red Cross "Fundamentals of First Aid"; Must include the following modules:

1. Respiratory Emergencies, and
2. Emergency Action Principles, and
3. Accident Prevention and Safety, and
4. First Aid for Wounds, and
5. First Aid for Injuries to Bones, Muscles and Joints, and
6. Emergency Rescue and Transfer.

Any one of the following courses will also satisfy the requirement:

- American Red Cross
- Standard First Aid Lecture, or
 - Standard First Aid Multimedia, or
 - Advanced First Aid Lecture, or
 - Standard First Aid Modular, or

Emergency Medical Technician (EMT)

SAFETY TRAINING FOR SWIMMING COACHES

- American Red Cross
- Safety Training for Swimming Coaches

NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to Newsletter Plus. Subscriptions may be ordered through the New England office for \$7 per year. Registered New England Clubs receive a subscription as part of their membership fee.

SEED CARDS: Seed cards are available through the New England office. The cost for plain cards is \$15.50 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.00 per thousand. There is no minimum, and you may split the cards any way between boys and girls.

If you would like initials on the cards, the price for 1,000 cards is \$21.00, including mailing. If the cards are picked up in Needham, the cost is \$12.50 per thousand. If you want @,000 or more cards with initials, the cost is \$19.00 per thousand, including mailing, or \$17.50 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



FIRST CLASS

PIONEER VALLEY AQUATIC CLUB
Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106
PVAC



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JULY 1987

IN THIS ISSUE: TOP TEN SWIMMERS, short course, 1986--1987; ANNUAL MEETING; MEET MARSHALLS; HOW TO BUILD A TEAM; WHO MOTIVATES THE COACH; REIMBURSEMENT POLICY;; FAMILY CLINIC.....

New England Swimming extends its sympathy to the family of Ralph Saunders who passed away earlier this summer. Ralph was a long-time supporter of New England Swimming.

DATES TO REMEMBER: October 17 : ANNUAL MEETING
November 14--15: FAMILY CLINIC
November 22 : TOP TEN BANQUET

At its July meeting, the Board of New England Swimming adopted the following Safety Directive #3 as written by the United States Swimming Safety Committee:

"Meet Marshals shall be responsible for supervising controlled warm-up procedures during pre-meet warm-up in order to:

- 1. provide safe warm-up, and
- 2. enforce warm-up procedures.

A meet marshal:

- 1. reports to the meet director, referee, and the chief marshal, and
- 2. is not responsible for providing emergency rescue. Emergency action plans and personnel are the responsibility of the meet host."

FAMILY CLINIC:

On November 14 and 15 New England Swimming in cooperation with United States Swimming will be holding a family clinic with speakers and workshops of interest to coaches, parents, and swimmers. Save the date; more details will follow in the September newsletter.

There will be no meeting of New England Swimming in August. The next meeting will be at 7 p.m. on Tuesday, September 15, 1987 at the Harvard Community Health Plan building, Route 9, Wellesley, MA.

ANNUAL MEETING, October 17, 1987:

The Annual Meeting of New England Swimming will be held on Saturday, October 17 at the Farley Middle School, Framingham, MA. The tentative schedule is as follows:

9:30 a.m.	:	Registration and coffee
10:00 a.m.	:	General meeting, election of officers
12:00 noon	:	Registration workshop Coaches meeting Meet Managers meeting
12:00 noon--3:00 p.m.	:	Certification Clinic for Officials Re-certification Clinic for Officials

An agenda will be printed after the next New England Board meeting. If you have any suggestions, contact Bob Fredette or the office.

Those planning to stay for the entire day should plan to bring a lunch. Coffee and soda will be supplied by New England Swimming.

Plan now to organize your membership and coaches so that all meetings can be covered.

REIMBURSEMENT POLICY:

New England Swimming has a policy of reimbursing New England swimmers who have participated in three New England calendar meets during the season and who swim in an individual event at Junior or Senior Nationals. New England does not reimburse swimmers who participate on relays or in time trials. In order to receive reimbursement, a team or parent must request it in writing through the New England office. Please include the names of the three meets that the swimmer swam in and an explanation of the reason if the swimmer did not participate in the required number of meets.

The reimbursement this year is \$150 for Junior Nationals and \$300 for Senior Nationals.

CHANGE OF ADDRESS:

NEW WAVE SWIM CLUB
Bill Burns
69 Geana Lane
Lowell, MA 01852
NWS

BELMONT AQUATIC TEAM
Alisa Scioscia
84 Offutt Road
Hanscom Air Force Base
Bedford, MA 01730
BAT

Head Coach for U. S. Swimming Program, Senior boys and girls, ages 15 to 17, and Masters. Belmont Aquatics Team, Belmont, Mass., seeks experienced coach, good at motivating and encouraging high school age swimmers, to begin about Sept. 1. Together with associated position at private club (optional) compensation in mid-20's. Low-cost apartment also available, if desired. Send applications to Marshall Noecker, 59 Willard Common, Concord, MA. 01742 or tel. 617-369-1861.

WANTED: HEAD COACH for Lake Champlain Swim Club, a team of 60--80 swimmers in Burlington, VT. The position runs from September through March. Call or write: Cathy Frank, P. O. Box 2104, South Burlington, VT 05403; 802-862-1816.

TOP TEN SWIMMERS, SHORT COURSE, 1986--1987

ABF : Wendy Thorpe, Liz Kotch

ADSC: Lori Walker, Tory Fleming, Rob Wiley, Paul Long

ANA : Todd Walters, Al Garcia, Kim Marrah, Shawna Newland

ATST: Erin Cheney BENN: Jeff Galli

BARY: Jen Solamon, John Roxburgh

BAT : Julie McClennen, John McCann, Rob Plunkett

BCSY: Tom Foley, David Saad, Tricia Solakoff, Denice Murray, Art McClaren, Noreen Solakoff

BGSC: Tara Paulauskas, Lisa Bushnell, Amy Ryan, Karen Martin, James Wheeler, Nathan Walton, Delight Malkemus, John Wells, Leslie Repetto, Jennifer Jackson, Ann Tarantino, Rachel DeVito, Ray Carey, Noah Caruso, Andre Koerckel, Taba Moses, Laura Koerckel, Jennifer Jones, Jennifer Ashe, Jodi DeLuca, Nikki Shire, Andrew Rutherford, Jim McGinnis, Jeremy Kovacs, Melissa Reilly, Maisha Moses, Amy VanAken, Katrina Lundstedt, Courtney Chubb, Kristen Blomberg, Paige Morgan, Andrea Wight, Vicki Camelio, Joan Riley, David Johnson, Frank Han, Daniel Schar, David Wilkins, Debbie Wilder, Beth Donovan, Anne Koerckel, Kristina Martin, Lynn Kelley, Kate Zenda, Roro Deleo, Kim Shire, Mary Ellen Clancy, Janet Bishop, Carolyn Ryder, Karen Delmel, Lewis Rutherford, Scott Jaffee, Matt Countie, James Sweeney, James Robertson, Tom Peterson, Bob Stevenson, Shane Walsh, Chris Kovacs, Andrew Hall, Brett Lieberman, Bob Martinage, Stuart Fay, Gregg Doyle, T. J. Foley, Jeff Kelley

BYB : Rachel Enos, Greg Cantwell, Ian Doherty, Tyler Virden, Kerrin McCarthy, Jessica Zeuli, Matt Reiley

CAST: Meghan O'Loughlin, Erin O'Loughlin, Julie Breslin, Oliver Shaw, Nicholas Bailey, Wendy Conway, Leon Kelly, Alex Lai, Edward Lai, Nicole Gatto, Megan Lammon, Gene Letendre, Susan Pergola, Mike Richard, Marc Richard, Karyn Ward, Missy Hoy, Troy Hosmer, Louise Guin

CAY : Bert Stocking, Joey Ramsey, Kathleen Burke, Erika Meahy, Lindsay Martin, Jean Todisco, Gene Sutherland, Kirsten Watters, Kristen Woods, Mike Karp

CCSC: Sarah Swain, Eva Cardoza, David Govoni, Randy Zuwallack, Sandy Dunbury, Joanne Bernard, Ron Zuwallack

CLBC: Emily Poblocki, PRY : A. Roy

CSC : Allison Hughes, Ward Lowe, Kendall Landry, Derek Nelson, Jay Crafts, Bill Chouinard, Mike Vannata, Andy Dunn

CSSM. Chris Gallant, Kerry Kearns, Eileen Keane, Danielle Peluso, Nicole Rutkowski, Julie Dempster, Bernie Keane, Mike Carroll, Frank Sampson

EB : Brian Healy, Tracie Hounshell

ECAC: Jon Thomas, John Monaco, Brian Thomas

EPBC: Audrey Couto, Cory Blakely, Kurt Sevick, Jeff Stanley, Trina Young, Jon Caswell, Dylan Andrews, Bryan Stanley

EST : Ryan Quigley, Samantha Briggs, Kerry Savage, Andrea Budd, Megan Bradley, Keith Getchell, Justin Pudlowski, Daniel Blouin, James Corbett, Tara McGarr, Mike Bagshaw, Matt Carrico

GBSC: Lauren DeVito, Mike Holland, Janice Silk

GMSC: Tom Phillips, Marc Lafrance, Jennifer Perkins, Jill Comeau, Tonia Stafford

HAY : Matt Craven, Leslie Hawley

HRY : Katherine Burrill, David Murphy, Chris Parent, Kim Morrin, Jonah Goldsmith

HYST: Alyson Horgan, James MMeade, Heidi Hannenian, Brenda Bradley

KCY : Melissa Salomon, Kari Kleinburd, Andrew Knutton, Joshua Vallee, Christopher Graefe

KDST: Jennifer Ledell

NBYW: A. Bradshaw

LYM : Kathleen O'Neil, Jonathan Quimby, Kelly Gouldson, Heather Donahue, Adrienne Bonne, Jennifer O'Neil, Jeremy Quimby, Jennifer LaMontagne, Sean Gouldson, Stephen Kozowyk, Joshua Blagg

LRAC: Corinne Montanaro, Amanda Hollis, Charles Barnes, Kenneth Ho, Heather Montanaro, Beth Iacobucci, Kimberly Ho, Gregg Davis, Wendy LaMontagne, Lori Geisler, Becky Cullen, Chris Holt, Ed Vilandrie, Jason Bois, Sarah Perroni, Kristy Uustal, Vanessa Gibbons, Christine McDonald, Eric Hecker, Ben McBride, Roger Nienhuis, Scott Reed, Vincent Ho, Lynne Peckenham, Karen Crossman, Laura Iacobucci, Susan Perroni, Greg ~Prawdzik, Gaylord Garroway, Rob Berry

MSSC: Tracy Paulauskas, Jason Demers

NASY: Jaime Crosscup, Laura Kott, Chris Danchik, Spencer Hawkins, Amy Allen, Chris Treadwell, Tad Kremen, Jay Rose, Peter Cadwell

NBYB: Chad Filiault, Matt Glogowski, Stephanie Glogowski, Jennifer Rosen

NCAC: Joshua Pristaw, Jonathan Kressel, Tina Yen, Barbara Bedford, James Sinnamon, Edward Bedford

NEB : Amanda Hall, Erika Ewers, Todd Jakubek, Todd McDermott, Brian Fehlau, Bill Ewers, Becky Norton, Kara McDermott, Sally White, Felicia Sexsmith, Britt Greineder, Kara Kouloheras, Sheri Hanlon, Laura Zdyb, Kirsten Greineder, Rene Holtzman, Bethany Williston, Becky Paige, Meta Hobson, Omar Ali, Scott Fraser, Chris Lewter, John Murray, Andrew McMorrow, Rick McMorrow, Corey Burse, David Scaplen

NNB : Michelle McWeeney NSYV: Lisa Tonaszuck

NSC : Jason Higgins, N. Gordon NSY : Jaime Goulin

NWSC: Ellen Martin, Jennifer Burns

PAC : Clyde Board, Nikki Carrier, Michelle Labrie, Glen Rice, Heather Tobin, Tasha Johns, Colleen Carlton, Chris Gahan, Todd Whitford, Andrew Whitney, Greg Furnas

PVAC: Beth Elie, Jean Roger, Jeroe Leslie, David Laporte, Lynn Trelease, Audra Stefanik, Julie Veremy, Maria Koziol, Christine Agnew, Stephen Root

SAC : Anne Behrens, Laura Wesley, Sue Gorski, Tara Bolivar, Karyl Brewster, Shawn O'Leary, Charles Hince, Michael McSweeney

SEA : Kristen Gately, Alicia Keenan, Marcia Cardinale, Cathy Buckley

SSA : Kelly Gittlein, Jessica Tucker-Mohl, Ted Mantos, Jason Graves, Larissa Herold, Alison Klinakis, Debbie Palmer, Jennifer Ivery, Jeff Hertzog, Mary Clem Whaling, Becky Palmer, Jenny Thompson, Kim Gittlein, Amy Palmer, Brian Livingston, Jason Seaver, Jeff Wicklund, Eric Jones, Susie O'Connor, Sabrina Belanger, Stephanie Westcott, Dean Fredette, Aaron Thompson, Jerry Bailey, Brad Furnham, Scott Seaver, Dick Dawson

WESC: Matthew Wright, Shannon McCarthy, Carl Ericksson, Chris Schafer, Jim Thomas, Alex Cunha, Steven Beal, Chip Haberstroh, Tim Nubar, Sean Corrigan, Vihay Lathi, Owen Bittinger, Laura Clavadetscher, Sherri Turner, Derrick Hansen, Ethan Saulnier, Scott Davis, Marc Broudy, Jacob Kiser, Scott Latch

WYSL: Kathleen Hodge, Tom Scheinfeldt, Heather Saunders, Rob Fellrath, Heidi Mogavero

WSC : Brad Mancini YSEA: Greg Cardillo

UN : Chris Dupont, Jay Peluso, Dirk Marshall, Colin Greineder, Maureen Monahan, Laura Morsman, Titiana Zomopoulos, Jane Gagliardi, Laura Cleary, Jodi Shaw

NEW ENGLAND SWIMMING OFFICE

Mary Riddell
20 Cleveland Road
Needham, MA 02192

617-449-0270

Office Hours: Monday : 8:00 a.m.--noon
 7:30 p.m.--10:30 p.m.
 Thursday: 8:00 a.m.--noon

Who Motivates The Coach?

Who motivates the person that motivates you? You! Motivate by improving through skill development, training and meet times, knowledge of your sport and mature actions.

With hectic schedules and frequently two jobs or more it is difficult for one person to have the energy and time to remember the needs and create corrective measures for everyone on the team. Since you are MOST responsible for and involved in your skill improvement, training, and motivation you can think of many things for personal improvement. Seek advice and approval by the coach.

These suggestions are best fulfilled before, during, or after practice. Don't contact the coach during his personal time unless he approves.

Motivation comes from WITHIN you.

WHAT DO YOU DO TO MOTIVATE THE COACH? While many coaches already take care of these things think about:

1. Asking for help with a personal problem you have.
2. Asking about skill improvement by saying.
How does this look?
Does this look better?
What should I try?
3. Asking about goal setting, pace, diet, etc....
Is that too fast?
Should I work the prelims?
What should I eat?
4. Developing team recreational activity away from the pool and invite the coach (and his family) to participate. Don't have him plan everything but seek his approval for your plans.
5. Conducting a team meeting to re-emphasize team goals, individual responsibilities for team success, and constructively develop positive attitudes.
6. Encouraging parents to provide positive contributions that build a better team. Like providing funds for the coach to attend coach-selected clinics, national meets, camps, or professional meetings.
7. Earn his respect by being a positive influence by being a GIVER not a TAKER. Be happy, encourage and challenge others, build EGOS not SCAPE GOATS, Help with equipment, splits.
8. Arriving a little early, volunteer to help with younger swimmers. Work on dryland program or skill work.
9. Asking for more training if sets or group seem easy.
10. Accepting coaches decisions and if a question remains, politely ask for a meeting for and explanation.
11. Missing practice only if sick, injured, or excused. Then ask what you can do in the way of visualization or dryland work if you are not permitted to train.





United States Swimming

Team Building

SWIM CLASSES

Attend local instructional programs and talk to swimmers and/or parents.

POSTERS

Posters distributed throughout town by mothers and at schools by swimmers. Make them on a copy machine and have the swimmers color them. Have a poster contest among the entire team with prizes.

FREE LESSON OR WEEK

Give each new swimmer something free to get them hooked.

BIG MAC, COKE, FRIES

Give each swimmer a coupon for bringing in new swimmers.

BRING A BUDDY DAY

Each swimmer brings a friend for a day of games, relays, and videotaping. Give a team pamphlet after practice.

25 TIME TRIALS

Have all instructional swimmers with a breathing pattern be timed on a 25 at the end of each lesson. Have guards rank the times and post at a pool exit.

DEMONSTRATIONS

Following each lesson have your best swimmers demonstrate for the whole class prior to free swim.

PARADE

Have your whole team wear suits or sweats and either ride a flatbed truck or walk in the July 4th Parade.

TRYOUTS

Newspaper stories about tryouts each fall and spring will bring newcomers trying to fill your vacant spots. Make it sound "select".

LESSON INSTRUCTORS

Have the entire instructional program focus on building competitive swimmers for the team. Use outstanding swimmers as role or stroke models.

SCHOOL PRESENTATIONS

Arrange to make a presentation to the local grade and/or junior high schools gym classes, study hall or lunch room. Pass out your flyer.

GRADE SCHOOL MEET

Develop a grade school championship meet within your community with a trophy to the winning school. Have a local service organization sponsor it (Lions, Rotary, Eagles, etc.) and your high school swimmers run it (starter, refs, clerks, timers, awards, etc.). Conduct it on a teachers institute day.

Provide ribbons and team info sheet to all finalists. Sell team t-shirts. Races are for boys and girls 3rd through 8th grade, no longer than 25's except the 7th and 8th graders 50 freestyle.

100 FREE

Each spring have the local newspaper sponsor a 100 yard swim with ribbons and team info sheet to all that finish.

CARPOOLS

Have parents establish car pools and assist new swimmers. Publicize car pools in newspaper stories. Develop a calling tree for all swimmers to relay messages.

LIFEGUARD PRIZE

Give a \$50 or \$100 prize to the lifeguard that sends the most kids out for the team. During the summer they see many skilled kids and the slightest encouragement will bring them out.

PINS

Distribute pins to swimmers to wear at school.

HIGH SCHOOL TEAMS

Swim classes - Develop a card to record progress each year in classes. Using stopwatches or a wall digital clock and time a 50 free every Monday and do a 5 minute swim every Friday. They get credit for the length they are on at the 5 min. whistle.

Rankings - Rank all swimmers under 40 seconds or more than 10 lengths and post at the locker room exit.

Picture display - Have someone take a ton of pictures at practice and meets. Post them with funny captions in hallway or locker room.

Intramurals - Have a fun intramural program for all students and recruit some.

Study Hall - Visit study halls to recruit the kids that have good times on their swim tests.

Partners - Have younger swimmers receive coaching during a break in practice or at meets and motivation from an assigned older swimmer.

UNITED STATES SWIMMING

1750 East Boulder Street, Colorado Springs, Colorado 80909-5770 Phone: (303) 578-4578 Telex: 45-0562



Please respond to:

WILLIAM A. LIPPMAN, Jr.
13036 Warren Avenue
Mar Vista, CA 90066
(213) 397-0120

Past President (1977-79)

Chairman: Rules Committee

June 15, 1987

TO ALL INTERESTED PARTIES

NEW BREASTSTROKE RULE

Since the breaststroke rules were changed by FINA last year, U.S. Swimming has been working with the FINA to clarify the intent of the change, and to develop language for USS rules which will reflect that intent. Memorandums dated September 25, 1986 and March 15, 1987 were disseminated to explain these changes and to attempt to clarify the intent. The USS Swimming Rules Committee met on June 6/7, 1987 and, to conform to FINA, has adopted the attached language as the official USS rule for the long course breaststroke. In accordance with Section 514.1.1A of the USS Swimming Rules, it is effective immediately for all long course competition. Conforming language for USS short course competition has been prepared and will be submitted to the House of Delegates for approval.

The new wording of the long course breaststroke rule is drawn to comply with the intent of FINA to require that the head must break the surface at least once each cycle. It further clarifies, however, the following:

1. A "cycle" consists of one arm stroke, and one leg kick, in that order. This would disallow a sequence such as pull-kick-kick-pull or a cycle which started with a kick.
2. The swimmer's head must break the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch and the finish.

Anyone having questions regarding the breaststroke may contact Rules Committee member Ross Wales for further clarification.

William A. Lippman, Jr.
Chairman, United States Swimming Rules Committee

USS
LONG COURSE BREASTSTROKE RULE

101.1 BREASTSTROKE

- .1 **Start**—The forward start shall be used.
- .2 **Stroke**—From the beginning of the first arm stroke after the start and after each turn the body shall be kept on the breast and both shoulders shall be in line with the water surface. The arms shall move simultaneously and in the same horizontal plane, without any alternating movement. The hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 **Kick**—All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- .4 **Turns**—At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall and the form prescribed in .2 above must be attained from the beginning of the first arm stroke.
 - A Short Course (Section not included in this changed rule)
 - B Long Course—Prior to the touch at the turn the shoulders shall be in line with the water surface.
- .5 **Finish**—At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast and the shoulders in line with the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch.

WAL *WAR*
JUNE 15, 1987



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

AUGUST 1987

IN THIS ISSUE: 1987-1988 Short Course Meets; Short Course National Top 16; New England Championship High Point Winners; Top Ten Corrections; National Age Group Top 16 Application; MA High School Up-Date; Safety Awareness in Coaching.....

CONGRATULATIONS TO: ALEX KOSTICH (BGC) and

JENNY THOMPSON (SSA)

for their outstanding performances at the
PAN-AMERICAN GAMES!!

PAN AM GAMES

THE BOSTON SUNDAY GLOBE AUGUST 16, 1987

Thompson, Kostich take titles

INDIANAPOLIS - She comes out of Dover, N.H. - that notable chlorine capital - and she answers to 'Young'un.' Jennifer Thompson is 14 years old, the youngest woman on the US swimming team here, young enough not to worry about who's standing on the adjacent block.

So her coaches sent her out last night to stop Costa Rica's Silvia Poll, who had croaked Americans in the 100 and 200 free and 100 back.

"Nobody put a lot of pressure on me to beat her," said Thompson, who did just that, winning the 50 free in 26.09. "They just said swim your best. Whatever you can do."

What Thompson did was beat Poll off the blocks and dispose of her halfway to the wall, winning by more than two-tenths of a second. The victory enabled the US team to win 27 gold medals, breaking the Pan Am record of 25 set by the Americans at Caracas four years ago.

"I've never won anything big," said Thompson, who'll enter high school next month. "I've always gotten second. So this is really good."

Better than good was Belmont's Alex Kos-

tich, who set a Pan Am mark of 15:20.90 in the men's 1500 immediately afterward. Kostich, who'll be a senior at Buckingham-Browne and Nichols this fall and competes for Bernal's Gators, shattered Brian Goodell's Pan Am mark by nearly four seconds and was never challenged by teammate Lars Jorgensen, who finished more than three seconds behind.

"I usually go out fast from the beginning and just try to hold on," said Kostich, who placed third in the event at the US nationals and has a good chance to make next year's Olympic team. "I just wanted to swim and get it over with."

Kostich's victory may have been expected, but Thompson's was the biggest of the week for the Americans. Nobody knew her a year ago, and she'd never heard of this meet. But after winning two golds (one in a relay) and a bronze this week, Thompson's no longer a New Hampshire kid with no name.

"I want you to know that when I'm teasing you," bronze medalist Jeanne Doolan told her, "I'm just kidding you."

- JOHN POWERS

The next meeting of the board of New England Swimming will be at 7 p.m. on Tuesday, September 8, 1987 (please note the change of date) at the Harvard Community Health Plan Building, Route 9, Wellesley, MA. The meeting will be in the first floor conference room.

MASSACHUSETTS HIGH SCHOOL SWIMMING UP-DATE:

The original Senate Bill 195 is now Senate Bill 1931 and has been substantially modified to give local school committees more control over Rule 19. Senate Bill 1931 will be out of third reading when the Senate reconvenes on September 21. Please write or call your Senator and Representative before September 21 to urge their support of Senate Bill 1931.

This spring the MIAA's Ad Hoc Committee on Swimming recommended a three-hour rule which would allow a high school swimmer to practice up to three hours a day with any combination of practice time with a high school team and an outside team. For example, if the high school team practices two hours a day, the swimmer may also practice another hour a day with an outside team. The MIAC voted to accept this recommendation. The three-hour rule for swimmers is now an MIAA regulation and will be in effect this fall.

CONGRATULATIONS TO: ALL THE HIGH POINT WINNERS AT NEW ENGLAND LONG COURSE CHAMPIONSHIPS!**New England Senior Championships:**

Individual	:	1.	JENNY THOMPSON	SSA	JAMES SWEENEY	EGSC
		2.	MISSY HOY	CAST	ALEX KOSTICH	EGSC
		3.	COURTNEY CHUBB	EGSC	SCOTT JAFFEE	EGSC
Team	:	1.	EGSC			
		2.	SSA			
		3.	NEB			

New England Age Group Championships:

Eight and under:	:	1.	WENDY BROWN	CSSM	BRAD MANCINI	WSC
		2.	JAI ME CROSSCUP	NASY	COREY BLAKELY	EPBC
		3.	TOBEY GLAZIER	WYSL	JUSTIN FILIAULT	NEYB
9 and 10	:	1.	BERNADETTE SWEENEY	NSC	DYLAN ANDREWS	WEBC
		2.	AMANDA HALL	NEB	JUSTIN PUDLOSKI	EST
		3.	JEAN TODISCO	CAY	TODD MCDEEMOTT	NEB
11 and 12	:	1.	RACHEL DEVITO	EGSC	BRYAN STANLEY	EPBC
		2.	ADRIENNE BONNE	LYM	BRIAN FEHLAU	NEB
		3.	HEATHER MONTANARO	LRAC	ANDREW WHITNEY	PAC
13 and 14	:	1.	LARISSA HEROLD	SSA	JIM MCGINNIS	EGSC
		2.	KARA KOULOUHERAS	NEB	OWEN BITTINGER	NEB
		3.	BRITT GREINER	NEB	VIJAY LATMI	NEB
			JULIE VEREY	PVAC		
15 to 18	:	1.	NOREEN SOLAKOFF	BCSY	ANDREW HALL	EGSC
		2.	COURTNEY CHUBB	EGSC	WAYNE SNELGROVE	EGSC
		3.	MISSY HOY	CAST	TOM PETERSON	EGSC

HEAD COACH WANTED: Aqua-Dux Swim Club, 90 member USS club based in Duxbury, MA. Excellent opportunity and salary. Contact Jane Fleming at 617-934-7451 or send resume to: Aqua-Dux Swim Club, P.O. Box 1611, Duxbury, MA 02332.

NATIONAL TOP 16 SHORT COURSE TIMES (as reported in Swimming World, August 1987):

10 and under:	KELLY GOULDSON	LYM	50 yard freestyle	27.43 (13)
11 and 12 :	LARISSA HEROLD	SSA	50 yard freestyle	25.38 (12)
			100 yard freestyle	54.56 (6)
			200 yard freestyle	1:58.62 (6)
			50 yard backstroke	29.14 (7)
			100 yard backstroke	1:02.89 (10)
			50 yard butterfly	56.85 (1)
			100 yard butterfly	1:00.16 (5)
			100 yard individual medley	1:01.87 (5)
			200 yard individual medley	2:12.25 (2)
	MEGAN LAMMON	CAST	100 yard backstroke	1:02.52 (5)
	LESLIE REPETTO	EGSC	100 yard breaststroke	1:10.70 (15)
	MICHAEL CARROLL	CSSM	200 yard freestyle	1:55.75 (16)
			500 yard freestyle	5:08.19 (13)
13 and 14 :	JENNY THOMPSON	SSA	50 yard freestyle	22.83 (1)
			100 yard freestyle	50.10 (2)
			200 yard freestyle	1:53.13 (16)
			100 yard backstroke	56.99 (2)
			200 yard backstroke	2:02.62 (1)
			100 yard breaststroke	1:05.67 (5)
			100 yard butterfly	56.96 (8)
			200 yard individual medley	2:05.93 (5)
	BARBARA BEDFORD	NCAC	100 yard backstroke	57.44 (3)
	TARA BOLIVAR	SAC	200 yard breaststroke	2:25.00 (12)
	ALISON KLINAKIS	SSA	100 yard butterfly	57.72 (14)
			200 yard butterfly	2:05.24 (12)
	200 MEDLEY RELAY	NEB	(Sherril Hanlon, Laura Zdyb, Britt Greineder, Kara Koulouheras)	1:56.01 (10)
	200 FREE RELAY	EGSC	(Laura Koerckel, Jennifer Jones, Jennifer Ashe, Jennifer Jackson)	1:42.50 (8)
	SEAN GOULDSON	LYM	500 yard freestyle	4:46.01 (8)
			1000 yard freestyle	9:50.43 (9)
	CHRISTOPHER HOLT	LRAC	1000 yard freestyle	9:53.85 (14)
	RAY CAREY	EGSC	200 yard butterfly	1:59.27 (11)
	200 MEDLEY RELAY	LYM	(Sean Gouldson, Joshua Blagg, Dustin Foster, Stephen Kozowyk)	1:47.45 (8)
	400 MEDLEY RELAY	EGSC	(Ray Carey, Andrew Rutherford, Jeremy Kovacs, Jim McGinnis)	3:51.68 (15)
	200 FREE RELAY	LYM	(Dustin Foster, Jeff Wicklund, Stephen Kozowyk, Sean Gouldson)	1:34.96 (5)
	400 FREE RELAY	LYM	(Dustin Foster, Joshua Blagg, Stephen Kozowyk, Sean Gouldson)	3:26.39 (5)
15 and 16 :	SARAH PERRONI	LRAC	50 yard freestyle	23.79 (13)
			100 yard freestyle	51.11 (7)
	HEIDI HANNENIAN	HYST	200 yard butterfly	2:04.12 (13)

	DAVID JOHNSON	EGSC	50 yard freestyle	21.44 (10)
			100 yard backstroke	52.09 (13)
			100 yard butterfly	50.19 (8)
			200 yard butterfly	1:49.69 (4)
	ALEX KOSTICH	EGSC	500 yard freestyle	4:32.83 (15)
	ETHAN SAULNIER	WESC	1000 yard freestyle	9:24.57 (13)
17 and 18	MISSY HOY	CAST	1000 yard freestyle	10:02.73 (15)
			1650 yard freestyle	16:41.19 (10)
	LOUISE GOVIN	CAST	200 yard individual medley	2:05.45 (15)
			400 yard individual medley	4:20.62 (5)
	400 FREE RELAY	EGSC	(Kristina Martin, Debbie Wilder, Roro DeLeo, Kate Zenda)	3:41.18 (6)
	LEWIS RUTHERFURD	EGSC	50 yard freestyle	20.52 (4)
			100 yard freestyle	44.95 (4)
			100 yard butterfly	49.53 (11)
	ALEX KOSTICH	EGSC	500 yard freestyle	4:23.31 (4)
			1000 yard freestyle	8:56.18 (2)
			1650 yard freestyle	15:02.63 (3)
			400 yard individual medley	3:55.21 (2)
	MATTHEW COUNTIE	EGSC	100 yard backstroke	51.06 (6)
	CHRIS KOVACS	EGSC	100 yard backstroke	51.64 (11)
	SCOTT JAFFEE	EGSC	100 yard breaststroke	56.96 (7)
			200 yard breaststroke	2:02.07 (7)
			400 yard individual medley	3:57.87 (8)
	400 MEDLEY RELAY	EGSC	(Matt Countie, Scott Jaffee, Lewis Rutherford, Alex Kostich)	3:26.39 (2)
	400 FREE RELAY		(Scott Jaffee, Matt Countie, Lewis Rutherford, Alex Kostich)	3:05.88 (1)

CHANGE OF DATE: Please note that the next meeting of the Board of New England Swimming will be on September 8, 1987 (not September 15).

DATES TO REMEMBER: October 17 : ANNUAL MEETING
 November 14-15: NES/USS FAMILY CLINIC
 November 22 : TOP TEN BANQUET

TOP TEN CORRECTIONS:

Please add two names to the list of Top Ten Swimmers: Josh Flata (WESC) and Stacy Belba (WYSL).

Please add to 9 and 10 Girls: Stacy Belba
 50 breaststroke (4 tie) 37.76 CAYJ
 100 breaststroke (7) 1:23.19 CAYJ

If there are more corrections, please send them to the office. The books have been mailed to all registered teams. If you would like to purchase a book, please send \$2.50 to the office. They also will be available at the Annual Meeting and at the Top Ten Banquet.

SHORT COURSE CALENDAR, 1987

- | | | |
|---------------------|--|--|
| Oct. 4, 11, 18, 25: | Bernal's Gator Swim Club
Senior "B" & Better Distance Meet
Harvard University
Allston, MA | Lois Koerckel
8 Abbott Drive
Andover, MA 01810
617-475-3645 |
| Oct. 31--Nov. 1 | Shawmut Aquatic Club "CBA"
Keefe Technical School
Framingham, MA
all events, cut by postmark | Steve Ostapower
P. O. Box 1292
Framingham, MA 01701
617-473-6852 |
| Oct. 30--Nov. 1 | Coastal Swim Club "B" "C"
Massasoit Community College
Brockton, MA
Schedule 11, 1650 (long events 13
and over; short events 12 and under) | Paul Miles
P. O. Box 297
Bryantville, MA 02327-
0297
617-746-6238 |
| Nov. 7--8 | Community Stars and Stripes Specialty
Medford High School
Medford, MA
freestyle and IM; 8 and unders | Maura Kearm
6 Robinson Road
Medford, MA 02155
617-391-9184 |
| Nov. 8 | Hampshire Regional YMCA Senior Develop-
ment
Smith College
Northampton, MA
200's and distance | Joyce Burrill
31 King Philip Avenue
S. Deerfield, MA 01373
413-665-3261 |
| Nov. 8 | Bat's Aquatic Training Team "B" "C"
Greater Lawrence Vocational Tech
Lawrence, MA
short events for all ages | Joe O'Neil
P.O. Box 18
Ward Hill, MA 01830
617-794-9389 |
| Nov. 14--15 | NES/USS Family Clinic | |
| Nov. 21--22 | Haverhill YMCA "B" "C"
Haverhill High School
Haverhill, MA | Mike Horgan
62 Jasper Street
Haverhill, MA 01830
617-373-1102 |
| Nov. 20--22 | Cape Ann YMCA Specialty and "B" "C"
Cape Ann YMCA
Gloucester, MA
6--10 specialty in a.m.; "B" "C" all
events for 12 and over in p.m. | Joe O'Neil
P. O. Box 18
Ward Hill, MA 01830
617-794-9389 |
| Nov. 27--29 | Hampshire Regional YMCA "A" "B"
Smith College
Northampton, MA
100's for all ages; 8 and unders | Joyce Burrill
31 King Philip Avenue
S. Deerfield, MA 01373
413-665-3261 |
| Nov. 27--29 | Bernal's Gator Swim Club "A"
Harvard University
Allston, MA
Trials and finals for Open; timed finals
for 14 and younger; cut by time except
for up to three out of district teams | Lois Koerckel
8 Abbott Bridge Drive
Andover, MA 01810
617-475-3645 |
| Nov. 28--29 | Seacoast Swimming Association "CBA"
Dover Indoor Pool
Dover, NH
cut by postmark; 8 and unders | Ann Fredette
2 Wallingford Street
Dover, NH
603-742-5153 |

SHORT COURSE CALENDAR, 1987 (continued)

- Dec. 5-6 : Nautilus Swim Club "A" "B"
Cape Elizabeth High School
Cape Elizabeth, ME
Don Richards
8 Sweet Fern Road
Cape Elizabeth, ME
207-799-5809
- Dec. 5-6 : New England Barracudas "C" "D"
University of Massachusetts
Boston, MA
distance event will be offered
Melissa Norton
29 Alcott Street
Acton, MA
617-263-0151
- Dec. 11-12: : North Country Aquatic Club "A" "B"
Dartmouth College
Hanover, NH
Christmas Classic--trials and finals
13 and over; timed finals 12 and un-
der; 400 IM, 500 Free, 1000 free
Anne Marie Brooke-Powell
Church Hall
Woodstock, VT 05091
802-457-3819
- Dec. 26 : Exeter Swim Team & Cape Ann YMCA
"Exeter Sprints"
Phillips Exeter Academy
Exeter, NH
short events for all
Joe O'Neil
23 East Side Street
Lawrence, MA 01841
617-794-9389
- Jan. 2-3 : Worcester Swim Club "A" "B"
Clark University
Worcester, MA
Joan Laracy
96 May Street
Worcester, MA
617-791-0657
- Jan. 9-10 : Brockton Community School YMCA "C" "B"
Brockton High School
Brockton, MA
Schedule II (long events 13 and over;
short events 12 and under); 8 and unders
P. Milbert
85 Legge Street
Bridgewater, MA 02324
- Jan. 9-10 : Community Stars and Stripes "A" "B"
Medford High School
Medford, MA
Schedule II (long events 13 and over;
short events 12 and under); 8 and unders
Maura Kearn
6 Robinson Road
Medford, MA 02155
617-391-9184
- Jan. 9-10 : Easthampton Barracudas "C" "E"
White Brook Middle School
Easthampton
Kathie Stewart
126 Strong Street
Easthampton, MA 01027

to be continued.....

AGE GROUPS: The New England Swimming Calendar Committee is still looking for bids for Age Groups. Several suggestions have been made for ways that a team or teams could run Age Groups.

The meet could be run with trials in two pools with finals in the evening in one pool. Another suggestion would be to have a session for 11 and 12 and 13 and 14 in the morning, a session for 10 and unders in the afternoon, and finals for 11 and 12 and 13 and 14 in the evening. A third option would be running Age Groups on two weekends with boys one weekend and girls the other.

The meet could be run by two (or more) teams working together. If a team or teams were willing to take on this responsibility but felt they could not fully staff the meet, New England Swimming would be willing to help in this area.

If you have any suggestions (or would like to bid), contact May Greineder 617-237-4277.

**SAFETY AWARENESS IN COACHING---David K. Robertson---Orlando, Florida
United States Swimming---Safety Awareness Weekend---May 15-17, 1987**

Three areas of concern for a Swimming Coach are the development of Health and Safety practices and the development of a good Program. The top priority being the Health and Safety of the people using the swimming pool. With this satisfied, the coach can more completely concentrate on developing a Program. Today we will deal with the concerns for Safety.

1. Formulate an Emergency Plan.
 - a. Develop a plan ahead of time.
 - b. Know what to do for all types of accidents
 - c. Have the plan so well thought out that actions can be automatic, so that immediate care can be given.
 - d. All emergency telephone numbers posted by the telephone.
 - e. Have the Emergency Plan written out and posted by the telephone and several other locations in the swimming pool.
2. Training is important (C.P.A.--First Aid--Safety)
 - a. Know what to do when you discover a person who is having trouble breathing, or when a person is not breathing at all.
 - b. Care of all injuries.
3. Analyze the facility for danger areas.
 - a. Water depth---shallow end, deep end, at the starting end, in the diving board area, configuration of the bottom of the pool.
 - b. Slippery areas---pool deck, locker and shower rooms, walkways.
 - c. Electrical outlets and methods of using electrical appliances. Do the pool and all outlets conform with all Safety Codes?
 - d. All equipment in good working order---Racing Lanes with no sharp floats or wires, Starting Blocks firm, All Diving Board equipment in order. Everything that needs repair is repaired immediately
4. Analyze activity dangers.
 - a. Diving into shallow water.
 - b. Running, Wrestling, Pushing and Shoving on the deck or in the shower and locker rooms.
 - c. Throwing kick boards.
 - d. Careless use of hand paddles and other equipment.
 - e. Flipping towels.
 - f. Diving Board Safety---one on the board at a time, one bounce, dive straight, on head first entries always have the arms together and straight.

5. Conduct a Team Safety Meeting

- a. **Emphasize: IN THIS SWIMMING POOL, WE ARE GOING TO HAVE FUN, BUT WE ARE GOING TO HAVE SAFE FUN!!!**
- b. **Enlist the support and leadership of the swimming team.**
 1. **Explain that the Swim Team members are the best swimmers using the pool, and are the logical people to serve as student assistants (Pool Leaders).**
 2. **Because the team is in the pool so many hours each week, the swim team should realize that it is possible that they could become an accident victim, if there are unsafe safety practices permitted.**
 3. **The swimming team must know the coach's Emergency Plan.**
 4. **The swimming team must know the Danger Areas.**
 5. **The swimming team must know the Danger Activities.**
 6. **The swimming team must know what to do when they see a potentially dangerous facility or activity problem developing.**

Everyone in United States Swimming must consider SAFETY as the number one priority. Pre-planning by coaches and other people in United States Swimming can establish safer ways of doing things. Regular inspections of all areas of the pool facility will head off potential problems. The development of a Swimming Team Leadership Group will broaden the base of people concerned with SAFETY and in the case of an accident or emergency, this leadership group can help with the situation. We must keep swimming fun.....safe fun!!!

NEW ENGLAND SWIMMING OFFICE

Mary Riddell
20 Cleveland Road
Needham, MA 02192

617-449-0270

Office Hours: Monday : 8:00 a.m.--noon
7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--noon



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

SEPTEMBER 1987

IN THIS ISSUE: Annual Meeting and Officials Clinic; New England Officials; Long Course 1987 Outstanding Swimmers and Top Ten Swimmers; Banquet Reservation Form; Junior National and Senior National Swimmers; Registration for Coaches.....

CONGRATULATIONS to TIM MURPHY (coach New England Barracudas) who was elected Junior Coaches' Representative by the coaches at Age Groups.

REGISTRATION INFORMATION: ALL REGISTRATION WILL NOW BE DONE THROUGH THE NEW ENGLAND OFFICE. Registration materials, including the computer printouts, will be available for each club at the Annual Meeting. Please plan to attend.

ATTENTION ALL COACHES:

Complete information concerning the 1988 Coach Membership Program will be mailed to all teams. It is important that all coaches on every New England Swimming team read this information.

Briefly, in order for a coach to register as a coach in 1988, the coach must show proof of training in both Cardiopulmonary Resuscitation (CPR) and First Aid. The courses which will fulfill these requirements were listed in the June newsletter and also will be listed in the mailing which all teams will receive.

The 1988 non-athlete membership application form for coaches includes a section for verification of CPR and First Aid. In this space, the membership chairman will indicate that the coach has provided proof of the necessary training.

USS member coaches who provide proof of training will receive a blue membership card. All other non-athlete members will receive a red card indicating membership in United States Swimming.

DATES TO REMEMBER: OCTOBER 17 : ANNUAL MEETING
NOVEMBER 14--15: FAMILY CLINIC
NOVEMBER 22 : TOP TEN BANQUET

The next meeting of the Board of New England Swimming will be on Tuesday, October 6, 1987 at 7 p.m. at the Harvard Community Health Plan Building on Route 9, Wellesley, MA.

OUTSTANDING SWIMMERS, LONG COURSE, 1987

EIGHT and under

WENDY BROWN	CSSM	COREY BLAKELY	EPBC
JAIME CROSSCUP	NASY	GREGORY CARDILLO	CAST
TOBEY GLAZIER	WYSL	FASON FALCONER	WYSL
ERIN HOWARTH	UN	JUSTIN FILIAULT	NBYB
ALLISON VENDT	SCS	BRAD MANCINI	WSC

9 and 10

AMANDA HALL	NEB	DYLAN ANDREWS	EPBC
AMANDA HOLLIS	LRAC	CHARLES BARNES	LRAC
ERIKA MEANY	CAY	DANIEL BLOUIN	EST
BERNADETTE SWEENEY	NSC	TODD MCDERMOTT	NEB
JEAN TODISCO	CAY	JUSTIN RUDKOWSKI	EST

11 and 12

ADRIENNE BONNE	LYM	BRIAN FEHLAU	NEB
RACHEL DEVITO	BGSC	CHRIS GAHAN	PAC
ELIZABETH KOTCH	ABF	BRYAN STANLEY	EPBC
MAGAN LAMMON	CAST	GENE SUTHERLAND	CAY
HEATHER MONTANARO	LRAC	ANDREW WHITNEY	PAC

13 and 14

LARISSA HEROLD	SSA	OWEN BITTINGER	NEB
ALISON KLINAKIS	SSA	RAY CAREY	BGSC
LAURA KOERCKEL	BGSC	STEPHEN KOZOWYK	UN
LESLIE REPETTO	BGSC	BRIAN LIVINGSTON	SSA
JENNY THOMPSON	SSA	JIM MCGINNIS	BGSC

15 and 16

CHRISTINE AGNEW	PVAC	SCOTT FRASER	NEB
JILL COMEAU	SSA	CHRIS HOLT	LRAC
HEIDI HANNENIAN	SSA	BEN MCBRIDE	LRAC
AMY VAN AKEN	BGSC	STEPHEN ROOT	PVAC
BETHANY WILLISTON	NEB	WAYNE SNELGROVE	BGSC

17 and 18

COURTNEY CHUBB	BGSC	SCOTT JAFFE	BGSC
LOUISE GOUIN	CAST	DAVID JOHNSON	BGSC
MISSY HOY	CAST	ALEX KOSTICH	BGSC
ANNE KOERCKEL	BGSC	TOM PETERSON	BGSC
NOREEN SOLAKOFF	BCSY	JAMES SWEENEY	BGSC

OPEN

JILL COMEAU	SSA	SCOTT JAFFE	BGSC
HEIDI HANNENIAN	SSA	DAVID JOHNSON	BGSC
MISSY HOY	CAST	ALEX KOSTICH	BGSC
ANNE KOERCKEL	BGSC	LEWIS RUTHERFURD	BGSC
JENNY THOMPSON	SSA	JAMES SWEENEY	BGSC

1987 New England Family Clinic

United States Swimming, in coordination with New England Swimming, is cordially inviting the members of the New England Swimming community to participate in a Family Clinic that will be held on Saturday and Sunday, November 14 and 15. The workshop will be held at the Days Inn in Newton, Massachusetts (exit 22 on Rte. 128).

It is expected that the clinics will run from 9:00 a.m. until 4:00 p.m.

The clinic will include presentations by:

John Leonard.....Director, American Swim Coaches Association
"Education, Certification, Cooperation"

Jackie Berning.....U.S. Swimming Nutrition Consultant; Responsible
M.S., R.D. for all USS National Team training menus

John Troup.....Director of Sports Medicine, USS; Oversees all
Ph.D. program aspects including research and technology

Sally Troup.....Local Services Coordinator, USS; Handles insurance,
safety and education.

Athlete.....A member of the US National team will be present
to relate his/her experiences.

A registration form is enclosed for your convenience, please feel free to copy, but one form for each registrant please.

Please return one registration form per person to:

Den Rhinchart
230 Meeting St.
Box 152
Providence, Rhode Island 02906

Please enclose the appropriate registration fee with form. Make checks payable to New England Swimming Inc.

COACH.....\$15.00

PARENT.....\$10.00

ATHLETE.....\$10.00

Please note: This clinic will be limited to the first 300 registrants and will be "cut" by postmark. Registrations are due by November 2, 1987. Registrations will NOT be accepted at the annual meeting.

ROOMS: We do have some rooms available at the special rate of \$55/\$65 (single/double) at the Days Inn at Newton, Ma. (617-969-5300).

Registration Form

NAME _____

ADDRESS _____

PHONE NUMBER _____ (O) _____ (H)

CLUB AFFILIATION _____

CATEGORY: COACH PARENT ATHLETE

ANNUAL MEETING

SATURDAY, OCTOBER 17, 1987

The Annual Meeting of New England Swimming will be held on Saturday, October 17, 1987 at the Farley Middle School, Framingham, MA.

- 9:30 a.m. Registration and coffee
- 10:00 a.m. Annual Meeting and Election of Officers
- 12:00 noon Registration Clinic
- Meet Manager's Seminar (required of all teams hosting meets)
- Coaches' Meeting

- * Certification and Re-certification Clinic for Officials
 - *(This meeting is scheduled for three hours and will begin immediately following the Annual Meeting if the meeting is over before noon.)

Please bring a lunch if you plan to spend the day. New England Swimming will provide coffee and soda.

We would like to encourage all members of the New England Swimming community to attend the Annual Meeting. However, each Club has only one vote. Please be ready to designate your delegate when you register at the door. Anyone who is a voting delegate must be a registered member of United States Swimming.

DIRECTIONS: Farley Middle School is located just off Route 126 about $\frac{1}{2}$ mile south of Route 9. From Route 9 take Route 126 toward Framingham. Continue on Route 126 past the Court House and one light. Take a right onto Normandy Road (next to the National Guard Armory). The Farley School is the last building on the right on Normandy Road, and the main entrance is on Normandy Road.

.....Officials Clinic.....

For : All new officials
 Officials wishing to up-grade their present certification
 Officials desiring re-certification.

When: Immediately following the Annual meeting
 October 17, 1987

For further information, call Pat Peterson 256-7342

.....

REGISTRATION for OFFICIALS CLINIC

Name: _____

Level of certification desired _____

**Return this form to Pat Peterson
 29 Sandra Drive
 Chelmsford, Ma 01824**

JUNIOR NATIONALS:

CONGRATULATIONS to: ANNE KOERCKEL (EGSC) who placed first in the 200 meter breaststroke.

New England Swimmers who swam in finals included:

EGSC: KRISTINA MARTIN, RORO DELEO, ANNE KOERCKEL, LYNN KELLEY, ANDY HALL, TOM PETERSON,
DAVID JOHNSON

MAST: MISSY HOY NEB: ETHAN SAULNIER

SSA: JILL COMEAU

New England Swimmers who swam in consolations included:

EGSC: LAURA KOERCKEL, BETH DONOVAN, COURTNEY CHUBB, DAVID WILKINS

MAST: KARYN WARD PVAC: CHRISTINE AGNEW

SSA: HELDI HANNENIAN, ALISON KLINAKIS

Participating in individual events were:

EGSC: MAUREEN MONAHAN, AMY VAN AKEN, PAIGE MORGAN, KATE ZENDA, KIM SHIRE, LESLIE
REPEPPO, DEBBIE WILDER, DAVID MAINEN, KURT KENDAL, RAY CAREY, WAYNE SNELLGROVE

MAST: TROY HOSMER, SUE PERGOLA HRY: ROGER KENNEDY

LRAC: KRISTY JUSTAL, SARAH PERRONI, KAREN CROSSMAN, BEN MCBRIDE, CHRIS HOLT, ROGER
NIENHUIS

NCAC: BARBARA BEDFORD NWSG: JENNIFER BURNS

NEB: LAURA CLAVADETSCHER, ANN MARIE GUGLIELMI, SCOTT FRASER, ANDREW SAULNIER

PVAC: STEPHEN ROOT SAC: TARA BOLIVAR

SSA: MATT CARRIGO, DEAN FREDETTE, BRIAN LIVINGSTON

Joining their team mates on relays were:

EGSC: TOM GRAHAM, DAVID MCGINNIS, JIM MCGINNIS

LRAC: LORI GEISLER, CHRISTINE McDONALD, GAYLORD GARROWAY

NEB: ANDREW MCMORROW SSA: TARA MCGARR, MIKE BAGSHAW

SENIOR NATIONALS:

Representing New England Swimming in finals were:

EGSC: ALEX KOSTICH, SCOTT JAFFE

SSA: JENNY THOMPSON

Swimming in individual events were:

EGSC: SYBIL SMITH, MEGAN BRASNAHAN, CAROLYN RYDER, DAVID JOHNSON, CHRIS KOVACS,
JOHN PERSON, JAMES SWEENEY, JEFF KELLEY, LEWIS RUTHERFURD

MAST: LOUISE GOUIN LRAC: SARAH PERRONI

NCAC: BARBARA BEDFORD SAC: TARA BOLIVAR

SSA: HELDI HANNENIAN

CORRECTIONS FOR TOP TEN: Please add the following swimmers to the Top Ten list--

SSA: Dustin Foster, Jeff Wicklund

NATIONAL AGE GROUP TOP 16 ADDITION: SEAN GOULDSON (LYM) should be listed as 8th in
the 13 and 14 1650 yard freestyle.

TOP TEN SWIMMERS--LONG COURSE, 1987

- ABF: Wendy Thorpe, Elizabeth Kotch, Nicole Sprague
- .DSC: Mike Scarbo, Rob Wiley, Paul Long
- BCSY: Denise Murray, Patricia Solakoff, Brian Cameron, Noreen Solakoff
- BGSC: Matthew Wright, Laura Costello, Jonathan Quimby, Rachel Devito, Ann Tarantino, Michelle Graham, Max Kay, Jeremy Quimby, Andre Koerckel, Laura Koerckel, Jenn Jones, Leslie Repetto, Maura Riley, Jim McGinnis, Brian Thomas, Khari Milner, Quentin Topping, Pay Carey, Mike Tarantino, Lunn Kelley, Amy Van Aken, Katrina Lundstedt, Kirsten Blomberg, Paige Morgan, Vicki Camelio, Melissa Reilly, Heidi Paskowski, Nikki Shire, David Mainen, David McGinnis, Wayne Snellgrove, Jeremy Kovacs, Daniel Schar, Courtney Chubb, Evelyn Price, Beth Donovan, Maureen Monahan, Debbie Wilder, Roro Deleo, Anne Koerckel, Kristina Martin, Kate Zenda, Julie McClellan, Andrea Wight, Kim Shire, Lewis Rutherford, David Johnson, Kurt Kendall, Frank Han, Matt Countie, Tom Graham, Chris Osborn, Bob Stevenson, David Wilkins, James Sweeney, Alex Kostich, Scott Jaffe, Andy Hall, Tom Peterson, Steve Hogarty, Brett Lieberman, Chris Kovacs, David Caplan, Bob Martinage, T. J. Foley, Gregg Doyle, Keoki Jackson, Sybil Smith, Megan Bresnahan, Carolyn Ryder, Kelly Taber, John Pearson, Tom Perelas, Marcos Fernandes, Jeff Kelley
- BYB: Rachel Enos, Rebecca O'Reilly, Jessica Zeuli
- CAST: Gregory Cardillo, Nickolas Bailey, Andrew Cardillo, Alex Lai, Oliver Shaw, Megan Lammon, Nicole Gatto, Wendy Comey, Jason Heiselmeyer, Susan Pergola, Marc Richard, Linda Cleary, Meri Gilson, Troy Hosmer, Missy Hoy, Louise Gouin, Karyn Ward
- CAY: Jean Todisco, Erica Meany, Susan Herrick, Joey Ramsey, Chris Fountain, Kirsten Watters, Gif Laroe, Jason Gray, Mark Dewan, Erik Swartz
- SC: Sara Masi, Eric Schneider, Kelly Hallett, Eva Cardoza, Ron Zuwallack, David Govoni
- CM: Kristin Lozeau, Ethan Crosby
- CSC: Allison Vendt, Beth Dunn, Lori Miller, Lauren Conway, Danielle Price, Dianne DiLorenza, Jeff Brust, Derck Nelson, Jay Craft, Ward Lowe, Mike Vannatta
- CSSM: Wendy Brown, Danielle Peluso, Bernie Keane, Denis Penachio, Scott Manahan, Julie Dempster, Mike Carroll, Bob Holt
- EB: Jamie Parent, Jeff Lamothe
- EPBC: Corey Elakely, Jared Figenira, Dylan Andrews, Bryan Stanley
- EST: Kylie Currier, Michael Conti, Nicole Ciancarelli, Justin Pudlowski, Daniel Blouin, Samantha Briggs, Keith Getchell, Matt Carrico
- GBSC: Ian Calender, Matt McAuliffe, Mike Holland
- GMSC: Jennifer Perkins, Heather Thompson
- HRY: Noah Girard, Laura Guan, Terri Stewart, Shelly Bronson, Kristin Miles, David Nicholson, Chris Parent, John Hurley, Jonah Goldsmith, Roger Kennedy
- KCY: Andrew Knutton, Robert Ard
- LRAC: Damien Santoro, Chris Barnes, Anne Iacobucci, Amanda Hollis, Charles Barnes, Anthony Santoro, Heather Montanaro, Chris Dockray, Chris Nerney, Lori Geisler, Kimberly Ho, Muffy Merrick, Wendy Lamontagne, Ron Gagne, Jason Bois, Eddie Vilandrie, William Fitzpatrick, Christine McDonald, Amy Clark, Sarah Perroni, Kristy Uustal, Vanessa Gibbons, Jim Berry, Vincent Ho, Ben McBride, Marc Bonnet-Eymard, Chris Holt, Scott Reed, Laura Iacobucci, Karen Crossman, Roger Nienhuis, Eric Hecker, Gaylord Garroway, Bob Berry
- LYM: Heather Donahue, Arianne Bonne

- MSSC: Monique Rioux, Jenny Therrien, Tara Pauluaskas, Mike Shaughnessy, Katie Shaughnessy, Ryan Provencher, Eric Jones
- NASY: Jaime Crosscup, Erica Allen, Meg Cosier, Todd Kremen, Christian Avard
- NBYB: Justin Fliault, Stephanie Glogowski
- NCAC: Laurel Bernini, Susan Kresel, Josh Bristaw, Barbara Bedford, Corey Murphy
- WNB: Michelle McWeeney
- NSC: Bernadette Sweeney
- NEB: Julie Harrington, Andria Iadonisi, Amanda Hall, Erika Ewers, Shannon McCarthy, Todd McDermott, Josh Plati, Margaret Rielley, Sherri Beck, Stephanie St. Onge, Brian Fehlan, Alex Cunha, James Lawrence, Chip Haberstroh, Randy Yang, Stephen Korbly, Colin Greineder, Karen Haberstroh, Kara Kouleheras, Tammy Poirier, Britt Greineder, Laura Zdyb, Kevin Bauer, Owen Bittinger, Vijay Lathi, Sheri Hanlon, Donna Sullivan, Meta Hobson, Becky Paige, Laura, Clavadetscher, Anne Whitman, Amy Patterson, Bathany Williston, Sherri Turner, Chris Barrett, Dinesh Lathi, Chris Lewter, Marc Broudy, Tim Nubar, Scott Fraser, Rene Holtzman, Sally White,, Ann Marie Guglielmi, Kate Thoman, Marc Levarn, Andrew McMorror, Ethan Saulnier, Andrew Saulnier, Scott Latch, Jacob Kister, Corey Burse, Alex Thoman, Ingrid Herskind, Wendy Reinharit
- NWSC: Ellen Martin, Kathy Luz, Jennifer Burnas
- PAC: Clyde Board, Michelle Labrie, Kristin Nagle, Mike O'Connor, Colleen Carlton, Hannah Edgewood, Heather Tobin, Chris Gahan, Andrew Whitney, Todd Whitford, Mark Disalvo, Jeff Roy, Jodi Shaw
- SAC: Carmen Trombini, Kate Riddell, Karyl Brewster, Tara Bolivar, Anne Ciccarelli, Sue Gorski, Charlie Hince
- SEA: Beth Dezotell, Heather McNulty, Kristan Gately, Alicia Keenan, Fred Burke, Marcia Cardinale, Cathy Buckley
- SSA: A. Belanger, Patrick Curry, Ted Mantos, D. J. Haskins, Debby Palmer, Jennifer Ivery, Ryan Harmon, Jeff Graves, Jenny Thompson, Larissa Herold, Alison Klinakis, Nate Curry, Brian Livingston, Danny Bailey, Jill Comeau, Heidi Hannenian, Kim Gittlein, Tara McGarr, Amy Palmer, Sabrina Belanger, Laure Burnham, Stephanie Westcott, Scott Herrick, Dean Eredette, Jason Seaver, Clem Whaling, Becky Palmer, Bobby McGarr, Jerry Bailey, Mike Bagshaw, Scott Seaver, Aaron Thomson, Albert Price
- TRIV: Robin Mullen
- WHAC: Kim Fridlington
- WYSL: Tobey Glazier, Becky Gottlieb, Jason Falconer, Kathleen Hodge, Jessica Lee, Heather Saunders, Sandy Sheridan, Tom Scheinfeldt, Heidi Mogavero
- WSC: Brad Mancini, Michael Abasciano, D. J. Mancini, Ryan Parkinson, Kyle Laracy
- UN: Erin Howarth, Lael Byrnes, Felicia Sexsmith, Jenn Lamontagne, Erik Dainiak, Stephen Kozowyk, Tom Hamilton, Craig Jakubek, Derrick Hansen, Steve Carroll

NEW ENGLAND SWIMMING
% Mary Riddell
20 Cleveland Road
Needham, MA 02192
617-449-0270

OFFICE HOURS:

Monday : 8:00 a.m.--2:00 p.m.; 7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--2:00 p.m.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

OCTOBER 1987

IN THIS ISSUE: Continuation of the Short Course Meet Calendar; Age Group Cuts; Senior Cuts; Silver Championship Cuts; New England Eight and under "A" and "B" times; Massachusetts High School Info; New New England Policies; Annual Meeting; New Board Members...

REGISTRATION: All teams have been sent their registration packets. All registration material should be sent to the New England Office.

DATES TO REMEMBER: NOVEMBER 14-- FAMILY CLINIC (reservation deadline--November 7)

Please note that the Family Clinic will be held on one day only, Saturday, November 14, 1987 from 9 a.m. to 5 p.m. A complete listing of all seminars and events has been sent to all teams.

NOVEMBER 22--TOP TEN BANQUET (reservation deadline--November 9)

For more information, contact the office. Reservation forms were printed in last month's Newsletter Plus.

ANNUAL MEETING:

Over 90 coaches, parents, and board members, representing 39 New England Swimming teams, attended the Annual Meeting on October 17, 1987. Additional representatives were at the coaches meeting and meet managers' seminar in the afternoon. Over 60 officials attended the certification and recertification clinic!

Although the attendance this year was higher than in recent years, we would like to have 100% of the New England teams represented. Please let us know if there is a more convenient time or format that you would prefer.

NEW ENGLAND SWIMMING OFFICERS FOR 1987--1988:

CHAIRMAN	:	ROBERT FREDETTE
ADMINISTRATIVE VICE CHAIRMAN:	:	PAT PETERSON
TREASURER	:	FRANK TARANTINO
RECORDING SECRETARY	:	DONNA BROWN
SENIOR CHAIRPERSON	:	MIKE PARRATTO
AGE GROUP CHAIRPERSON	:	MAY GREINER

The next meeting of the Board of New England Swimming will be on Tuesday, November 10, 1987 at 7 p.m. at the Harvard Community Health Plan Building, Route 9, Wellesley, MA.

There are several items which have been recently passed by the New England Swimming and the Technical Committee which were available for discussion at the Annual Meeting:

QUALIFICATION PERIOD FOR CHAMPIONSHIP MEETS: The qualification period for cuts for championship meets in 1987--1988 will be from September 1, 1987 except for the 800 and 1500 meter freestyle which would be from May 1, 1987. (Passed by the New England Swimming Board, September 8, 1987.)

DISQUALIFIED RELAYS: If a relay is disqualified in trials, no member of that relay may participate in that event in finals. (Passed by the Technical Committee, September 30, 1987.)

VERIFICATION PACKETS: A verification packet must be turned into the verification table at all championship meets before a team is allowed to swim. (Passed by the Technical Committee, September 30, 1987.)

REIMBURSEMENT POLICY: The reimbursement policy for national championships in 1988 will be: A New England swimmer who swims an individual event at Junior Nationals will be reimbursed \$100; a New England swimmer who swims an individual event at Senior Nationals will be reimbursed \$200. A swimmer who places in the top 16 in one or more individual events will receive an additional \$50. (Passed by the New England Swimming Board, October 6, 1987.) (Only the amount of the reimbursement has changed. The requirement that a swimmer must participate in three New England sanctioned calendar meets and must request the reimbursement has not changed.)

MEET FEES: Meet fees as of May 1, 1988: will be as follows:

C and B meets: \$1.50 per individual event (30¢ surcharge); \$3.60 per relay

A meets : \$2.00 per individual event (45¢ surcharge); \$4.60 per relay

Trials and

finals meets: \$3.00 per individual meet (45¢ surcharge); \$6.60 per relay

(Passed by the New England Swimming Board, October 6, 1987; ratified by the Annual Meeting, October 17, 1987.)

TEAMS REPRESENTED AT THE ANNUAL MEETING:

Attleboro Blue Fish
 Aquadux Swim Club
 Andover-North Andover
 Belmont Aquatic Team
 Brockton Community School Y
 Bernal's Gators
 Beverly Y
 Cape Ann Y
 Community Stars and Stripes
 Concord Y
 Cumberland Lincoln Boys Club
 Danvers Y
 Easthampton Barracudas

East Providence Boys Club
 Exeter Swim Team
 Fall River Y
 Greater Boston
 Greenwood Memorial
 Hanscom Swim Team
 Haverhill Y
 Hampshire Hills
 Hampshire Regional Y
 Lincoln Squabs Boys Club
 Lake Champlain
 Lowell Boys' Club
 Little Rhody

Manchester Star Fish
 Merrimack Valley Pirates
 Martha's Vineyard
 New England Barracudas
 Nautilus Swim Club
 Portsmouth Aquatic
 Pioneer Valley
 Seacoast
 Shawmut
 Triton Swim Team
 Whitinsville Blue Dolphins
 Worcester Girls' Club
 Worcester Swim Club

TOP TEN: Our apologies to PVAC. The following PVAC swimmers were omitted from the Top Ten List: Jerome Leslie, Tanny Duchesne, Tricia Turner, Ashley Cole, David Laporte, Julie Versey, Maria Kosiol, Paul Mikuszewski, Dan Kim, Christine Agnew, Malissa Harris, Stephen Root, Keith McFarland, Lynn Trelease

NEW ENGLAND SWIMMING BUDGET FOR 1988, as passed by the Annual Meeting:

INCOME

Registration	
Athlete	\$ 96,000
Club	7,500
Adult	10,000
Sanction fees	2,000
Meet Surcharges	15,000
Athlete Surcharges	1,500
Newsletter	1,700
Top Ten/Records	450
Seed Cards	1,000
Swim-a-thon	2,000
Miscellaneous	2,000
Transfer from Savings	2,900
	<u>\$ 142,050</u>

EXPENSES

USS Registration	
Athlete	\$ 74,000
Club	5,250
Adult	10,000
Office	
Salary	7,000
Petty Cash	3,300
Telephone	1,400
A B Dick	1,000
Convention	1,500
Safety	2,000
Registration	600
Meetings	1,000
Officials	900
Championships	800
Legal/Accounting	700
Athlete Support	
JO/SN Subsidies	19,000
Zones	7,000
Banquet	600
All Athlete Fund	6,000
	<u>\$ 142,050</u>

NEW ADDRESS:

NORTH SHORE PIRANHAS

Joe Shore
Marblehead Jewish Community Center
22 Community Road
Marblehead, MA 01945

NSP

BELMONT AQUATIC TEAM

Martin Beall
825 Concord Avenue
Belmont, MA 02178

BA

NEW TEAM:

LOWELL BOYS' CLUB

Richard Dion
657 Middlesex Street
Lowell, MA 01851

LOBC

KREWE DOLPHINS SWIM TEAM

Miane Heydt
Keene State College
Main Street
Keene, NH 03431

GENERAL VERMONT WAVE MAKERS

Cynthia Smith-Tittle
Webster Road
Roxbury, VT 05669

CVWM

CHANGE OF NAME AND ADDRESS:

NEWBURYPORT TOWN FORT PIRATES

13 Market Street
Newburyport, MA 01950

ADDRESS CORRECTIONS: New Wave Swim Club's address is 62 Geard Lane.
Valley Gators Swim Club's zip code is 05101.

The Commonwealth of Massachusetts

In the Year One Thousand Nine Hundred and Eighty-Seven.

AN ACT RELATIVE TO STUDENT PARTICIPATION IN SCHOOL AND NON-SCHOOL SPORTS.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

- 1 Chapter 71 of the General Laws, as appearing in the 1984
- 2 Official Edition, is hereby amended by inserting the following new
- 3 section: —
- 4 Section 88. Right of Students to Receive a Waiver in Order
- 5 to Participate in School and Non-school Sports.
- 6 Any student of a public or non-public high school may be
- 7 eligible to apply and receive a waiver to allow said student to
- 8 participate in a sport at any time other than during a regularly
- 9 scheduled school practice or competition without thereby
- 10 becoming ineligible to participate in such sport under the auspices
- 11 of his/her school during the regular scholastic season provided
- 12 that the following conditions shall apply to said waiver:
- 13 a) a student may only receive one waiver during a single sports
- 14 season per school year.
- 15 b) at the start of the high school season and upon the
- 16 recommendation of the student's school principal, the student
- 17 shall present to the local school committee a waiver request signed
- 18 by his/her parent, guardian, or custodian and also a physician's
- 19 certificate of approval;
- 20 c) the school committee may grant the waiver if they determine
- 21 the student has maintained an outstanding academic record in the
- 22 last grading period, and is presently maintaining an outstanding
- 23 academic record.
- 24 1) outstanding academic record shall be determined by a B
- 25 grade average or its equivalent;
- 26 d) the waiver may be revoked if at any time the student is not
- 27 maintaining an outstanding academic record.
- 28 Participating in a sport by a student may include informal play

1987]

SENATE — No. 1931

3

- 29 or practice, participation in an instructional program, clinic, or
- 30 camp, or participation in organized amateur competition,
- 31 including, but not limited to, intramural play, and competition
- 32 conducted under the auspices of the national governing body of
- 33 the sport or any of its divisions or affiliates, includes state
- 34 affiliates, or conducted under the auspices of a church, civic, or
- 35 fraternal association or organization, veterans' organization,
- 36 athletic club or association, booster, social, or private club,
- 37 municipal recreation department, business or other organization,
- 38 agency, or entity promoting amateur athletics on a national,
- 39 regional, state, or community level.
- 40 No student in any public or non-public high school shall be
- 41 denied the right to participate under the auspices of his/her school
- 42 in a sport of a varsity, junior varsity, reserve or class level, or to
- 43 participate in such sport in which a waiver has been granted in
- 44 inter-scholastic competition, including regular season, post-
- 45 season, tournament, and championship play, on the ground that
- 46 the student with a waiver has within the same twenty-four hour
- 47 period participated in a sport both under the auspices of his/her
- 48 school and outside his/her school.
- 49 No public or private school athletic association, or other public
- 50 or private agency or organization exercising authority over
- 51 scholastic sports, shall impose or threaten to impose any sanction
- 52 on a public or non-public high school, school administrator,
- 53 athletic director, teacher or coach, or on a school team or
- 54 individual student, on the ground that a student with a waiver
- 55 has participated in a non-school sport.
- 56 Any school committee may choose to reject the provisions of this
- 57 bill by an affirmative vote of said school committee.

ATTENTION MASSACHUSETTS SWIMMERS!

Senate Bill 1931 is in third reading in the Senate.
PLEASE call and write your State Senator and URGE
your Senator to request that Senate Bill 1931 be
moved out of third reading.

SHORT COURSE CALENDAR, 1987-1988 (continued from the August Newsletter)

Omitted from the calendar published in August:

Jan. 3 : Beverly Y Barracudas Sprint Meet
Beverly YMCA
Beverly, MA

Don Gallant
254 Essex Street
Beverly, MA 01915
617-927-6855

Continued from the calendar published in August:

Jan. 16-17 : Belmont Aquatic Team B (C)
Minuteman Technical School
Lexington, MA

James Flood
63 Benjamin Road , 3rd
Belmont, MA 02178 floor
617-489-3148

Jan. 23-24 : Haverhill YMCA Swim Team B (C)
Charles White Pool,
Haverhill High School
Haverhill, MA

Mike Horgan
62 Jasper Street
Haverhill, MA 01830
617-373-1102

Jan. 23-24 : Hampshire Regional YMCA B (C)
Hampshire Regional YMCA
Prospect Street
Northampton, MA
8 and unders

Joyce Burrill
31 King Philip Avenue
S. Deerfield, MA 01373
413-665-3261

Jan. 30-31 : Beverly YMCA Barracudas B (A)
Beverly YMCA
Beverly, MA
1650 offered

Don Gallant
254 Essex Street
Beverly, MA 01915
617-927-6855

Jan. 29-31 : Bernal's Gator Swim Club National Quali-
fication Pool,
Harvard University
Allston, MA

Lois Koerckel
8 Abbot Bridge Drive
Andover, MA 01810
617-475-3645

Feb. 6-7 : Shannut Aquatic Club C (B)
Keefe Technical School
Framingham, MA

Sue Bolivar
25 Mill Street
Framingham, MA 01701
617-877-5076

Feb. 6-7 : Portsmouth Aquatic Club A (B)
Portsmouth Indoor Pool
Portsmouth, NH
8 and unders

Wendy DiSalvo
P. O. Box 1357
Portsmouth, NH 03801
603-431-8331

Feb. 7 : Attleboro Bluefish Specialty Meet
Attleboro High School
Attleboro, MA
12 and under specialty meet

Betsy Thorpe
11 Woodcock Lane
Attleboro, MA 02703
617-222-2938

Feb. 13-14 : Community Stars and Stripes A (B)
Medford High School
Medford, MA
8 and unders

Maura Kearn
6 Robinson Road
Medford, MA 02155
617-391-9184

Feb. 19-21 : Coastal Swim Club Senior Qualifier
Massasoit Community College
Brockton, MA
Senior events, B cuts

Paul Miles
P. O. Box 297
Bryantville, MA 02327-0297
617-746-6238

Feb. 20-21 : Portsmouth Aquatic Club c (B)
Portsmouth Indoor Pool
Portsmouth, NH
8 and unders

Wendy DiSalvo
P. O. Box 1357
Portsmouth, NH 03801
603-431-8331

- Feb. 27--28 : Eight and Under Championships
Nautilus Swim Club
Cape Elizabeth High School
Cape Elizabeth, ME
Don Richards
8 Sweet Fern Road
Cape Elizabeth, ME
207-799-5809
- Mar. 5-6 : B through Age Group and Senior Cut Qualifier
undetermined at the present time
(There will be one qualifier only.)
- Mar. 5-6 : Bronze Championships
Hampshire Regional YMCA and Easthampton
Barracudas
White Brook Middle School
Easthampton, MA
Joyce Burrill
31 King Philip Avenue
S. Deerfield, MA 01373
413-665-3261
- Mar. 10-13 : New England Senior Championships
Bernal's Gator Swim Club
Blodgett Pool
Harvard University
Allston, MA
Lois Koerckel
8 Abbot Bridge Drive
Andover, MA 01810
617-475-3645
- Mar. 18-20 : Silver Championships
North Country Aquatic Club
Dartmouth College
Hanover, MA
Anne Marie Brooke-Powell
Church Hill
Woodstock, VT 05091
802-457-3819
- * Swimmers will not be able to qualify for
Age Groups at this meet!
- Mar. 24-27 : New England Age Group Championships
The site is undetermined at the present time,
but the weekend is definite.
- Mar. 22-26 : Senior Nationals
Orlando, FL
- Mar. 29-Apr. 2 : Junior Nationals
Tuscaloosa, AL
- Apr. 1-3 : Zone Meet
Buffalo, NY
- Dec. 20-22 : U.S. Open Swimming Championships
Justis Aquatic Center
Orlando, FL

TOP TEN BOOKS and RECORD BOOKS for Short Course 1986--1987 and Long Course 1987 are available through the New England Office for \$2.50 each. Please be sure to indicate what you are ordering when you send your check.

Reservations for the TOP TEN BANQUET are being received at a rapid rate. Please send your reservations as soon as possible as we may have to close reservations before the final date.

1987 AGE GROUP CHAMPIONSHIP TIMES

Female

yards	meters*
18.29	
42.39	46.39
1:38.39	1:53.69
23.39	0
51.59	1:02.39
24.39	
56.09	1:05.69
22.99	
1:00.79	1:03.49
1:48.99	

Male

8 and under	meters*	yards
25 freestyle		19.39
50 freestyle	47.79	45.39
freestyle	1:51.99	1:53.79
25 backstroke		25.79
50 backstroke	1:01.69	54.09
25 breaststroke		26.99
50 breaststroke	1:06.19	1:03.29
25 butterfly		27.29
50 butterfly	1:17.28	1:09.39
100 individual medley		1:58.79

NOTE: These yard times are for the Eight and under Championship only. There will be different yard times for entering Eight and under events during the Long Course Age Group Championships.

10 and under

31.39	36.09	50 freestyle	38.99	32.19
1:10.69	1:22.49	100 freestyle	1:25.99	1:11.79
2:35.19	3:00.99	200 freestyle	3:06.99	2:36.99
37.79	44.99	50 backstroke	46.49	39.99
1:24.29	1:36.99	100 backstroke	1:42.59	1:27.19
42.29	49.99	50 breaststroke	52.39	43.69
1:32.79	1:49.69	100 breaststroke	1:56.99	1:36.99
36.89	42.79	50 butterfly	49.99	37.99
1:24.79	1:45.89	100 butterfly	1:54.99	1:38.29
1:21.09		100 individual medley		1:23.49
2:54.29	3:21.69	200 individual medley	3:34.99	3:04.89

11 and 12

28.59	32.39	50 freestyle	33.59	28.89
1:02.09	1:10.79	100 freestyle	1:13.79	1:03.47
2:14.19	2:33.49	200 freestyle	2:39.99	2:17.99
5:54.29	5:19.69	400/500 freestyle	5:37.99	6:06.29
34.19	38.79	50 backstroke	41.49	35.49
1:14.29	1:24.29	100 backstroke	1:29.99	1:16.29
37.59	43.69	50 breaststroke	45.99	37.69
1:21.89	1:35.09	100 breaststroke	1:41.89	1:24.89
31.99	36.19	50 butterfly	38.99	32.99
1:11.49	1:23.59	100 butterfly	1:32.09	1:15.29
1:11.19		100 individual medley		1:13.99
2:55.19	2:54.89	200 individual medley	3:04.49	2:39.29

1987 AGE GROUP CHAMPIONSHIP TIMES

<u>Female</u>		<u>Male</u>	
yards	meters*	meters*	yards
<u>13 and 14</u>			
27.19	30.89	50 freestyle	29.99 25.69
58.99	1:07.79	100 freestyle	1:05.99 55.39
2:07.09	2:25.49	200 freestyle	2:21.09 2:01.99
5:38.99	5:05.49	400/500 freestyle	4:56.99 5:30.99
11:45.99	10:40.09	800/1000 freestyle	10:30.09 11:15.79
18:52.39	19:05.79	1500/1650 freestyle (automatic)	18:38.39 18:30.69
19:47.59	20:11.89	1500/1650 freestyle (consider.)	20:32.79 19:27.89
1:10.09	1:20.99	100 backstroke	1:18.99 1:07.99
2:29.99	2:54.69	200 backstroke	2:50.09 2:25.69
1:17.59	1:30.49	100 breaststroke	1:26.99 1:14.99
2:50.99	3:13.49	200 breaststroke	3:09.99 2:41.99
1:07.19	1:17.49	100 butterfly	1:15.09 1:04.99
2:33.99	2:55.99	200 butterfly	2:53.99 2:33.99
2:26.99	2:44.59	200 individual medley	2:40.99 2:21.39
5:14.49	5:58.69	400 individual medley	5:41.29 5:07.49
<u>15 to 18</u>			
26.39	30.19	50 freestyle	27.59 23.99
57.59	1:05.59	100 freestyle	59.49 52.29
2:03.99	2:20.69	200 freestyle	2:10.19 1:53.69
5:32.99	4:58.79	400/500 freestyle	4:40.89 5:06.39
11:40.99	10:33.69	800/1000 freestyle	10:07.49 10:50.39
18:50.19	19:03.29	1500/1650 freestyle (automatic)	18:11.09 18:07.39
19:43.39	20:02.59	1500/1650 freestyle (consider.)	19:38.49 18:55.69
1:07.99	1:18.09	100 backstroke	1:11.99 1:03.09
2:26.49	2:48.99	200 backstroke	2:37.99 2:15.99
1:15.99	1:28.39	100 breaststroke	1:18.99 1:08.49
2:43.59	3:11.99	200 breaststroke	2:56.49 2:29.29
1:04.19	1:12.99	100 butterfly	1:05.99 58.99
2:24.09	2:48.99	200 butterfly	2:40.19 2:18.39
2:23.09	2:41.99	200 individual medley	2:27.79 2:10.49
5:04.49	5:45.99	400 individual medley	5:24.89 4:46.09

NOTE: These times are for Long Course Age Group Championships. Short Course Age Group Championships will not include 15 to 18 swimmers.

*Long course meters (50 meter pool). Short course meters must be converted to yards by .9049.

All times must be achieved after September 1, 1987 except the 800 and 1500 meter freestyle which must be achieved after May 1, 1987.

1987 SILVER CHAMPIONSHIP TIMES

<u>Female</u>			<u>Male</u>	
minimum time	maximum time		minimum time	maximum time
		<u>9 and 10</u>		
35.19	31.40	50 freestyle	35.69	32.20
1:19.19	1:10.70	100 freestyle	1:18.89	1:11.79
2:53.79	2:35.40	200 freestyle	2:53.09	2:37.00
41.69	37.80	50 backstroke	43.39	40.00
1:34.99	1:24.30	100 backstroke	1:34.79	1:27.20
47.09	42.30	50 breaststroke	47.59	43.70
1:46.09	1:32.80	100 breaststroke	1:45.19	1:37.00
41.49	36.90	50 butterfly	42.29	38.00
1:38.99	1:24.80	100 butterfly	1:42.99	1:38.30
1:32.49	1:21.10	100 individual medley	1:32.29	1:23.50
3:20.59	2:54.30	200 individual medley	3:18.09	3:04.90
		<u>11 and 12</u>		
30.19	28.69	50 freestyle	31.29	28.90
1:05.09	1:02.10	100 freestyle	1:08.49	1:03.50
2:20.39	2:14.20	200 freestyle	2:28.79	2:18.00
6:40.09	5:54.30	500 freestyle	6:36.49	6:06.30
35.79	34.20	50 backstroke	36.59	35.50
1:18.59	1:14.30	100 backstroke	1:19.09	1:16.30
40.59	37.60	50 breaststroke	40.59	37.70
1:27.79	1:21.90	100 breaststroke	1:27.99	1:24.90
33.89	32.00	50 butterfly	34.09	33.00
1:17.99	1:11.50	100 butterfly	1:17.69	1:15.30
1:21.69	1:11.20	100 individual medley	1:18.89	1:14.00
2:40.79	2:33.20	200 individual medley	2:49.29	2:39.30
		<u>13 and 14</u>		
29.19	27.20	50 freestyle	28.99	25.70
1:02.19	59.00	100 freestyle	1:01.19	55.40
2:17.19	2:07.10	200 freestyle	2:17.39	2:02.00
6:22.39	5:39.00	500 freestyle	6:09.59	5:31.00
1:16.99	1:10.10	100 backstroke	1:12.39	1:08.00
2:44.39	2:30.00	200 backstroke	2:36.69	2:25.70
1:25.09	1:17.60	100 breaststroke	1:20.59	1:15.00
3:06.49	2:51.00	200 breaststroke	2:55.79	2:42.00
1:14.09	1:07.20	100 butterfly	1:09.79	1:05.00
2:40.99	2:34.00	200 butterfly	2:37.59	2:34.00
2:35.89	2:27.00	200 individual medley	2:34.89	2:21.40
5:51.29	5:14.50	400 individual medley	5:31.79	5:07.50

1987 SILVER CHAMPIONSHIP TIMES

<u>Female</u>			<u>Male</u>	
<u>minimum time</u>	<u>maximum time</u>	<u>15 to 18</u>	<u>minimum time</u>	<u>maximum time</u>
28.49	26.00	50 freestyle	25.49	23.00
1:01.79	56.50	100 freestyle	55.19	51.00
2:14.79	2:01.00	200 freestyle	2:07.09	1:50.60
6:19.09	5:23.00	500 freestyle	5:52.39	4:59.90
1:15.89	1:06.00	100 backstroke	1:08.79	1:00.00
2:42.39	2:21.40	200 backstroke	2:28.79	2:11.00
1:24.99	1:14.20	100 breaststroke	1:16.59	1:05.60
3:02.99	2:40.80	200 breaststroke	2:46.29	2:25.40
1:13.29	1:03.00	100 butterfly	1:06.39	57.00
2:39.59	2:20.00	200 butterfly	2:26.19	2:09.00
2:33.79	2:20.00	200 individual medley	2:18.89	2:06.80
5:45.79	5:00.00	400 individual medley	5:17.49	4:34.20

All times must be achieved after September 1, 1987.

BRONZE CHAMPIONSHIP TIMES: The maximum time for Bronze Championships is .01 slower than the minimum time for Silver Championships. There is no minimum time for Bronze Championships, but "no time" will not be accepted.

NEW ENGLAND SWIMMING - 8 & UNDER A & B Standards

<u>Females</u>			<u>Males</u>	
<u>A time</u>	<u>B time</u>	<u>Event</u>	<u>A time</u>	<u>B time</u>
16.99 (---)	18.29(---)	25 free	17.79(---)	21.09(---)
37.89(45.89)	42.39(57.59)	50 free	39.99(47.69)	48.19(58.09)
1:27.59(1:49.99)	1:38.39(2:06.89)	100 free	1:31.19(1:48.99)	1:53.79(2:10.99)
20.59(---)	23.29(---)	25 back	22.79(---)	26.79(---)
46.69(58.99)	51.59(1:08.39)	50 back	51.59(1:00.49)	59.99(1:10.19)
21.89(---)	24.39(---)	25 breast	23.49(---)	28.89(---)
49.99(59.09)	56.09(1:15.29)	50 breast	53.19(1:03.29)	1:03.29(1:16.69)
19.59(---)	22.99(---)	25 fly	23.09(---)	27.29(---)
48.89(1:03.99)	1:00.79(1:15.59)	50 fly	55.69(1:11.49)	1:09.39(1:18.59)
1:38.79(---)	1:48.99(---)	100 I.M.	1:46.89(---)	1:58.79(---)

NEW ENGLAND SENIOR CUTS 1987/1988

<u>WOMEN</u>		<u>EVENT</u>	<u>MEN</u>	
<u>short course</u>	<u>long course</u>		<u>short course</u>	<u>long course</u>
25.99	29.99	50 FREE	22.99	26.99
56.49	1:04.29	100 FREE	50.99	59.09
2:00.99	2:16.99	200 FREE	1:50.59	2:08.29
5:22.99	4:47.49	400/500 FREE	4:59.89	4:33.09
11:19.99	10:08.99	800/1000 FREE	10:29.99	9:39.99
19:13.59	19:40.19	1500/1650 FREE	18:17.59	18:50.49

1:05.99	1:14.89	100 BACK	59.99	1:09.19
2:21.39	2:40.79	200 BACK	2:10.99	2:34.79

1:14.19	1:26.69	100 BREAST	1:05.59	1:16.09
3:40.79	3:03.99	200 BREAST	2:25.39	2:49.79

1:02.99	1:10.49	100 FLY	56.99	1:04.79
2:19.99	2:38.19	200 FLY	2:08.99	2:25.89

2:19.99	2:39.99	200 IM	2:06.79	2:24.79
4:59.99	5:37.99	400 IM	4:34.19	5:19.99

All times must be achieved after September 1, 1987 except the 800 and 1500 meter free-style which must be achieved after May 1, 1987.

NEW ENGLAND SWIMMING
% Mary Riddell
20 Cleveland Road
Needham, MA 02192
617-449-0270

OFFICE HOURS:

Monday : 8:00 a.m.--2:00 p.m.; 7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--2:00 p.m.

SEED CARDS: Seed cards are available through the New England office. The cost for plain cards is \$15.50 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.00 per thousand. There is no minimum, and you may split them any way between boys and girls.

If you want initial on the cards, the price for 1,000 cards is \$21.00, including mailing. If the cards are picked up in Needham, the cost is \$19.50. If you want 2,000 or more cards with initials, the cost is \$19.00 per thousand, including mailing. If 2,000 or more cards are picked up in Needham, the cost is \$17.50 per thousand. The minimum order for cards with initials is 1,000 cards.

PRICE INCREASE: It is anticipated that there will be a price increase before September. If you want to take advantage of the above prices, please order immediately!

NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England office for \$7 per year. Clubs do not have an expiration date on their label since all registered clubs receive one free subscription with their registration.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



PIONEER VALLEY AQUATIC CLUB
Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106
PVAC



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

NOVEMBER, 1987

IN THIS ISSUE: CHANGES AND ADDITIONS TO THE SHORT COURSE CALENDAR; JUNIOR NATIONAL, SENIOR NATIONAL AND OLYMPIC TRIALS CUTS; POSTAL DISTANCE MEET; RE-IMBURSEMENT POLICY; NEW NEW ENGLAND RECORDS...

REGISTRATION:

There is still some confusion concerning registration. All registration is being done through the New England Office. Please do not send registration materials to Charlene Carper!

Fees for this year are the same as last year. Clubs are \$100; athletes are \$22; non-athletes are \$20.

A coach must have a current first aid course and a current CPR course in order to be registered as a coach.

TRANSFERS:

A swimmer must transfer from an old team before re-registering with a new team. Some teams have submitted re-registrations for swimmers who have not yet transferred. Those swimmers will be registered as unattached until the transfer forms are submitted to the office.

Remember that there is a waiting period of 120 days from the date of the last US meet that a swimmer swam for his old team. In addition, a transfer form must be submitted to the office by the parents of the swimmer. The office then sends a copy of the form to both the old and the new teams.

ATTENTION ALL COACHES!

Due to the resignation of Tim Murphy who has moved to Los Angeles, there is now an opening on the Board of New England Swimming for a Junior Coach Representative. If you are interested in the position, have any suggestions for someone who may be interested, or have any questions concerning the position, please contact the Senior Coach Representative, Allan Livingston, 287 Hovey Street, Lowell, MA 617-453-6111.

FAMILY CLINIC:

The Family Clinic was cancelled due to a lack of registration. It is hoped that it can be rescheduled at a later date.

The next meeting of the Board of New England Swimming will be on Tuesday, December 8, 1987 at the Harvard Community Health Plan Building, Route 9, Wellesely, MA at 7 p.m.

PRE-OLYMPIC TRAINING CAMP:

Joseph W. Bernal, Head Coach of the Bernal's Gator Swim Club was chosen as a pre-Olympic Training Camp coach, and David Berkoff, Scott Jaffe, and Alex Kostich of the Bernal's Gator Swim Club and Jenny Thompson of the Seacoast Swimming Association were selected as members of the pre-Olympic Training Camp which convened November 21 in Hawaii.

The camp included members of the United States National Swim Team and was held through November 28. It featured Sports Medicine testing and evaluations to assist in the training of our Olympic athletes. The training camp goals were to help maximize the athletes' chances of making our Olympic Team and to perform well in Seoul in the 1988 Olympic Games.

TOP TEN BANQUET:

The Top Ten Banquet was attended by over 380 swimmers, parents, coaches, and board members. Swimmers who did not attend the banquet will receive their certificates through their team. Those that were not picked up at the banquet will be mailed within a few days.

Outstanding Swimmer patches have arrived in the office. Those Outstanding Swimmers who did not receive their patches at the banquet or did not attend the banquet will have them mailed to their home.

REIMBURSEMENT POLICY:

Please remember that a swimmer who wants to be reimbursed by New England Swimming for swimming an individual event in either Junior Nationals or Senior Nationals must swim in three New England calendar meets during the season and must also request the reimbursement from New England Swimming. A form is being developed which should make things easier. Swimmers who would like to be a member of the Zone team also must have swum in three New England calendar meets.

SANCTIONS:

Please remember that all meets, including dual meets, must be sanctioned by Isabelle Fraser (125 Franklin Road, Longmeadow, MA 01106). Forms are available through the office or from Isabelle.

CHANGE OF ADDRESS:

NEW ENGLAND BARRACUDAS
Allan F. Livingston
287 Hovey Street
Lowell, MA 01852
NEB

1988 JUNIOR NATIONAL TIMES STANDARDS

09/25/87

Women			Event	Men		
SCY	SCM	LC		SCY	SCM	LC
20.79	27.59	28.19	50 Free	21.39	24.19	25.09
33.59	58.99	1:00.89	100 Free	47.39	52.29	54.79
1:55.49	2:07.29	2:10.79	200 Free	1:43.59	1:54.69	1:59.19
5:04.99	4:23.39	4:33.39	4/500 Free	4:41.09	4:03.39	4:13.49
10:25.69	9:04.79	9:18.19	8/1000 Free	9:43.09	8:30.19	8:43.59
17:28.79	17:17.49	17:50.39	15/1650 Free	16:15.09	15:57.19	16:50.09
1:07.29	1:07.29	1:09.49	100 Back	54.59	1:00.89	1:02.49
2:11.59	2:25.39	2:29.29	200 Back	1:57.89	2:10.99	2:15.39
1:08.79	1:16.79	1:19.09	100 Breast	1:00.59	1:07.29	1:09.79
2:27.99	2:45.49	2:50.89	200 Breast	2:11.39	2:27.39	2:32.79
59.09	1:04.99	1:06.79	100 Fly	52.39	57.39	59.29
2:08.99	2:21.79	2:25.89	200 Fly	1:55.99	2:06.99	2:12.19
2:11.79	2:25.39	2:29.49	200 IM	1:57.89	2:10.29	2:14.89
4:38.69	5:07.29	5:15.79	400 IM	4:12.39	4:39.39	4:48.69
4:05.39	4:33.49	4:42.19	400 Med Rel	3:39.79	4:05.59	4:11.89
3:38.87	4:04.89	4:09.89	400 Free Rel	3:15.09	3:36.89	3:45.29
7:54.59	8:50.49	8:59.99	800 Free Rel	7:09.79	7:57.89	8:14.49

Qualifying period September 1, 1987 through entry deadline for the meets

1988 Spring Senior National Championship Time Standards

09/25/87

Women			Event	Men		
SCY	SCM	LC		SCY	SCM	LC
23.99	26.69	27.29	50 Free	21.09	23.29	23.99
31.69	56.89	58.89	100 Free	45.99	50.79	52.29
1:51.39	2:02.79	2:05.59	200 Free	1:40.59	1:51.39	1:54.59
4:54.19	4:14.09	4:23.09	400/500 Free	4:32.39	3:55.79	4:02.59
10:53.19	8:45.19	8:56.79	800/1000 Free	9:24.09	8:13.59	8:20.59
16:54.09	16:43.19	17:11.89	1500/1650 Free	15:45.39	15:27.99	16:01.89
58.69	1:04.49	1:06.69	100 back	52.49	58.49	59.39
2:04.99	2:18.59	2:21.59	200 Back	1:53.09	2:05.59	2:07.49
1:05.89	1:13.59	1:15.99	100 Breast	57.69	1:04.09	1:06.49
2:22.09	2:38.89	2:43.49	200 Breast	2:05.99	2:21.29	2:24.69
57.09	1:02.79	1:04.09	100 Fly	50.29	55.09	56.49
2:04.29	2:16.59	2:19.29	200 Fly	1:50.79	2:01.29	2:04.69
2:06.49	2:19.59	2:23.39	200 IM	1:53.29	2:05.19	2:08.79
4:27.89	4:55.39	5:03.69	400 IM	4:02.19	4:28.19	4:34.49
3:59.69	4:27.09	4:31.19	400 Med Rel	3:31.49	3:56.29	3:58.59
3:35.59	4:01.19	4:03.49	400 Free Rel	3:07.69	3:28.59	3:36.79
7:43.49	8:38.09	8:46.09	800 Free Rel	6:58.89	7:45.79	7:53.79

1988 OLYMPIC TRIALS TIME STANDARDS

09/25/87

<u>SCY</u>	<u>SCM</u>	<u>LC</u>		<u>SCY</u>	<u>SCM</u>	<u>LC</u>
23.59	26.29	26.89	50 Free	20.49	22.69	23.79
50.99	56.19	57.69	100 Free	44.49	49.09	51.69
1:49.49	2:00.69	2:03.89	200 Free	1:37.69	1:48.19	1:52.69
4:49.19	4:09.69	4:19.79	4/500 Free	4:23.29	3:47.99	3:59.79
9:51.99	8:35.49	8:50.49	8/1000 Free			
			15/1650 Free	15:20.39	15:03.49	15:47.49
57.59	1:03.29	1:05.59	100 Back	50.69	56.49	58.89
2:03.09	2:16.39	2:19.49	200 Back	1:49.69	2:01.89	2:06.59
1:04.99	1:12.59	1:15.39	100 Brst	55.99	1:02.19	1:05.99
2:19.59	2:36.19	2:41.19	200 Brst	2:01.99	2:16.79	2:24.59
55.99	1:01.59	1:03.29	100 Fly	49.09	53.79	55.79
2:01.09	2:13.09	2:16.89	200 Fly	1:47.69	1:57.89	2:03.19
2:05.09	2:17.99	2:22.49	200 IM	1:49.79	2:01.39	2:07.99
4:22.39	4:49.39	5:00.79	400 IM	3:55.29	4:20.49	4:31.19

Qualifying period December 1, 1986 through entry deadline for the Trials

1988 FOREIGN TIME STANDARDS
SENIOR NATIONAL CHAMPIONSHIPS

09/25/87

<u>Women</u>			<u>Event</u>	<u>Men</u>		
<u>SCY</u>	<u>SCM</u>	<u>LC</u>		<u>SCY</u>	<u>SCM</u>	<u>LC</u>
23.59	26.29	26.79	50 Free	20.59	22.79	23.49
51.19	56.39	57.69	100 Free	44.69	49.29	51.19
1:49.69	2:00.39	2:03.59	200 Free	1:38.79	1:49.39	1:52.59
4:49.19	4:09.69	4:17.29	400/500 Free	4:26.29	3:50.59	3:57.99
9:50.29	8:33.99	8:46.69	800/1000 Free	9:10.39	8:01.59	8:11.29
16:34.79	16:24.09	15:55.49	1500/1650 Free	15:25.89	15:03.39	15:42.19
57.69	1:03.29	1:04.89	100 Back	51.29	57.09	58.29
2:03.19	2:16.59	2:18.69	200 Back	1:51.29	2:03.59	2:05.79
1:04.69	1:12.19	1:13.99	100 Breast	56.69	1:02.99	1:04.79
2:18.79	2:35.29	2:39.59	200 Breast	2:03.69	2:18.69	2:21.09
56.09	1:01.69	1:02.39	100 Fly	49.09	53.79	55.59
2:01.49	2:13.49	2:15.39	200 Fly	1:48.69	1:58.99	2:02.09
2:04.69	2:17.59	2:21.49	200 IM	1:51.19	2:02.89	2:06.79
4:23.39	4:50.49	4:58.99	400 IM	3:58.19	4:23.69	4:29.59
3:53.79	4:20.49	4:23.49	400 Med Rel	3:19.99	3:43.49	3:52.39
3:29.39	3:54.29	3:56.39	400 Free Rel	3:03.19	3:23.59	3:29.69
7:32.29	8:25.59	8:30.19	800 Free Rel	6:43.39	7:28.49	7:39.79

NEW RECORDS FOR NEW ENGLAND FROM SHORT COURSE, 1986-1987:EIGHT and under:

BERT STOCKING	CAY	25 yard freestyle	14.25	NE/RES
		25 yard breaststroke	18.86	NE/RES
SPENCER HAWKINS	NASY	25 yard backstroke	16.85	NE/RES

11 and 12:

LARISSA HEROLD	SSA	200 yard freestyle	1:58.62	RES
		50 yard butterfly	26.85	RES
		200 yard individual medley	2:12.25	NE/RES

13 and 14:

JENNY THOMPSON	SSA	50 yard freestyle	22.83	RES
		100 yard freestyle	50.10	RES
		200 yard freestyle	1:53.13	RES
		100 yard backstroke	58.50	NE
			56.99	RES
		100 yard butterfly	56.96	RES
		100 yard breaststroke	1:05.67	RES
		200 yard individual medley	2:05.93	RES
		400 yard individual medley	4:35.81	RES

ALISON KLINAKIS	SSA	200 yard butterfly	2:05.24	RES
RAY CAREY	BGSC	200 yard butterfly	1:59.27	NE/RES
BGSC MEN (Carey, Rutherford, Kovacs, McGinnis)		400 yard medley relay	3:51.68	NE/RES

15 to 18:

SARAH PERRONI	LRAC	100 yard freestyle	51.11	RES
MISSY HOY	CAST	500 yard freestyle	4:55.58	RES
COURTNEY CHUBB	BGSC	100 yard butterfly	57.31	RES
HEIDI HANNENIAN	HYST	200 yard butterfly	2:04.93	RES
ANNE KOERCKEL	BGSC	200 yard breaststroke	2:21.65	RES
LOUISE GOVIN	CAST	400 yard individual medley	2:05.16	RES
BGSC WOMEN (Morgan, Koerckel, Chubb, Moses)		400 yard medley relay	3:55.14	RES

LEWIS RUTHERFURD	BGSC	50 yard freestyle	20.52	RES
		100 yard freestyle	44.95	RES

ALEX KOSTICH	BGSC	500 yard freestyle	4:23.31	RES
		1000 yard freestyle	8:56.18	RES
		1650 yard freestyle	15:02.63	RES
		400 yard individual medley	3:55.21	RES

MATT COUNTIE	BGSC	100 yard backstroke	51.06	RES
--------------	------	---------------------	-------	-----

CHRIS KOVACE	BGSC	200 yard backstroke	1:51.54	RES
		200 yard individual medley	1:53.13	RES

SCOTT JAFFE	BGSC	100 yard breaststroke	56.96	RES
		200 yard breaststroke	2:02.07	RES

BGSC MEN (Peterson, Rutherford, Johnson, Sweeney)		400 yard medley relay	3:26.34	RES
--	--	-----------------------	---------	-----

BGSC MEN (Rutherford, Johnson, Han, Sweeney)		400 yard free relay	3:03.40	RES
---	--	---------------------	---------	-----

NEW RECORDS FOR NEW ENGLAND FROM LONG COURSE, 1987:EIGHT and under:

BRAD MANCINI	WSC	50 meter breaststroke	47.00	NE/RES
--------------	-----	-----------------------	-------	--------

10 and under:

SHANNON MCCARTHY	NEB	50 meter breaststroke	40.05	NE/RES
------------------	-----	-----------------------	-------	--------

13 and 14:

JENNY THOMPSON	SSA	50 meter freestyle	26.29	NE
			26.09	RES
		100 meter freestyle	58.10	NE
			57.28	RES
		100 meter backstroke	1:06.12	NE
			1:05.03	RES
		200 meter backstroke	2:25.14	RES
		100 meter butterfly	1:05.03	RES
		200 meter individual medley	2:25.79	NE/RES
ALISON KLINAKIS	SSA	200 meter butterfly	2:21.72	RES
JIM MCGINNIS	BGSC	100 meter freestyle	56.64	NE/RES
RAY CAREY	BGSC	100 meter butterfly	1:00.87	NE/RES
		200 meter butterfly	2:11.84	NE
			2:09.18	RES
		400 meter individual medley	4:48.71	NE

15 to 18:

SARAH PERRONI	LRAC	100 meter freestyle	58.78	RES
HEIDI HANNENIAN	SSA	200 meter butterfly	2:18.74	RES
TARI BOLIVAR	SAC	100 meter breaststroke	1:16.01	RES
ANNE KOERCKEL	BGSC	200 meter breaststroke	2:41.16	RES
BGSC WOMEN		400 meter free relay	4:04.49	RES
-(M. Monahan, A. Koerckel, C. Chubb, A. Van Aken)				
LEWIS RUTHERFURD	BGSC	100 meter freestyle	52.90	RES
JAMES SWEENEY	BGSC	800 meter freestyle	8:22.60	NE
		400 meter individual medley	4:37.33	NE
ALEX KOSTICH	BGSC	800 meter freestyle	8:02.04	RES
		1500 meter freestyle	15:20.90	RES
		400 meter individual medley	4:27.67	RES
CHRIS KOVACS	BGSC	100 meter backstroke	58.64	RES
SCOTT JAFFE	BGSC	100 meter breaststroke	1:07.93	NE
			1:05.60	RES
		200 meter breaststroke	2:27.03	NE
			2:18.44	RES
		200 meter individual medley	2:10.87	NE/RES
BGSC MEN		400 meter free relay	3:36.26	RES
(D. Johnson, D. Wilkins, T. Peterson, K. Kendall)				

NE : Best time done in New England by a USS registered swimmer.

RES: Best time done anywhere by a New England registered swimmer.

UPDATED SHORT COURSE CALENDAR FOR 1988:

Please note that several meets have been cancelled (those meets with a line through them) and some have been added. Refer to the August and the October newsletters for further information on the meets that have not been changed.

- Dec. 11--13 : NCAC Christmas Classic "A" "B"
- Dec. 20--22 : US Open Swimming Championships
Orlando, FL
- Dec. 26 : EST and JAY Sprints
- ~~Jan. 2-3 : WSC "A" "B"~~
- ~~Jan. 3 : BYB Sprint meet~~
- Jan. 9--10 : BCSY "C" "B" to be held at Bridgewater State College, Bridgewater, MA
- Jan. 9--10 : CSSM "A" "B"
- Jan. 9--10 : EB "C" "B"
- Jan. 16--17 : BAT "C" "B"
- Jan. 23--24 : HYST "B" "C"
- Jan. 23--24 : HRY "B" "C"
- Jan. 30--31 : BYB "A" "B"
- Jan. 29--31 : EGSC National Qualifier
- ~~Jan. 6-7 : SAC "C" "B"~~
- Feb. 6--7 : PAC "A" "B"
- Feb. 6--7 : Worcester Swim Club "C" "B"
Clark University
Worcester, MA
- Feb. 7 : ABF Specialty Meet
- Feb. 13--14 : CSSM "A" "B"
- ~~Feb. 19--21 : CSC Senior Qualifier~~
- It is hoped that there will be another meet on this weekend, but nothing is definite yet.
- Feb. 20--21 : PAC "C" "B"
- Feb. 27--28 : Eight and under Championships--NSC
- Mar. 4--6 : "B" Through Age Group and Senior Cut Qualifier
Shawmut Aquatic Club
Keefe Technical School
Framingham, MA
(If necessary, this meet will be cut by time.)

Joan Laracy
96 May Street
Worcester, MA
617-794-9389

Sue Bolivar
25 Mill Street
Framingham, MA 01701
617-877-5076

- Mar. 4--6 : Bronze Championships--ERY and EE
- Mar. 10--13 : New England Senior Championships--EGSC
- Mar. 18--20 : Silver Championships--NEAC
(Remember that swimmers will not be able to qualify for Age Groups at this meet.)
- Mar. 24--27 : New England Age Group Championships
New England Barracudas
Wellesley College
Wellesley, MA
- Phil Haberstroh
10 Old Meadow Lane
Canton, MA 02021
617-828-6811
- Mar. 22--26 : Senior Nationals
Orlando, FL
- Mar. 29--Apr. 2 : Junior Nationals
Tuscaloosa, AL
- Apr. 1--3 : Zone Meet
Buffalo, NY

NOTES CONCERNING AGE GROUPS:

New England Swimming is pleased that Age Groups will be held at Wellesely College in Wellesley, MA.. The facility is new with eight lanes, automatic timing, and a large warm-up area. However, although the facility is large, open, and well ventilated, seating for spectators is very limited.

The meet will take place on March 24--27, 1988. On the mornings of the 25th through the 27th, 11 and 12's and 13 and 14's will swim trials; in the afternoons of those dates, the 10 and unders will swim timed finals; in the evenings of those days, the 11 and 12's and 13 and 14's will swim finals. A distance event will be on the evening of March 24.

Because of the number of sessions involved in the meet, the New England Barracudas will be asking for assistance from other teams in timing. New England Swimming expects the New England swimming community to be cooperative in this matter.

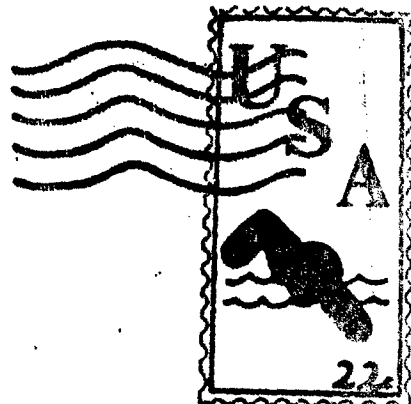
NEW ENGLAND SWIMMING
% Mary Riddell
20 Cleveland Road
Needham, MA 02192
617-449-0270

OFFICE HOURS:

Monday : 8:00 a.m.--2:00 p.m.; 7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--2:00 p.m.

TOP TEN BOOKS and RECORD BOOKS for Short Course 1986--1987 and Long Course 1987 are available through the New England Office for \$2.50 each. Please be sure to indicate what you are ordering when you send your check.

LONG DISTANCE POSTAL MEET



NATIONAL AGE GROUP DISTANCE SWIMMING MEET
November 1, 1987 through January 15, 1988

Sponsors: Age Group Division United States Swimming
and Your Local Swimming Committee

Sanction: This meet is sanctioned by NES. Sanction # NE 8-9
(Each LSC must conduct and sanction this meet for their area)

Eligibility: Open to all registered USS Athletes

Events: This meet will be contested for both sexes in the following age groups and distances:

9 year olds---1,000 yds.	14 year olds---3,000 yds.
10 year olds---1,000 yds	15 year olds---3,000 yds.
11 year olds---2,000 yds.	16 year olds---3,000 yds.
12 year olds---2,000 yds.	17 year olds---3,000 yds.
13 year olds---3,000 yds.	18 year olds---3,000 yds.

THE EVENT MAY BE SWIM TWO PER LANE, BUT NO MORE THAN TWO PER LANE.

Location and Time: Contestants swim in a 25 YD. pool of their choice and mail their time to the local meet director for tabulation. This event must be swum between Nov. 1, 1987 and Jan. 15, 1988

Postal Rules: Swimmers can swim anywhere they like, practice or meet and mail to their local meet director. A postal meet provides everyone the opportunity to compete without the normal travel and expenses.

INDIVIDUAL ENTRIES SHOULD BE SENT TO YOUR LSC MEET DIRECTOR

Timers & Counters: Please insure accuracy by paying strict attention to the # of laps swum. We urge you to use a check-off system for each swimmer

LSC AWARDS: Each LSC has the option of providing their own local awards (ribbons, certificates, etc.) and charging a local fee.

Entries: mail entry form to:

MAY GREINER
56 Cleveland Road
Wellesley, MA 02181

Results must be mailed by January 17, 1988. Results must include each swimmer's name, age, and USS number. Please note the distances that go with each age group. Results should be organized according to age group. Results must be properly submitted to May Greiner in order to be forwarded to the national tabulator.

SEED CARDS: Seed cards are available through the New England office. The cost for plain cards is \$15.50 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.00 per thousand. There is no minimum, and you may split them any way between boys and girls.

If you want initial on the cards, the price for 1,000 cards is \$21.00, including mailing. If the cards are picked up in Needham, the cost is \$19.50. If you want 2,000 or more cards with initials, the cost is \$19.00 per thousand, including mailing. If 2,000 or more cards are picked up in Needham, the cost is \$17.50 per thousand. The minimum order for cards with initials is 1,000 cards.

+++++

NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England office for \$7 per year. Clubs do not have an expiration date on their label since all registered clubs receive one free subscription with their registration.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



PIONEER VALLEY AQUATIC CLUB
Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106
PVAC



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

DECEMBER 1987

IN THIS ISSUE: REPORT OF OCCURRENCE FORM; USS NATIONAL AGE GROUP TO 16 CUTOFFS, REPORTING FORM, and LONG COURSE, 1987, RANKINGS; SAFETY NEWS; BACKSTROKE INFO; COACH and ATHLETE REPRESENTATIVES; COLLEGE and PREP SCHOOL SWIMMERS; SWIMMERS AT MEETS WITHOUT COACHES....

ACCIDENT REPORTING PROCEDURES:

All United States Swimming Clubs must report any accident occurrences that involve U. S. Swimming members or occur at USS events. This policy is in effect for two reasons:

1. U. S. Swimming must inform the insurance broker of all accident occurrences no matter how minor. Since the U. S. Swimming liability policy is now a "claims made" policy, we must do this if coverage is to be in effect; and
2. U. S. Swimming's safety efforts require a system to track accidents that occur so that appropriate preventative or corrective action may be taken.

The Report of Occurrence form, found in this newsletter, should be completed and mailed to U. S. Swimming National Headquarters and Financial Guardian, USS insurance brokers, as well as New England Swimming, after each and every accident occurrence. Addresses are given on the form.

CHAMPIONSHIP MEETS:

New England policy is that New England Championship meets may not be cut. Since Silver Championships was over-subscribed last year, cuts for Silver Championships this year are faster in many events, in some cases, an "A" time.

Please note, however, that the Age Groups through Senior Cut Qualifier will be cut, by time, if necessary, so that the sessions will remain within the four-hour limit.

COACHES, please remember that a verification packet must be turned into the verification desk before your swimmers compete. The verification packet must include a second copy of the official entry with notes as to where it time was achieved. Any meet used for verification that is not on file in the New England office must be included in the packet. Do not hand in your entire loose-leaf notebook with all your results! New England meets are on file in the office and will be at the championship meets.

The next meeting of the Board of New England Swimming will be held on Tuesday, January 12, 1988 at 7 p.m. at the Harvard Community Health Plan Office on Route 9, Wellesley, MA.

SWIMMERS AT MEETS WITHOUT COACHES:

A swimmer at a New England meet must be under the direct supervision of a US registered coach or the swimmer's parent who is registered as a non-athlete member of United States Swimming. If there are any questions about this national policy, please contact the office.

UNITED STATES SWIMMING NATIONAL AGE GROUP TOP 16:

Included in this newsletter are the 1987--1988 cutoffs for long course and short course for United States Swimming National Age Group Top 16 reportable times.

If a swimmer makes one of the times, a National Age Group Top 16 form which also is included in this newsletter must be sent to Mary Kelley, 386 Central Avenue, Needham, MA 02194.

You must include the swimmer's registration number! Do not report times which are slightly slower than the cutoff since those times are not considered even if fewer than 16 swimmers make the cutoff.

COLLEGE AND PREP SCHOOL SWIMMERS:

There have been some questions concerning college and prep school swimmers. From the day a swimmer enters college or prep school he can swim for his school in school competition, and swim for his school as a USS Club in open USS competition during the whole school season without regard to any 120-day rule. He can swim unattached in open USS competition during the whole of the school season without regard to the 120-day rule.

Once the school season is over, he can swim for any USS Club of his choice without regard to the 120-day rule. However, if he swims for any USS Club, other than his school, during the school season, he then must comply with the 120-day rule.

COACH WANTED: Tri-Y Swim Club, a young team in Southbridge, MA; part time position, four evenings and Saturdays; competitive swimming experience necessary.
Contact: Jackie Woolhouse, 6 Hillside Drive, Sturbridge, MA 01566 (617-347-3974).

OFFICIALS' NEWS FROM JOHN JOHANESSEN:

BACKSTROKE

The N.C.A.A. has re-written several parts of their descriptions of swimming events. The following is one grey area that we have which is being done differently by our officials at different meets. This is an attempt on their part to further clarify our rules:

"In judging the backstroke turn, it is recommended that the turn judge be placed, whenever possible, directly over the lane and that judgment as to whether or not the swimmer is past the vertical be based upon the position of the lower shoulder at the time the swimmer touches the wall."

Comment: I have used this method at several college meets this year. It works. Watch the touch plus the lower shoulder and forget all the wild twists and turns of the upper torso or lower body. As these turns continue to speed up times, we will see them more and more. At the present time we see them at A meets only.

"Backstroke Start

Article 2. In the backstroke start, upon a preliminary command from the referee, each swimmer shall line up facing the starting mark with both hands grasping the starting grips (this is to include the end of the pool or any part of the starting block) and with both feet in contact with the end of the pool. Upon the command "Take your mark," swimmers shall assume any desired starting position that does not remove either foot completely from the water, nor either foot from contact with the end of the pool, nor either hand from contact with the end of the pool including any part of the starting block. When the starter sees that the swimmers are completely motionless, the starter starts the race with the pistol shot and/or electronic sound device."

Comment: This is that standing start of backstrokers which will be with us for another season. Some starters have been insisting that the heels be in the water before the command "take your mark." The N.C.A.A. has made the sequence clearer. After the command, "take your mark," if the standing backstroker does not have both heels in the water, the command "step down," should be given. First warning given to the swimmer and field. Bring the group to attention again with the whistle, and give the command, "take your mark." If a standing backstroker does not have both heels in the water, there is no sense in wasting time starting because it is a false start and the starter, or recall starter, must call the field back. Instead the command "step down" is given and the swimmer is D.Q. The rule is unnecessarily delaying the start since a first warning was given. Proceed again with a whistle. This came about because of the amount of time being spent by backstrokers in a flexed position because of just a few.

REGION I MEET:

There will be a Region I Meet February 18--21, 1988 at Nottingham High School in Syracuse, NY. Cuts are generally faster than New England Senior times, but slower than Junior National times. A complete list is available in the office.



National Age Group Top 16

25 yard _____

50 meter _____

Age _____

Sex _____

Name

(Full Club Name for Relays)

USS#

Club Code

LSC Code

Meet Site and Date

Distance/Stroke

Time

Relay Members

Age

USS#



Please mail to: Mary Kelley,
386 Central Avenue
Needham, MA 02194

SAFETY NEWS

The following questions and answers were composed by the United States Swimming Safety Education Committee, under the direction of Chairman Mark Hokkanen.

Question: For 1988 membership requirements, who must be safety trained?

Answer: All coaches, including assistant coaches must fulfill the safety training requirements. This includes any person who is working with athletes as a "practice supervisor."

Question: What are the safety training requirements for USS coach membership?

Answer: To fulfill the 1988 USS coach membership requirements, all coaches must show current proof of training in each of the two following areas:

1. CPR (Cardiopulmonary Resuscitation)
2. First Aid

All course certificates must be valid on the date of application for membership. Coaches should submit copies of the CPR and first aid certificates (front and back) as adequate proof of training. The ISC safety and/or membership chairmen are not expected to follow up upon certificate expiration. It will be up to the coach to renew all certificates as necessary.

Question: If CPR and first aid courses are available from other organizations, is this acceptable?

Answer: Yes, but only upon approval by the USS National Safety Education Committee. Those ISCs that have such an organization must send a copy of the course curriculum and text to the USS National Headquarters for appropriate review.

Question: What organization's courses are currently acceptable for fulfilling the coaches' safety training requirement?

Answer:	<u>CPR</u>	<u>First Aid</u>
	American Red Cross	American Red Cross
	American Heart Association	Emergency Medical Technician
	Medic First Aid	Medic First Aid
	Washington State Dept of Labor	Washington State Dept of Labor

Please be aware that some organization's first aid certificates expire yearly, while other's expire every two to three years. There may also be different lengths of valid certification for CPR.

Question: In the absence of a coach, what if a non-trained USS member supervises practice? Is this acceptable?

Answer: A practice conducted or supervised by a non-trained USS member, without a trained coach present, is definitely not acceptable. Any individual taking responsibility for USS athletes must be a USS member who fulfills the USS coach membership requirements (training in CPR and first aid).

Question: What is the "grace" period for a newly hired coach to successfully complete his training in CPR and first aid?

Answer: The untrained coach may work with USS athletes for up to six weeks but must be accompanied by a USS member who fulfills the safety training requirements (CPR and first aid).

Question: Do medical doctors and nurses meet the safety training requirements of first aid and CPR by virtue of holding a degree?

Answer: Unfortunately not. The Safety Education Committee cannot assume that those who hold a medical degree work in conditions that would upgrade or maintain their basic skills in first aid and CPR.

NEW ENGLAND SWIMMING
% Mary Riddell
20 Cleveland Road
Needham, MA 02192
617-449-0270

OFFICE HOURS:

Monday : 8:00 a.m.--2:00 p.m.; 7:30 p.m.--10:30 p.m.
Thursday: 8:00 a.m.--2:00 p.m.

TOP TEN BOOKS and RECORD BOOKS for Short Course 1986--1987 and Long Course 1987 are available through the New England Office for \$2.50 each. Please be sure to indicate what you are ordering when you send your check.

NATIONAL AGE GROUP TOP 16 TIMES, LONG COURSE 1987:

10 and Under:

SHANNON MCCARTHY	UN	50 meter breaststroke	40.05	(5)
		100 meter breaststroke	1:29.49	(11)
NEB Girls	NEB	200 meter medley relay	2:31.86	(7)
		200 meter free relay	2:15.05	(9)
(A. HALL, S. MCCARTHY, E. EWERS, C. LEGG)				

11 and 12:

MEGAN LAMMON	CAST	100 meter backstroke	1:11.08	(4)
ELLEN MARTIN	NWSC	50 meter butterfly	31.32	(16)

13 and 14:

JENNIFER THOMPSON	SSA	50 meter freestyle	26.09	(1)
		100 meter freestyle	57.28	(2)
		100 meter backstroke	1:05.82	(4)
		200 meter backstroke	2:25.14	(8)
		100 meter breaststroke	1:17.13	(13)
		100 meter butterfly	1:05.03	(9)
		200 meter individual medley	2:25.79	(8)
LAURA KOERCKEL	BGSC	50 meter freestyle	27.54	(11)
		100 meter freestyle	59.82	(12)
BARBARA BEDFORD	NCAC	50 meter freestyle	27.65	(15)
ALISON KLINAKIS	SSA	200 meter butterfly	2:21.72	(8)
NEB WOMEN	NEB	200 meter medley relay	2:11.30	(5)
		200 meter free relay	1:56.22	(8)
(T. POIRIER, B. GREINER, L. ZDYB, K. KOULOHERAS)				
EGSC WOMEN	BGSC	400 meter free relay	4:13.43	(8)
(L. KOERCKEL, J. JONES, L. REPETTO, J. DELUCA)				
JIM MCGINNIS	BGSC	200 meter freestyle	2:01.83	(14)
BRIAN LIVINGSTON	SSA	800 meter freestyle	8:54.76	(14)
		1500 meter freestyle	16:44.41	(2)
		400 meter individual medley	4:53.57	(11)
RAY CAREY	BGSC	100 meter butterfly	1:00.87	(10)
		200 meter butterfly	2:09.18	(1)
EGSC MEN	BGSC	200 meter free relay	1:47.84	(10)
		200 meter medley relay	2:01.31	(4)
(R. CAREY, J. MCGINNIS, K. MILNER, B. THOMAS)				
		400 meter free relay	3:57.19	(8)
(R. CAREY, J. MCGINNIS, B. THOMAS, Q. TOPPING)				

15 and 16:

SARAH PERRONI	LRAC	50 meter freestyle	27.29	(14)
		100 meter freestyle	58.70	(15)
HEIDI HANNENIAN	SSA	200 meter butterfly	2:18.74	(12)

17 and 18:

ANNE KOERCKEL	BGSC	200 meter breaststroke	2:41.16	(14)
---------------	------	------------------------	---------	------

EGSC WOMEN (K. ZENDA, R. DELEO, E. PRICE, K. LUNDSTEDT)	EGSC	200 meter freestyle relay	1:55.93	(3)
SCOTT JAFFE	EGSC	200 meter freestyle	1:53.56	(7)
		100 meter breaststroke	1:05.60	(3)
		200 meter breaststroke	2:18.44	(1)
		400 meter individual medley	4:31.38	(10)
ALEX KOSTICH	EGSC	400 meter freestyle	3:58.52	(2)
		800 meter freestyle	8:02.04	(1)
		1500 meter freestyle	15:20.90	(1)
		400 meter individual medley	4:27.67	(2)
JAMES SWEENEY	EGSC	800 meter freestyle	8:15.76	(4)
		1500 meter freestyle	15:46.39	(4)
ANDY HALL	EGSC	200 meter breaststroke	2:25.41	(16)
DAVID JOHNSON	EGSC	100 meter butterfly	56.77	(15)
EGSC MEN (D. JOHNSON, D. WILKINS, T. PETERSON, K. KENDALL) (A. HALL, D. WILKINS, T. PETERSON, D. JOHNSON)	EGSC	400 meter free relay	3:36.26	(3)
		800 meter free relay	7:56.12	(4)

JUNIOR COACH REP:

A ballot for the new Junior Coach Rep has been sent to every 1987 or 1988 registered New England team. Each registered coach on the team may submit a ballot, so please copy the form if you need more copies. The deadline for ballots is January 9, 1988.

If you have any questions, please contact Allan Livingston, 287 Hovey Street, Lowell, MA 01852 (617-453-6111).

JUNIOR ATHLETE REP:

The position of Junior Athlete Rep is still open. If you are interested, please contact Heidi Mogavero, 5 Mohawk Circle, Westboro, MA 01518 (617-366-4929). The athlete's representatives usually attend the monthly New England Board meeting which is usually held in Welleseley, MA at 7 p.m. on the second Tuesday of the month. There also is an opportunity to attend the United States Swimming convention with expenses paid by New England Swimming. Next year's convention will be October 16--23, 1988 (later than usual because of the Olympics) in St. Louis, MO.

NAME _____ AGE _____ GRADE _____
 ADDRESS _____ PHONE _____
 TEAM _____

Please include a brief statement as to why you want to be an athlete rep and return to : Heidi Mogavero, 5 Mohawk Circle, Westboro, MA 01518.