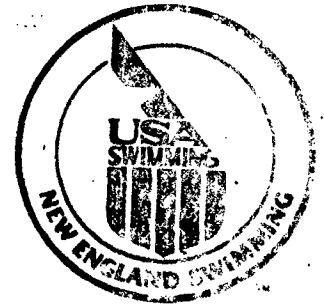




# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JANUARY 1983

IN THIS ISSUE: ZONE TEAM INFORMATION; EIGHT AND UNDER CHAMPIONSHIP TIMES; NEW ENGLAND SWIMMING BOARD; BREASTSTROKE INFORMATION; NEW ENGLAND REGISTERED TEAMS; CHAMPIONSHIP MEET INFORMATION.....

## CONGRATULATIONS TO NEW REPRESENTATIVES ON THE NEW ENGLAND BOARD:

NIKKI SHIRE --representing the athletes

BARBARA GOULD--representing the coaches

At its January meeting the New England Swimming Board approved Nikki Shire (BGSC) as the new Junior Athlete Representative and Barbara Gould (coach, CSSM) as the new Junior Coach Representative..

The Board was particularly please with the number of coaches who expressed an interest in the position. and would like to encourage them to attend jboard meetings and to give their names to Bob Fredette if they would be willing to serve on the Board in another capacity.

Athletes and coaches should feel free to contact the athlete reps and the coach reps to express their ideas and concerns. Names and addresses are in this newsletter.

## MEET CORRECTIONS:

**EIGHT AND UNDER CHAMPIONSHIPS:** Some of the times included in the entry are incorrect. Correct times are in this newsletter.

**AGE GROUP AND SENIOR QUALIFIER:** The oldest age group should be SENIOR so that swimmers who are attempting to qualify for the Senior Championship may enter even if they are older or younger than 15 to 18.

**NEW ENGLAND TRAVEL FUND SURCHARGE:** There is a surcharge fo \$1.00 per swimmer at each championship meet. Although this information was included on the summary sheet for Age Groups, it was not included in the meet information.

## NEW POLICY AFFECTING ATHLETE REGISTRATION:

At the recent convention, a new policy was recommended by the USS Registration/Membership Committee and subsequently apporved at the USS Board of Directors meeting. The policy states that a Local Swimming Committee may impose a fine of up to \$100 per event against a person signing a document which indicates a swimmer is properly registered with United States Swimming for a meet when in fact that swimmer is not properly registered.

This policy is an option for the Local Swimming Committee. At its January meeting the Board of New England Swimming voted to accept this policy.

The Board of New England Swimming will meet at 7 p.m. on Tuesday, February 9, 1983 at the Harvard Community Health Plan Office on Route 9 in Wellesley, MA.

## 1987 AGE GROUP CHAMPIONSHIP TIMES

<u>Female</u>		<u>Male</u>		
yards	meters*	<u>8 and under</u>	meters*	yards
18.29		25 freestyle		19.39
42.39	46.39	50 freestyle	47.79	45.39
1:38.39	1:53.69	freestyle	1:51.99	1:53.79
23.39		25 backstroke		25.79
51.59	1:02.39	50 backstroke	1:01.69	54.09
24.39		25 breaststroke		26.99
56.09	1:05.69	50 breaststroke	1:06.19	1:03.29
22.99		25 butterfly		27.29
1:00.79	1:03.49	50 butterfly	1:17.28	1:09.39
1:48.99		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.

#### VERIFICATION AT CHAMPIONSHIP MEETS:

Complete information for verification of entry times must be submitted prior to the start of the first event of each championship meet. For the Bronze Championships the seed time must be verified; for all other championship meets the cut time must be verified.

A third line has been included on the championship entry forms which allows room for a verification code. Codes for New England meets have been included and the results of these meets will be available at each championship meet. For all other meets you must include your own code and also bring the result of the meet with you. Be sure to label the results with the code placed on the verification sheet.

A verification packet which includes the verification information and the results of all non-New England calendar meets used for verification must be brought to the verification desk prior to the start of the first event of each championship meet. Be sure each packet is labeled with the name of the championship meet, the coach and the team. The packet should be picked up by the coach at the end of the meet. The verification information should not be included with the entry submitted to the host team, but a copy of the entry with the verification information must be submitted in the verification packet. The packet should include only non-New England calendar meets that are being used for verification.

Verification will be checked for each swimmer who does not make the cut in an event or who scratches, false starts, or disqualifies. If the verification for these swimmers has not been included or can not be checked, the swimmer will receive an administrative DQ and will not be able to swim any more in the meet. If the verification table at the Silver and Bronze championships receives proof that a swimmer has swum faster than the fastest time allowable for the event, the swimmer will receive an administrative DQ and will not be able to swim any more in the meet.

**NOTE:** THE VERIFICATION PACKET MUST BE TURNED INTO THE VERIFICATION TABLE BEFORE ANY SWIMMER ON THE TEAM COMPETES.

## BREASTSTROKE:

I've received favorable comments on my last attempt at clarification of the backstroke, so here goes the breaststroke. This is directly out of the current NCAA Rule Book.

## "BREASTSTROKE

Article 2 a. The forward start shall be used.

b. A stroke cycle shall consist of one arm stroke followed by one leg kick. Each time the swimmer's hands begin their sideward and/or downward press, a new stroke cycle shall have been started. Drifting apart of the hands shall not constitute the start of a stroke cycle.

c. The body shall be kept in the prone position with the shoulders in a horizontal plane. This prescribed body position shall be attained by the beginning of the first stroke cycle after the start and after each turn and shall be maintained at all times except when the swimmer is turning.

d. All forward and backward components of motion of the two arms shall be simultaneous; and, at any given time except when the swimmer is turning or finishing a race, corresponding points on both hands shall be in the same horizontal plane. The hands shall be pushed forward together from the chest and shall be brought back simultaneously on or under the surface of the water. The hands shall not be brought back beyond the hipline except during the first stroke cycle after the start and after each turn when the swimmer may take one arm stroke with the hands coming back to the thighs. There shall be no sculling with the hands at the end of the first arm stroke following the start and each turn.

e. All forward and backward components of motion of the two legs shall be simultaneous; and, at any given time except when the swimmer is turning, corresponding points on both feet shall be in the same horizontal plane. The toes of both feet must be turned laterally (by outward rotation of the legs) during each backward movement of the legs. A "dolphin" kick is not permitted. That is, propulsive movements of the feet resulting from flexion with subsequent extension of the knees in a vertical plane are prohibited. Breaking the water surface with the feet shall not constitute a violation unless it is caused by a "dolphin" kick.

f. At each turn and at the finish, the touch shall be made with both hands simultaneously. It is permissible when approaching a turn or the finish to drop an arm after the final arm pull before the touch; however, the shoulders must remain in a horizontal plane. Once a legal touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the prone position when the feet leave the wall.

g. At some time during each stroke cycle, except the first cycle after the start and after each turn, a part of the swimmer's head must break the surface of the water. After the start and after each turn, the swimmer may take one complete stroke cycle while wholly submerged; however, the swimmer's head must then break the surface of the water by the time the swimmer's hands reach the widest part of the second arm stroke after the start and after each turn."

The above is correct in every aspect, but one, at the present time. For this short course season, a swimmer can drop a shoulder along with an arm at the turns only. Obviously, this was done to speed up the turns and get better times. However, starting next september, long course and short course rules for breaststroke will be the same and the entire above standard will apply.

It is assumed, that the head coming out of the water once each complete cycle will be for a breath of air. After the breath of air, if the swimmer wishes to duck under water for the rest of the cycle, this is ok.

## BREASTSTROKE (continued)

Another comment, concerned the simultaneous touch. It was felt that a dual touch was achieved if no more than  $\frac{1}{2}$  a finger length separated the touch. This obviously is a judgement call. If you feel the swimmer is not attempting a dual touch and

is instead stretching one arm out ahead to touch the pad sooner, then it was not a dual touch and is indeed a violation.

because of the dropped should, swimmers are brushing the wall with one hand while spinning on the other hand. Unless you're over the top, a brush could very likely be a phantom touch. Keep this in mind when the referee asks you, "where were you standing." It seems like walking the sides is becoming a thing of the past unless you have many officials.

John Johanessen  
Officials Chairman

## CHAMPIONSHIP MEETS:

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	entry due: Feb. 13
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March 4--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	Feb. 19
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There will be no high point scoring and no relays; no "no time" entries accepted. Swimmers may qualify for Age Groups.

March 10--13:	New England Senior Championships Bernal's Gator Swim Club Blodgett Swimming Center Harvard University Allston, MA	Lois Koerckel 8 Abbot Bridge Drive Andover, MA 01810 617-475-3645	March 3
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March 18--20:	Silver Championships North Country Aquatic Club Dartmouth College Hanover, NH	Bonnie Lihatsch Box 145 Hanover, NH 03755 603-643-6110 (6--9 p.m.)	March 3
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There will be no high point scoring and no relays. Swimmers may not qualify for Age Groups at this meet. If a swimmer qualifies for an event at Age Groups at the Age Group Qualifier, the swimmer must must scratch the event at Silver Championships by March 6.

March 24--27:	Age Group Championships New England Barracudas Wellesley College Wellesley, MA	Phil Haberstroff 10 Old Meadow Lane Canton, MA 02021 617-828-6811	March 11
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Entries for all meets have been mailed to all registered New England teams. Additional entries are available through the New England office.

## THE FOLLOWING TEAMS ARE NEW ENGLAND REGISTERED FOR 1988:

ABF	ATTLEBORO BLUEFISH	LRW	LAKES REGION YMCA SWIM TEAM
ATST	AMHERST TRITON SWIM TEAM	LSM	LINCOLN SQUARE BOYS CLUB
AMW	AQUA MAIDS/AQUA MEN OF WORCESTER	MALY	MALDEN YMCA
ANA	ANDOVER-NORTH ANDOVER YMCA	MSSC	MANCHESTER SUNFISH SWIM CLUB
BA	BELMONT AQUATICS	MSY	MARBLEHEAD-SWAMPSCOTT YMCA
BENN	BENNINGTON MARAUDERS	MVP	MERRIMACK VALLEY PIRATES
BGSC	BERNAL'S GATOR SWIM CLUB	MVST	MARTHA'S VINEYARD SWIM TEAM
BCSY	BROCKTON COMMUNITY SWIM TEAM	NASY	NASHUA YMCA SWIM TEAM
BYB	BEVERLY YMCA BARRACUDAS	NNB	NEWPORT NAVY BLUES
BYST	BRISTOL Y SWIM TEAM	NBYB	NORTHERN BERKSHIRE Y BETTAS
CAY	CAPE ANN YMCA SWIM TEAM	NCAC	NORTH COUNTRY AQUATIC CLUB
CCSC	CAPE COD SWIM CLUB	NEB	NEW ENGLAND BARRACUDAS
CM	CLARK MEMORIAL SWIM TEAM	NSC	NAUTILUS SWIM CLUB
CAST	CUMBERLAND AREA SWIM TEAM	NSYV	NORTH SUBURBAN Y VIKINGS
CONY	CONCORD Y SAILFISH	NYSC	NEWPORT YMCA SWIM CLUB
CLBC	CUMBERLAND LINCOLN BOYS CLUB	ORO	OYSTER RIVER OTTERS
CRY	CRANSTON YMCA	PBC	PAWTUCKET BOYS AND GIRLS CLUB
CSG	COASTAL SWIM CLUB	PTBC	PITTSFIELD BOYS' CLUB
OSSM	COMMUNITY STARS AND STRIPES OF MEDFORD	PVAC	PIONEER VALLEY AQUATIC CLUB
CVWM	CENTRAL VERMONT WAVEMAKERS	PYST	PITTSFIELD YMCA SWIM TEAM
DYD	DANVERS YMCA DOLPHINS	PAC	PORTSMOUTH AQUATIC CLUB
EB	EASTHAMPTON BARRACUDAS	SAC	SHAWMUT AQUATIC CLUB
EPBC	BOYS & GIRLS CLUBS OF EAST PROVIDENCE	SMY	SMITHFIELD YMCA
EST	EXETER SWIM TEAM	SSA	SEACOAST SWIMMING ASSOCIATION
FRY	FALL RIVER YMCA	SSYS	SOUTH SHORE Y STRIPERS
GBSC	GREATER BOSTON SWIM CLUB	SEA	SEAGLES SWIM CLUB
GMSC	GREENWOOD MEMORIAL SWIM CLUB	TRIY	TRI-Y SWIM CLUB
HAFB	HANSCOM SEAHAWKS	TRAC	TRITON AQUATIC CLUB
HC	HOLY CROSS COLLEGE	VGST	VALLEY GATORS SWIM TEAM
HHST	HAMPSHIRE HILLS SWIM TEAM	WBD	WHITENSVILLE BLUE DOLPHINS
HRY	HAMPSHIRE REGIONAL YMCA	WSC	WORCESTER SWIM CLUB
HYST	HAVERHILL YMCA SWIM TEAM	WOBC	WOBURN BOYS CLUB
HYV	HOLYOKE YMCA VIKINGS	WGC	WORCESTER GIRLS CLUB
HAY	HOCKOMOCK AREA YMCA	YSEA	YMCA PARENT CHILD CENTER
KCY	KENT COUNTY YMCA	NWSC	NEW WAVE SWIM CLUB
KDST	KEENE DOLPHINS SWIM TEAM	SD	SEEKONK DOLPHINS
LRAC	LITTLE RHODY AQUATIC CLUB		
LOBC	LOWELL BOYS' CLUB		

If there is an error in my listing, please contact the office. If you have not yet reregistered your team, please send in your form and \$100 fee. Please note that United States Swimming has said that teams must use the initials that they used last year. You may change the name of your team, but not its initials.

## REREGISTERED TEAMS:

CRANSTON YMCA  
Paul C. Brochu  
1225 Park Avenue  
Cranston, RI 02910  
CRY

WORCESTER GIRLS CLUB SWIM  
Lori McCluskey TEAM  
125 Providence Street  
Worcester, MA 01604  
WGC

## NEW NAME:

BOYS & GIRLS CLUB OF E. PROVIDENCE  
Kevin S. Salisbury DENCE  
115 Williams Avenue  
E. Providence, RI 02914  
EPBC

## NEW ADDRESSES:

ATTLEBORO BLUEFISH  
Vic Bonneville  
69 Robert Street  
Attleboro, MA 02703  
ABF

CUMBERLAND AREA SWIM TEAM  
Kathie E. Richard  
33 Taft Road  
Cumberland, RI 02864  
CAST

NORTHERN BERKSHIRE Y BETTAS  
Mary Jeanne Filiault  
22 Brickyard Court  
North Adams, MA 01247  
NBYB

SMITHFIELD YMCA  
PO Box 363  
Deerfield Drive  
Greenville, RI 02828  
SMY

NORTH COUNTRY AQUATIC CLUB  
Roy Coates  
P. O. Box 601  
Hanover, NH 03755  
NCAC

LAKES REGION WAVEMAKERS  
Steve Sarausky  
P. O. Box 1594  
Lanonia, NH 03246  
LRW

NORTH SUBURBAN Y VIKINGS  
Donna Cerrato  
137 Lexington Street  
Woburn, MA 01801  
NSYV

PITTSFIELD YMCA SWIM TEAM  
Frank Bachteler  
31 Paul Drive  
Lee, MA 02138  
PYST

## NEW NAME AND COACH:

YMCA PARENT CHILD CENTER  
Michael E. Seidenberg  
438 Hope Street  
Providence, RI 02906  
YSEA

PAWTUCKET BOYS & GIRLS CLUB SWIM TEAM  
Kenneth Connors  
53 East Avenue  
Pawtucket, RI 02861  
PBC

## NEW COACH OR CONTACT PERSON:

AQUA-DUX SWIM CLUB  
Ken Oberg  
P. O. Box 1611  
Duxbury, MA 02331  
ADDC

ANDOVER-NORTH ANDOVER SWIM  
Karen Hilberg TEAM  
165 Haverhill Street  
Andover, MA 01810  
ANA

BRISTOL Y SWIM TEAM  
Claire Bangs  
448 Hope Street  
Bristol, RI 02809  
BYST

BENNINGTON MARAUDERS  
Ron Terwilleger  
Box 469  
Bennington, VT 05201  
BENN

DANVERS Y DOLPHINS  
Dana Milne  
34 Pickering Street  
Danvers, MA 01923  
DYD

EXETER SWIM TEAM  
Dan Truesdale  
P. O. Box 766  
Exeter, NH 03833  
EST

LINCOLN SQUARE BOYS CLUB  
Steven P. Hennigan  
Lincoln Square Clubhouse  
Worcester, MA 01605  
LSM

## NEW ENGLAND SWIMMING, BOARD MEMBERS

JANUARY 1988

Robert Fredette Chairman	2 Wallingford Street Dover, NH 03820	603-742-5153
Pat Peterson Administrative Vice Chairman	22 Derby Lane Lyngsboro, MA 01879	617-649-4270
Frank Tarantino Treasurer	14 Ingraham Road Wellesley, MA 02181	617-235-0199
Donna Brown Secretary	66 Craigie Street Somerville, MA 02143	617-776-4531
May Greineder Age Group Chairman	56 Cleveland Road Wellesley, MA 02181	617-237-4277
Mike Parratto Senior Chairman	9 Tri City Apartments, Apt. 17 Dover, NH 03820	603-749-2869
Dan Rhinehart Technical Chairman	23 Zone Street Providence, RI 02908	(h) 401-273-0363 (o) 401-863-1188
Mary Riddell Registration Administrative Assistant	20 Cleveland Road Needham, MA 02192	(o) 617-449-0270 (h) 617-444-2590
John Johanessen Officials Chairman	Box 131 North Stonington, CT 06359	203-535-2885
Isabelle Fraser Sanction Chairman	125 Franklin Road Longmeadow, MA 01106	413-567-7342
Tom Smith YMCA Liaison	9 Robin Road Concord, NH 03301	603-224-0462
Priscilla Davis Safety Officer	205 Woodbury Street South Hamilton, MA 01982	617-468-3786
Allan Livingston Coach Representative	287 Hovey Street Lowell, MA 01852	617-453-6111
Barbara Gould Coach Representative	52 Brackenbury Street Malden, MA 02148	617-324-4903
Haidi Mogavero Athlete Representative	5 Mohawk Circle Westboro, MA 01518	617-366-4929
Nikki Shire Athlete Representative	31 Plain Road Westford, MA 01886	617-692-8797
Roy Einreinhofen At Large	41 Canterbury Drive Sudbury, MA 01776	617-443-9639
Sabine Schwartz At Large	46 Salmi Road Framingham, MA 01701	617-877-5672
Bill Whitman At Large	117 Abbott Road Wellesley, MA 02181	617-237-4584
Lois Schwartz At Large	915 Edgell Road #71 Framingham, MA 01701	617-877-4701
Paul Kelley At Large	386 Central Avenue Needham, MA 02194	617-449-2072

## OTHER:

Mary Kelley Records, NAG Top 16	386 Central Avenue Needham, MA 02194	617-449-2072
Sally Shire OVC Chairman	31 Flain Road Westford, MA 01886	617-692-8797
Elaine Burnham OVC Chairman	70 York Street York, ME 03909	207-363-3001
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.--2:00 p.m.  
7:30 p.m.--10:30 p.m.  
Thursday: 8:00 a.m.--2:00 p.m.

INSURANCE

All United States Swimming Clubs must report any accident occurrence that involve US Swimming members or occur at USS events. A Report of Occurrence form, available through the office or in the December newsletter, should be completed and mailed to US Swimming National Headquarters and Financial Guardian, USS insurance brokers, as well as New England Swimming, after each and every accident occurrence.

US Swimming Insurance Coordinator 1750 East Boulder Street Colorado Springs, CO 80909	Financial Guardian US Swimming Insurance Coordinator 7600 North 16th Street, Suite 208 Phoenix, AZ 85020	New England Swimming 20 Cleveland Road Needham, MA 02192
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**SWIMMING SCHOLARSHIP:** Central New England Aquatics announces that applications are being taken for the RALPH H. SAUNDERS MEMORIAL SCHOLARSHIP.

This scholarship is available to college bound and/or college students who are affiliated with competitive swimming.

For further information and application forms contact: Central New England Aquatics  
165 Oak Street  
Shrewsbury, MA 01545



## EASTERN ZONE - UNITED STATES SWIMMING

What is the Eastern Zone? Many of you ask me this at Age Groups when we are picking the New England Eastern Zone Team. The country is divided into four zones for purposes of swimming championships. Western, Southern, Central, and Eastern. These are geographical as well as by registration. We have twelve LSC's in our Eastern Zone - New England being an LSC-Local Swim Committee. The others in our Zone are: Allegheny Mountain, Adirondack, Connecticut, Maine, Middle Atlantic, Maryland, New England, New Jersey, Niagara, Metropolitan, Potomac Valley, and Virginia. This means we compete at the Zone level with all these LSC's. It means we can travel as far south as somewhere in Virginia, and as far west as Pittsburgh, Pa. We have done both. The meet itself is a trials and finals format for all age groups. It is the best experience for age group swimmers to see top level swimming in each of their respective age groups. Being involved in trials and finals with their own team is a new experience. Whether or not a swimmer goes on to National level, these meets are something one would remember as a great experience. The enthusiasm of all teams in these facilities is something I have never run into anywhere else - certainly not at National meets - most teams are too small.

### Positive Aspects of this type of competition

Swimmers learn from the experience. Age Groupers that are used to leaving a pool and going shopping or out to see the sights soon realize that to do well at night one must have some afternoon rest. Swimmers learn that is hard to do if half of your room do not want to rest but want to play. Rest does not necessarily mean sleeping - but one should get off their feet - they can play board games, read, watch TV but be off their feet. This is hard to police due to the numbers but no one said life is always fair.

Swimmers meet many people from other teams - this is very positive - some of these friendships last for many years. This is what this sport is all about.

Most swimmers who are the stars in their LSC find out there are others out there just as good - again this is a great learning experience. The better swimmers who may get beaten come home and work that much harder.

Negative Aspects at this level - over ambitious ten and under parents. This age group still does not have their olympic spot ready for them. These children should be allowed to be children. Some will swim well and some will not. If it is too intense then we will drive them out of the sport.

If all of you parents who read this would encourage participation and more importantly encourage proper behavior it would help us in our duties. Now that time trials have been curtailed at the National Level more swimmers in the 14 and over age groups should use this as a stepping stone to Junior Nationals. Relay swimmers cannot take part in time trials at the National level unless they have made an individual event.

This year for the first time 15-18 year olds will be taken to the meet by application only. Hopefully this will mean they want to swim fast.

Having been involved with this type of All-Star Meet - I endorse it completely - since it began in 1980 - I feel it can work if we all support it. It may turn into a Long Course meet in August eventually.

All swimmers should be encouraged to keep their school work up - if they make this team then they will miss three days of school - if work is done consistently over the year then this is not a problem.

Isabelle Fraser - Zone Team Co-Ordinator  
Head Coach - Pioneer Valley Aquatic Club

1988 EASTERN ZONE ALL-STAR MEET

This year the Eastern Zone Meet will be back in Buffalo at the State University of New York - Amherst Campus. Anyone who went on the trip last year knows that this was an exceptional facility. The meet will be March 30 - April 3, 1988. Travel to Buffalo will be March 30 - Wednesday - the team will compete on the 31st, April 1, and April 2 - then return home on Sunday, April 3, 1988. All swimmers must go on the bus with the team. Each swimmer will receive a team bathing suit, team sweatshirt, and a bathing cap. The team will be picked from Age Groups so a decision to participate must be made on the spot. Each swimmer must have competed in three New England Meets to be eligible to be on the team. The 15-18 year olds will be picked from applications received because they are not in age-groups in the winter. The head coach of this years team will be Skip Parkas. from New England Barracudas.

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APPLICATION FOR ANYONE INTERESTED IN GOING AS A COACH

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

CLUB ATTACHMENT \_\_\_\_\_

Please return this to Isabelle Fraser, 125 Franklin Rd., Longmeadow, Ma. 01106  
 413-567-3415 (if you want any questions answered)

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15-18 YEAR OLDS ONLY - THE REMAINDER OF THE TEAM WILL BE PICKED OFF OF AGE GROUPS

LETTER OF INTENT - 1988 EASTERN ZONE MEET - BUFFALO, NEW YORK - March 30 -  
April 3, 1988

NAME \_\_\_\_\_ U.S.S. REGISTRATION # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ SUIT SIZE \_\_\_\_\_ PHONE - AREA CODE \_\_\_\_\_

CLUB \_\_\_\_\_

Times - must be done after Sept. 1, 1987

	<u>Best Time</u>	<u>Achieved (Meet and Date)</u>
50 yd. free	_____	_____
100 yd. free	_____	_____
200 yd. free	_____	_____
500 yd. free	_____	_____
1000 yd. free	_____	_____
1650 yd. free	_____	_____
100 yd. breast	_____	_____
200 yd. breast	_____	_____
100 yd. fly	_____	_____
200 yd. fly	_____	_____
100 yd. back	_____	_____
200 yd. back	_____	_____
200 yd. I.M.	_____	_____
400 yd. I.M.	_____	_____

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If selected for the 1988 Zone Travel Team, I will be able to represent New England Swimming, Inc.. I understand that I will be staying with the New England Team in Buffalo (hotel to be announced, and will be transported to and from the meet by bus. New England Swimming will cover a portion of the total cost. I understand that I will be responsible for the remaining cost determined by the number of team representatives. This should not exceed a cost to you of more than \$175.00 meals included. This entry must be received by Isabelle Fraser, 125 Franklin Rd., Longmeadow, Ma. 01106 - by March 20, 1988 - it has to be in Buffalo by the 23 of March. You may submit the application immediately and update your times later. The entry will be mailed out of the 21st of March. It will be too late to call me from the Silver Championships - if you have submitted your entry then you can update from the Silver Championships. The phone number is 413-567-3415 - call before 2:00 P.M., or after 9:00 P.M. at night. After Feb. 7 - after 7:00 P.M. at night.

Signed \_\_\_\_\_

Parents Signature \_\_\_\_\_

As our Age Group Championships is held after the entry deadline is due, they must be called in - it is very important that this 15-18 entry is in Buffalo on time. Your co-operation will be very much appreciated.

Those selected from applications received will be notified between March 14 - March 17, 1988. Remember you can update times from the Silver Championships but your application must have already been sent into Isabelle Fraser.

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SEED CARDS: Seed cards are available through the New England Office. The cost for plain cards is \$16.00 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.50 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$22.50, including mailing. If the cards are picked up in Needham, the cost is \$21.00. 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 with initials are picked up in Needham, the cost is \$17.50 per thousand. The minimum order for cards with initials is 1,000 cards.

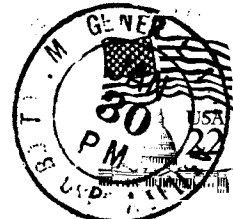


NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England office for \$7 per year. Clubs do not have an expiration date on their label since all registered clubs receive one free subscription with their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



**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192



FIRST CLASS

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



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

FEBRUARY 1988

IN THIS ISSUE: NEW ENGLAND MEET EVALUATION FORM; PROPOSED LONG COURSE 1988 MEET SCHEDULE; BID FORM; GENERAL INFORMATION CONCERNING NEW ENGLAND MEETS; BAY STATE GAMES; SILVER CHAMPIONSHIP CORRECTION.....

TELEPHONE CORRECTION: ISABELLE FRASER'S telephone number is: 413-567-3415.

## MEET EVALUATION FORM

In an ongoing effort to improve the quality of meets being offered to swimmers of all levels in New England, your New England Swimming Board has prepared a meet evaluation sheet. This sheet should be available and used at all New England sanctioned swim meets. We encourage coaches, parents, and swimmer to seek out these forms at each meet and express their feelings as objectively as possible. New England Swimming will be guided by the evaluations in awarding future meets.

Bill Whitman  
New England Board  
Meet Evaluations

**CHAMPIONSHIP PINS:** As a gift from New England Swimming, each swimmer who participates in Age Group and/or Senior Championships will receive a special championship pin. There will be different pins for Age Groups and Seniors and a swimmer will receive one pin for each meet in which the swimmer participates. Pins will be available at the verification table any time after the swimmer has completed his or her first individual or relay event.

The Board of New England Swimming will meet on Tuesday, March 8, 1988 at the Harvard Community Health Plan Office Building, Route 9, Wellesley. The meeting will begin at 7 p.m.

NEW ENGLAND REGISTERED TEAMS: The following teams are registered New England teams and should be added to the list in last month's newsletter.

ADSC AQUADUX SWIM CLUB  
 BYB BEVERLY YMCA BARRACUDAS  
 BARY BARRINGTON YMCA  
 BOSC BOSTON SCROD  
 LCSC LAKE CHAMPLAIN SWIM CLUB  
 NWSC NEW WAVE SWIM CLUB  
 NBYW NEW BEDFORD YWCA  
 MELY MELROSE YMCA  
 SCY SOUTH COUNTY YMCA  
 SD SEEKONK DOLPHINS

NEW TEAM:

BOSTON SCROD

Mark H. Marshall  
 312 Dane, 22 Everett St.  
 Cambridge, MA 02138

BOSC

NEW COACH OR CONTACT PERSON:

LAKE CHAMPLAIN SWIM CLUB

Jim Donoghue  
 PO Box 2107  
 S. Burlington, VT 05403

LCSC

SOUTH COUNTY YMCA

Becky Bisagne  
 PO Box 111, 165 Broad Rock Rd.  
 Wakefield, RI 02883

SCY

MELROSE YMCA

Zanita M. Smith  
 497 Main St.  
 Melrose, MA 02176

MELY

ADDITIONAL MEET:

April 9--10: Triton Aquatic Club Pentathlon  
 Quinsigamond Community College  
 Worcester, MA  
 cut by postmark

Laura Glazier  
 15 Gaskill Road  
 Worcester, MA 01601  
 617-756-6525

The ATTLEBORO BLUEFISH have many items of clothing that were left at their recent meet. If you left an item, please contact Anne Kotch at 617-252-3570 or 617-222-7063.

PROPOSED NEW ENGLAND CALENDAR FOR LONG COURSE, 1988:

DATE	MEET I	MEET II
MAY	6--8 : SPECIALTY	SPECIALTY
	13--15: C(B) Schedule I	B(C) Schedule I
	20--22: B(A) Schedule I	
	27--29: A or Better Schedule II	C(B) Schedule II
JUNE	3--4 : SPECIALTY	SPECIALTY
	10--12: C(B) Schedule I	B(C) Schedule II
	17--19: A(E) Schedule II	
	24--26: A or Better Schedule I	B(C) Schedule I
JULY	1--3 : B(A) Schedule II	SPECIALTY
	8--10: C(B) Schedule I	B(C) Schedule II
	15--17: New England Senior Championships*	
	22--24: Age Group Qualifier**	
	29--31: C through cut for Age Group Qualifier (cut by postmark)*	
	30--3 : Junior Nationals, Orlando, Florida	
AUGUST	4--7 : New England Age Group Championships*	
	8--13: USS Senior/Olympic Trials, Austin, Texas	
	16-- : ASCA meet, Fort Lauderdale, Florida	

\*Although the season is long course, short course pools will be used for many meets. These meets should be in a long course pool.

Bids may be made for meets not included on the calendar; however, calendar meets will have first priority.

The names of the meet referee, starter, stroke and turn judges, and head timer have not been asked for on the bid sheet. However, this information must be submitted at the time the meet information is submitted to the sanction chairman for sanctioning.

ALL BID FORMS ARE DUE BY: MONDAY, MARCH 21, 1988

Please print or type and include all information asked for. Please note that a copy of the bid form must be sent to three different members of the calendar committee.

## NEW ENGLAND SWIMMING OFFICE

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.

BAY STATE GAMES:

All Massachusetts residents age 12 and over are eligible to try out for Bay State Games.

SWIMMING TRY OUTS:

Friday, May 20: warm-up 4:30 p.m.; meet 5:30 p.m.

Saturday, May 21: warm-up 9:00 a.m.; meet 10:00 a.m.

Coastal : Durfee High School, Fall River  
 Southeast : Wellesley College, Wellesley  
 Metropolitan: Bentley College, Waltham  
 Northeast : Minuteman Regional Vocational School, Lexington  
 Central : Mount Wachusett Community College, Gardner  
 West : to be announced

SWIMMING FINALS: July 15--17

DIVING TRY OUTS:

East: May 22: Wellesley College, Wellesley, MA warm-up 9 a.m.; meet 10 a.m.

West: June 11: U of Massachusetts, Amherst, MA warm-up 9 a.m.; meet 10 a.m.

WATER POLO TRY OUTS:

Northeast : Boys Scholastic--June 26 Melrose YMCA, Melrose, MA  
 Mens Open -- May 15 Melrose YMCA, Melrose, MA  
 Southeast : Boys Scholastic--June 25 Bridgewater State College, Bridgewater, MA  
 Mens Open -- May 14 Bridgewater State College, Bridgewater, MA  
 Metropolitan: Boys Scholastic--June 25 MIT, Cambridge, MA  
 Mens Open -- May 14 MIT, Cambridge, MA  
 West : Boys Scholastic--June 25 U of Massachusetts, Amherst, MA  
 Mens Open -- May 14 U of Massachusetts, Amherst, MA

All water polo try outs begin at 9 a.m.

**SUMMER JOB OPPORTUNITIES:** The American Camping Association has summer job opportunities available for waterfront and other camp positions. For more information and/or applications, please contact:

American Camping Association  
 Summer Camp Jobs  
 643 Moody Street  
 Waltham, MA 02154-5111

Applications are also available in the New England office.



GENERAL INFORMATION CONCERNING NEW ENGLAND MEETSTYPES OF MEETS:

- A(B)--First consideration is given to swimmers with "A" or better times; swimmers with "B" times may swim if there is room.
- B(A)--First consideration is given to swimmers with "B" times; swimmers with "A" or better times may swim if there is room.
- B(C)--First consideration is given to swimmers with "B" times; swimmers with "C" times or no times may swim if there is room.
- C(B)--First consideration is given to swimmers with "C" times or no times; swimmers with "B" times may swim if there is room.

CUTS: Meets that are over subscribed will be cut as follows:

- A(B)--"B" swimmers are cut by time; if all "B" swimmers have been cut, "A" swimmers are cut by time.
- B(A)--"A" swimmers are cut by date of receipt; if all "A" swimmers have been cut, "B" swimmers are cut by date of receipt.
- B(C)--"C" swimmers are cut by date of receipt; if all "C" swimmers have been cut, "B" swimmers are cut by date of receipt.
- C(B)--"B" swimmers are cut by date of receipt; if all "B" swimmers have been cut, "C" swimmers are cut by date of receipt.

Specialty meets--cut by date of receipt.

NOTE--New England Swimming has established "date of receipt" rather than "post-mark" to allow for other methods of delivery--hand, UPS, etc

AWARDS:

- A(B)--Medals will be given to the top 6 (or 8 in the case of an 8-lane pool) swimmers (whether entered with "A" or "B" times). If desired, ribbons may also be given to the top 6 (or 8) "B" swimmers who finish with "B" times.
- B(A)--Ribbons will be given to the top 6 (or 8) "B" swimmers achieving "B" times.
- B(C)--Ribbons will be given to the top 6 (or 8) swimmers achieving "B" times (whether entered with "B" or "C" times). If desired, ribbons may also be given to the top 6 (or 8) "C" swimmers who finish with "C" times.
- C(B)--Ribbons will be given to the top 6 (or 8) "C" swimmers achieving "C" times.
- Specialty meets--Ribbons will be given to the top 6 (or 8) finishers

NOTE--Championship and specialty meets may have different awards which will be established at the time the bid is awarded.

At all meets appropriate achievement cards should be written for swimmers achieving times at a higher level.

ENTRY FEES: (as of May 1, 1988)

A(B)--(or if medals are awarded) up to \$2.00; \$4.60 per relay.

B(A), B(C), C(B)--up to \$1.50; \$3.60 per relay.

Trials and finals meets--up to \$3.00; \$6.60 per relay.

Specialty meets may charge up to \$1.50 unless permission is given to charge another fee.

NOTE--Championship and specialty meets may have different entry fees which will be established at the time the bid is granted.

SURCHARGES:

A(B)--45¢ per individual event

B(A), B(C), C(B)--30¢ per individual event

Trials and finals meet--45¢ per individual event

NOTE--There is no surcharge for relays.

NOTE--In all cases "A" refers to "A" and better times.

SCHEDULES:

SCHEDULE I --13 and Over: short events (100's; 200 IM)  
12 and under: long events (100's; 200 IM)

SCHEDULE II--13 and over: long events (200's; 400 IM)  
12 and under: short events (50's; 100 IM)

SPECIALTY MEETS--distance meets, senior development meets, mini meets for younger swimmers, relay carnivals, freestyle specialty meets, pentathlons, etc.

PRE-SEEDED MEETS are not allowed in New England unless a special request is made at the time the bid is submitted, and the special request is granted by the calendar committee.

REQUEST FOR MEET:

Date(s) of meet bid: \_\_\_\_\_

Please PRINT and fill in all information.

Club Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Club President: \_\_\_\_\_

Meet Director: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Information Director (if different from Meet Director): \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Meet you are bidding for: \_\_\_\_\_

Date(s): 1st choice: \_\_\_\_\_ 2nd choice: \_\_\_\_\_ 3rd choice: \_\_\_\_\_

Facility name: \_\_\_\_\_ Location: \_\_\_\_\_

Type of timing: \_\_\_\_\_ Number of lanes: \_\_\_\_\_

Format (timed finals, trials and finals): \_\_\_\_\_

Type of Meet (schedule I, schedule II, specialty): \_\_\_\_\_

On a separate sheet of paper, please include a list of all events to be offered to each age group.

Individual entry cost: \_\_\_\_\_ Relay cost: \_\_\_\_\_

Admission fee: \_\_\_\_\_ Program cost: \_\_\_\_\_

Details on awards (type and to whom): \_\_\_\_\_

How meet will be cut: \_\_\_\_\_

Seeding (pre-seeded or bull pen): \_\_\_\_\_

If the meet is to be pre-seeded, please include a request with an explanation as to why it should be.

Sessions: a.m.: age groups: \_\_\_\_\_ warm-up: \_\_\_\_\_ meet: \_\_\_\_\_

p.m.: age groups: \_\_\_\_\_ warm-up: \_\_\_\_\_ meet: \_\_\_\_\_

Be sure to indicate if 8 and unders are a separate age group.

Person to contact to discuss changes to meet bid: \_\_\_\_\_

Phone: \_\_\_\_\_

Please send one copy to each of the following:

CALENDAR CHAIRMAN  
Pat Peterson  
22 Derby Lane  
Tyngsboro, MA 01879

TECHNICAL CHAIRMAN  
Dan Rhinehart  
23 Zone Street  
Providence, RI 02908

SANCTION CHAIRMAN  
Isabelle Fraser  
125 Franklin Street  
Longmeadow, MA 01106

## CHAMPIONSHIP MEETS:

## SILVER CHAMPIONSHIPS:

The 500 yard freestyle for 11 and 12 was omitted from the entry. The event will be swum on Friday evening and may be limited to three heats for each sex. Please note the change in the order of events to be swum on Friday evening.

	women		men	
	7.	11 & 12	200 yard free	8.
	5.	9 & 10	200 yard free	6.
	1.	13 & 14	500 yard free*	2.
	3.	15 & over	500 yard free*	4.
	93.	11 & 12	500 yard free*	94.
	9.	13 & 14	400 yard IM *	10.
	11.	15 & over	400 yard IM *	12.

\*These events may be limited to three heats per sex per event.

If a swimmer has entered an event in the Silver Championships and qualifies at the Age Group Qualifier for Age Groups in that event, the swimmer must be scratched from that event at the Silver Championships by Sunday evening, March 6. Forms for this purpose will be included in the coaches packets at the Age Group Qualifier and the New England office will phone the information to NCAC.

At the same time, if a swimmer has to scratch his third event of the day for Silver Championships and he had another event that day which he had qualified for before March 3 and not entered because of the three events per day limit, he may now enter that third event if he wishes. The same form used for scratching may be used for this purpose, also.

## AGE GROUPS:

TIME TRIALS will be offered at Age Groups for those swimmers who have a birthday between Silver Championships and Age Groups and have times that are too fast for Silver Championships but not fast enough for Age Groups at the new age. The time trials will be offered as time permits between events during the 10 and under session at Age Groups. To register, please contact

Bill Whitman  
117 Abbott Road  
Wellesley, MA 02181  
617-237-4584



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

MARCH 1988

IN THIS ISSUE: REQUEST FOR REIMBURSEMENT FORM; USS ACCIDENT MEDICAL INSURANCE; ZONE TEAM INFO; COACHES MEETING; REIMBURSEMENT POLICY...

### EIGHT AND UNDER CHAMPIONSHIPS:

#### HIGH POINT WINNERS:

#### GIRLS

1. WENDY BROWN CSSM
2. ERICA LAZAR CSSM
3. MARIANNE BLAIKIE SSYS
4. ERICA ALLEN NASY
5. ALLISON VENDT CSC

#### BOYS

- |                |      |
|----------------|------|
| COREY BLAKELY  | EPBC |
| MICHAEL CONTI  | SSA  |
| ERICK DAVIS    | LCSC |
| DAMIAN SANTORO | LRAC |
| MATTHEW WRIGHT | BGSC |

#### TEAM HIGH POINT:

- |         |      |
|---------|------|
| 1. NASY | BGSC |
| 2. CSSM | EPBC |
| 3. HAY  | SSA  |
| 4. SSYS | CH   |
| 5. CSC  | LRAC |

### REIMBURSEMENT POLICY:

Included in this newsletter is a copy of the new New England Reimbursement Form. Each New England swimmer who desires reimbursement must fill out a form.

In order to be eligible for reimbursement a swimmer must be New England registered and participate in at least one individual event at national championships. In addition, the swimmer must have participated in at least three New England sanctioned calendar meets during the past season.

A New England swimmer who swims in an individual event at Junior Nationals in 1988 will be reimbursed \$100; a New England swimmer who swims in an individual event at Senior Nationals in 1988 will be reimbursed \$200. A swimmer who places in the top 16 in one or more individual events will receive an additional \$50.

All forms must be submitted to the New England office within 8 weeks of the meet.

The next meeting of the Board of New England Swimming will be on Tuesday, May 3, 1988 at 7 p.m. at the Harvard Community Health Plan Office, Route 9, Wellesley, MA.

INSURANCE:

Included in this newsletter is a summary of the new New England insurance coverage.

At its January Meeting, the USS Board of Directors carefully reviewed and discussed the insurance coverage that has been provided to USS registered athletes. As a result, United States Swimming eliminated retroactively Catastrophic Accident Protection effective December 31, 1987. In its place, USS retroactively implemented an Accident Medical Insurance Program effective January 1, 1988. This change is adopted to better serve a larger number of USS athlete members.

The Report of Occurrence Form which was printed in the December newsletter still should be filed for all accidents. This form is for the liability aspect of the insurance and these reports help USS and NES analyze the various causes and sources of accidents so that more accidents can be prevented in the future.

ZONE TEAM:

A letter concerning the Zone Team is included in this newsletter. Please note that the final date of application for 15 to 18 year old swimmers has already passed. Swimmers who are 14 and under will be selected for the team at the Age Group meet.

Swimmers and parents of swimmers who anticipate that they may be invited to join the team should be ready to decide on the spot at Age Groups. Isabelle Fraser would like to invite any parents or swimmers who have questions to come to the Zone Team table at Age Groups and ask whatever questions the parents and swimmers might have.

RECORDS:

Please note that there is an error in the 1987 Short Course Record Book. The record for the 11 and 12 boys 50 yard breaststroke should be 31.30.

RECORD BREAKING SWIMS:

ECSC, Harvard University, November 27--29, 1987:

13 and 14 Boys : RAY CAREY EGSC 200 yard butterfly 1:57.94 NE/RBS

ASC, Cape Elizabeth, ME February 27--28, 1988:

Eight and under Boys: EGSC BOYS 100 yard free relay 1:05.27 NE/RBS  
(Matthew Wright, John Tarantino, Ken Baughman, Luke Walton)

**WANTED:** Head Swim Coach for Central Vermont Wavemakers Swim Team; must be CPR and First Aid certified. Seeking an enthusiastic, positive, and experienced coach. Please call 802-485-6107 or 802-223-6107 or write to:

Cindy Smith-Tintle  
Webster Road  
Roxbury, VT 05669

**DEAR COACHES, SWIMMERS AND PARENTS:**

**I AM WRITING TO YOU AT THIS TIME AS THE HEAD COACH OF YOUR NEW ENGLAND ZONE SWIM TEAM. AS YOU ALL KNOW, THE WEEK FOLLOWING AGE GROUPS, NEW ENGLAND SWIMMERS WILL BE PARTICIPATING IN THE ZONE CHAMPIONSHIPS. WE WILL BE SWIMMING AT THE STATE UNIVERSITY OF NEW YORK - AMHERST CAMPUS, BUFFALO, NEW YORK, MARCH 30TH TO APRIL 3RD. WE WOULD LIKE TO SEND THE STRONGEST TEAM POSSIBLE TO THE ZONE MEET WHICH IS WHY I AM WRITING AT THIS TIME. I WANT TO ENCOURAGE ALL OF YOU TO MAKE A COMMITMENT TO PERFORMING YOUR PERSONAL BEST TIMES AT OUR NEW ENGLAND AGE GROUP CHAMPIONSHIPS. THAT WAY WE WILL TAKE THE BEST TEAM POSSIBLE TO THIS IMPORTANT MEET.**

**I ENCOURAGE ALL SENIOR SWIMMERS (15 TO 18) TO SUBMIT AN APPLICATION TO BE A MEMBER OF THE ZONE TEAM. I REALIZE THAT MANY OF YOU WILL BE GOING TO JUNIORS OR SENIORS. HOWEVER, IF THERE ARE SOME OF YOU WHO HAVE NOT MADE NATIONAL LEVEL CUTS OR DO NOT FEEL THAT YOU WILL MAKE JUNIORS THIS YEAR PLEASE APPLY NOW! IF YOU CHANGE YOUR MIND YOU CAN TELL US THAT YOU ARE NOT GOING TO ATTEND. IF YOU DECIDE AT THE LAST MINUTE THAT YOU WOULD LIKE TO ATTEND, IT WILL BE TOO LATE. SO PLEASE, APPLY NOW. FOR MANY, THE ZONE MEET WILL BE AN OPPORTUNITY TO SWIM FAST AND EXPERIENCE SWIMMING AT A LEVEL THAT IS NATIONAL IN SCOPE, BUT NOT AT THE LEVEL OF JUNIORS OR SENIORS.**

**AGE GROUPERS WILL BE SELECTED FROM THE AGE GROUP CHAMPIONSHIPS AS HAS BEEN DONE IN THE PAST - THE TOP TWO QUALIFIERS IN EACH EVENT. RELAYS WILL BE COMPOSED FROM THOSE SWIMMERS ATTENDING THE MEET.**

**EVERYONE SHOULD REMEMBER THAT SINCE THIS WILL BE A CHAMPIONSHIP MEET, WE ARE GOING TO REPRESENT NEW ENGLAND SWIMMING AT THE HIGHEST POSSIBLE LEVEL. WE ARE GOING TO COMPETE IN CHAMPIONSHIPS AND SWIM FAST FIRST. WE WILL CERTAINLY HAVE TIME FOR FUN, SIGHT SEEING, NEW FRIENDS, AND WONDERFUL EXPERIENCES TO SHARE WITH OUR TEAMMATES AND FRIENDS WHEN WE RETURN.**

**I ENCOURAGE EVERYONE TO MARK THE DATES ON HER/HIS CALENDAR. WE NEED YOU TO HELP US SEND THE BEST ZONE TEAM EVER TO THE CHAMPIONSHIPS THIS YEAR.**



**SWIMMINGLY YOURS,  
SKIP FARLAS**

**TEAM REGISTRATION:**

Please add the following teams to your list of registered New England teams:

BERK Berkshire Aquatics  
 MYS Montachusets Regional YMCA Stingrays  
 MSP North Shore Piranhas  
 NYB Newman YMCA Barracudas

**NEW TEAM:**

BERKSHIRE AQUATICS  
 Stephen Schaffer  
 428 Stratton Road  
 Williamstown, MA 01267  
 BERK

**COACHES' MEETING:**

There will be a meeting at Age Groups for all coaches on Saturday, March 26 at the conclusion of the 10 and under session. The place will be announced at the meet.

Any coaches who will not be at the meet are welcome to give their suggestions to either Allan Livingston, 187 Hovey Street, Lowell, MA 01852 (617-453-6111) or Barbara Gould, 52 Eckenbury Street, Malden, MA 02148 (617-324-4903).

Barbara Gould would like to start a newsletter for coaches. If you would like to be on the mailing list, please be sure that she has your name and address.

**AGE GROUP CLARIFICATION:**

The 1650 yard freestyle for 13 and 14 will be swum as a timed final at the conclusion of the Sunday morning session with the top heat of each sex swum during the finals. In accordance with national championship procedure, the top heat of each sex of the 1650 will be swum at the beginning of the finals session on Sunday evening. During trials the 1000, 1650, and 11 and 12 500 will be swum fastest to slowest, alternating heats of women and men.

**CHAMPIONSHIP PINS:**

The Senior Championship pins were very popular! Individual and relay swimmers at Age Groups will be receiving a special Age Group pin. Each swimmer should go to the verification table after he or she swims his or her first individual event or relay.

Any swimmer at Senior Championships who did not receive his pin may receive one by contacting May Greineder or the New England office.

**VERIFICATION PACKETS:**

Will all teams entered at Age Group Championships please remember that all teams must turn in their packets (including a copy of their entry!) before their team goes in the water.



**MEMBERSHIP PROTECTION**

United States Swimming's stated policy for membership protection is:

- To provide safety education for its membership;
- To provide protection for USS athletes who suffer major injuries;
- To provide evidence of financial responsibility so that USS clubs can conduct practices and competitions.

To implement this policy, U.S. Swimming has now adopted two major programs:

1. Accident Medical Protection;
2. A Liability Insurance Program - Conventional, self-funded, or a combination of both.

These two programs are intended to provide the best protection and security for injured athletes and their families, while stabilizing the cost of U.S. Swimming's insurance protection.

Accident Medical Insurance

**Policyholder:** United States Swimming, Inc.

**Carrier:** State Mutual Life Assurance Company

**Policy Number:** 54018

**Insured Persons:** Registered athlete members (excluding seasonal athlete members) of United States Swimming.

**Covered Accident:** An accident which occurs to an Insured Person while insured under this policy and which results in bodily injury (not excluded from coverage by the Policy exclusions) sustained by the Insured Person;

1. during participation in competitions, meets or events officially sponsored or sanctioned by the Policyholder; or
2. during participation in organized, scheduled practice sessions which are under the direct supervision of a USS member coach or his designee in attendance; or
3. during Covered Travel \* to and from such sponsored and sanctioned events or organized, supervised practice sessions.

**Deductible:**

- A. the total of Other Collectible Benefits \* applicable to the injury, or
- B. \$250.00 of Medical Expense \* applicable to the injury, whichever is greater

**Benefits:** Maximum \$25,000.00 per occurrence for Medical Expense \*  
Maximum \$250.00 per tooth and \$1,000.00 per occurrence for  
Dental Expense \*

\* Covered Travel, Other Collectible Benefits, Medical Expense and Dental  
Expenses are defined by the policy.

**Claims:** Claim forms may be obtained from:

United States Swimming, Inc.  
1750 East Boulder Street  
Colorado Springs, CO 80909  
303/578-4578

or Financial Guardian, Inc.  
7600 North 16th Street, Suite 208  
Phoenix, AZ 85020  
602/870-4096



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

APRIL 1988

IN THIS ISSUE: 1988 National Age Group Time Standards; Long Course Meet Schedule; New England Swimming Board Members; Zone Team; High Point Awards--Age Groups and Seniors; National Age Group Pentathlon Meet; Ultra-Swim Gold Medal Award Cards; Winning Spirit Camps...

CONGRATULATIONS to: ANY PALMER (SSA) who was the top Swim-a-thon fundraiser in New England during 1987. She raised \$2,970 to benefit her team, United States Swimming and New England Swimming.

Please note that this newsletter includes a new NEW ENGLAND SWIMMING BOARD MEMBERS listing.

Please discard the list that appeared in the January newsletter!

#### LONG COURSE MEET SCHEDULE:

The Long Course Meet Schedule for 1988 appears in this newsletter. It is hoped that one (or more) additional long course meet will be added to the schedule, but nothing is definite yet.

CONGRATULATIONS to KEN OBERG (coach, ADSC) who has been named by United States Swimming as the eastern representative for Winning Spirit Camps. The purpose of the Winning Spirit Camps is to expose non-United States Swimming teams and swimmers to United States Swimming. Ken will be contacting teams regarding hosting one of these camps or you may call him at 617-934-6114.

The next meeting of the Board of New England Swimming will be on Tuesday, May 3, 1988 at 7:00 p.m. at the Harvard Community Health Plan Office Building, Route 9, Wellesley, MA.

CONGRATULATIONS to all the swimmers who participated in  
New England Senior Championships and Age Group Championships!

## NEW ENGLAND SENIOR CHAMPIONSHIPS:

TEAM HIGH POINT:	COMBINED:	1.	BERNAL'S GATOR SWIM CLUB
		2.	SEACOAST SWIMMING ASSOCIATION
		3.	LITTLE RHODY AQUATIC CLUB
		4.	NEW ENGLAND BARRACUDAS
		5.	MERRIMACK VALLEY PIRATES
	MEN :	1.	BERNAL'S GATOR SWIM CLUB
		2.	LITTLE RHODY AQUATIC CLUB
		3.	SEACOAST SWIMMING ASSOCIATION
		4.	NEW ENGLAND BARRACUDAS
		5.	MERRIMACK VALLEY PIRATES
	WOMEN :	1.	BERNAL'S GATOR SWIM CLUB
		2.	SEACOAST SWIMMING ASSOCIATION
		3.	NEW ENGLAND BARRACUDAS
		4.	LITTLE RHODY AQUATIC CLUB
		5.	CUMBERLAND AREA SWIM TEAM

INDIVIDUAL HIGH POINT:	1.	JENNY THOMPSON	SSA	DEAN FREDETTE	SSA
	2.	HEIDI HANNENIAN	SSA	ALEX KOSTICH	EGSC
	3.	CHRISTINE AGNEW	PVAC	SEAN GOULDSON	MVP
	4.	LYNN KELLEY	EGSC	ETHAN SAULNIER	NEB
	5.	LARISSA HEROLD	SSA	LEWIS RUTHERFORD	EGSC

## NEW ENGLAND AGE GROUP CHAMPIONSHIPS:

TEAM HIGH POINT:	COMBINED:	1.	BERNAL'S GATOR SWIM CLUB
		2.	NEW ENGLAND BARRACUDAS
		3.	LITTLE RHODY AQUATIC CLUB
		4.	COMMUNITY STARS & STRIPES
		5.	MERRIMACK VALLEY PIRATES
	MEN :	1.	BERNAL'S GATOR SWIM CLUB
		2.	NEW ENGLAND BARRACUDAS
		3.	SHAMUT AQUATIC CLUB
		4.	CUMBERLAND AREA SWIM TEAM
		5.	LITTLE RHODY AQUATIC CLUB
	WOMEN :	1.	BERNAL'S GATOR SWIM CLUB
		2.	NEW ENGLAND BARRACUDAS
		3.	LITTLE RHODY AQUATIC CLUB
		4.	COMMUNITY STARS & STRIPES
		5.	MERRIMACK VALLEY PIRATES

## INDIVIDUAL HIGH POINT:

10 & under:	1.	TARA PAULASKAS	MSSC	SPENCER HAWKINS	NASY
	2.	DANIELLE PELUSO	CSSM	ROHIT EUSTACE	SAC
	3.	ANNE IACOBUCCI	LRAC	ETHAN CROSBY	UN
11 & 12 :	1.	HEATHER MONTANARO	LRAC	MATT REILLY	BYB
	2.	HEATHER DONAHUE	MVP	TAL ZAMIR	SAC
	3.	KRISTEN LUCIER	EGSC	ROB WILEY	EGSC
13 & 14 :	1.	SUE PERGOLA	CAST	MIKE CARROLL	CSSM
	2.	RACHEL DEVITO	EGSC	BRIAN THOMAS	EGSC
	3.	MEC LAMMON	CAST	RAY CAREY	EGSC

**NEW ENGLAND LONG COURSE CALENDAR (1988):**

- May 7-8 : Community Stars and Stripes Specialty  
Medford High School  
Medford, MA  
50's for 10 and unders  
100's for 11 and overs  
Maura Kearn  
6 Robinson Road  
Medford, MA 02155  
(617) 391-9184
- May 14-15 : Greenwood Memorial Pentathlon  
Greenwood Memorial Pool  
Gardner, MA  
25's for 8 and under  
50's for 12 and under  
100's for 13 and over  
Jack Perkins  
309 Ashburnham Street  
Fitchburg, MA  
(617) 345-1974
- May 21-22 : Coastal Swim Club  
Massasoit Community College  
Brockton, MA  
Schedule I  
100's for 12 and under  
100's for 13 and over  
Jane Vannata  
41 Oakleaf Drive  
Marshfield, MA  
(617) 837-8560
- May 27-29 : Cape Ann Y Specialty Meet  
Cape Ann YMCA  
Gloucester, MA  
Fisherman Classic for 12 and unders,  
all events  
Carol Sutherland  
7 Ocean Avenue  
Magnolia, MA 01930  
(617) 525-3773
- June 4-5 : Shawmut Aquatic Club Pentathlon  
Farley Middle School  
Framingham, MA  
50's for 12 and unders  
100's for 13 and overs  
8 and under events  
Barbara Mahoney  
3 Ridge Avenue  
Natick, MA 01760  
617-653-2742
- June 11-12 : Belmont Aquatic Specialty  
Minuteman Technical School  
Lexington, MA  
all levels, all events  
out by date of receipt  
Hank Schowalter  
109 Offutt Street  
Bedford, MA 01730  
(617) 274-0370
- June 24-26 : \*Pioneer Willey A  
Springfield College  
Springfield, MA  
Schedule I  
100's for all ages plus 400 IM and  
400 free for 13 and over  
Isabelle Fraser  
125 Franklin Road  
Longmeadow, MA 01106  
(413) 567-3415
- July 9-10 : \*Manchester Sunfish BC (A)  
Raco Theodore Pool (outdoor)  
Manchester, NH  
all events  
Louise Paulauskas  
31 Garrison Drive  
Bedford, NH 03102  
(603) 472-5649
- July 15-17 : New England Senior Championships
- July 22-24 : \*Seacoast Swimming Age Group Qualifier  
Guppy Pool (outdoor)  
Dover, NH  
all events  
Elaine Burnham  
70 York Street  
York, ME 03909  
(207) 363-3001

July 30--

Aug. 13 : \*USS Junior Olympics--East  
Justis Aquatic Center  
Orlando, FL

Fred Cruiger  
9675 Woodmont Place  
Windermere, FL 32786  
(305) 298-0222

Aug. 4--7 : \*New England Age Group Championships

Aug. 8--13 : \*USS National Championships and  
Olympic Trials  
University of Texas  
Austin, TX

Randa Ryan & Lynn Wheeler  
University of Texas  
Belmont Hall 606  
Austin, TX 78712  
(512) 471-7693

\*50-meter pool

NOTE: Although bids for Age Group and Senior Championships have not yet been accepted, it is expected that the meets will be held on the indicated weekends. However, these dates will not be definite until the meets are awarded.

#### SWIM CAMPS:

In response to several questions there will be two swim camps in the New England area this summer. A Don Gambriel Camp will be held on June 26--July 2 at Westbrook, Maine in cooperation with the Westbrook Seals. For more information, contact Ken Oberg at 617-934-6114. There also will be a camp at the University of Massachusetts on June 26--July 1 and July 3--July 8. For more information, contact Russ Yarworth at 613-545-0093. Both camps accommodate day campers and over night campers.

#### BAY STATES GAMES:

Information concerning the Bay States Games trials was included in the February newsletter. The following information is either new information or changes from previously published information.

FINALS will be held at the University of Massachusetts, Boston.

Friday, July 15: 1:30--5:00 p.m.

Saturday, July 16: 8:30 a.m.--12 noon  
2:30 p.m.--7 p.m.

Sunday, July 17: (same as Saturday)

TRYOUT changes or additions:

West tryouts will be at White Brook Middle School, Easthampton, MA  
on May 20/21.

Central tryouts will be on June 3/June 4 (change of date) at a site to be announced.

## ZONE TEAM:

New England sent a large and enthusiastic team to the Eastern Zone meet in Buffalo, NY. It was a very fast meet with 48 Eastern Zone records set, 46 Junior National cuts made, and 250 Top 16 Reportable Times swum. New England swimmers made several of the Top 16 Reportable Times and also won four events.

Congratulations to: **ROB WILEY** who won the 11 & 12 boys 50 and 100 yard backstroke  
and to: **MARY BETH WILK** who won the 10 & under girls 50 yard breaststroke.

The 11 & 12 boys 200 yard free relay also was won by New England  
(**MATT REILLY, MATT SMITH, MATT WEAVER, TODD WHITFORD**).

Congratulations to the entire team!

## 10 and under BOYS:

ETHAN CROSBY	UN
ROHIT EUSTACE	SAC
CHAD FILIAULT	NEYB
SPENCER HAWKINS	NASY
ALEX LAI	CAST
TED MANTOS	SSA
JON QUIMBY	EGSC

## 11 and 12 BOYS:

CHIP HABERSTROH	NEB
JAMES LAWRENCE	NEB
ANDRE KOERCKEL	EGSC
MATT REILLY	BYB
MATT SMITH	PYST
MATT WEAVER	FRY
TODD WHITFORD	PAC
ROB WILEY	EGSC
RANDY YANG	NEB
TAL ZAMIR	SAC

## 13 and 14 BOYS:

MIKE CARROLL	CSSM
CHRIS DUPONT	CSSM
RON GAGNE	LRAC
JASON GRAY	CAY
TOM SCHEINFELDT	TRAC
MIKE TARANTINO	EGSC
MIKE THOMAS	EGSC
JIM THOMAS	NEB
MARC RICHARD	CAST
MIKE RICHARD	CAST
GREG WAGNER	EGSC

## 15-18 BOYS:

MIKE HOLLAND	EGSC
ROBERT HOLT	CSSM
ERIK LORANGER	SSA
KEITH MCFARLAND	PVAC
GREG MEYMARIS	WSC
TOM SANTINO	CSSM
RANDY SAMPSON	CSSM
JASON SEAVER	SSA

## 10 and under GIRLS:

BETH ELIE	PVAC
DIANA GROFF	NASY
KELLY HALLETT	CCSC
ANNE IACOBUCCI	LRAC
TARA PAULASKAS	MSSC
JESSICA TUCKER-MOHL	SSA
MICHAELA WHITTET	EPBC
MARY BETH WILK	CAST

## 11 and 12 GIRLS:

ANNE BEHRENS	SAC
SAMANTHA BRIGGS	EST
LEA DELICIO	SSA
HEATHER DONAHUE	MVP
KELLY GOULDSON	MVP
AMANDA HALL	NEB
KERRY KEARN	CSSM
HEATHER MONTANARO	LRAC
MICHELLE ROULLIARD	VGST
NICOLE RUTKOWSKI	CSSM

## 13 and 14 GIRLS:

JULIE DEMPSTER	CSSM
RACHEL DEVITO	EGSC
MICHELLE GRAHAM	EGSC
KAREN HABERSTROH	NEB
KIM HO	LRAC
BETH IACOBUCCI	LRAC
KARA KOULOHERAS	NEB
JENNIFER JACKSTON	EGSC
HEATHER SAUNDERS	TRAC
LISA TROMBINI	SAC

## 15-18 GIRLS:

LAURA BURNHAM	SSA
KARI EDWARDSSEN	CSSM
VANESSA GIBBONS	LRAC
KIM GITTLEIN	SSA
MELISSA HARMS	PVAC
AMY PALMER	SSA
ANNE WHITMAN	NEB
LAURA ZDYB	NEB

**ZONE TEAM (continued):**

Thanks to the coaches: Skip Farkas (NEB), Beth Carter (PVAC), Art Laurenson (LRAC), and Steve Ostapower (SAC).

Thanks also to the chaperones: Mr. Wilk, Mr. Santino, Mrs. Montanaro, Mrs. Lathrop, Mrs. Elie, Mrs. Paulauskas, Mrs. Groff, Mrs. Haberstroh, and Mrs. Zamir.

**OFFICIALS' CORNER:**

As you may or may not know, our swimming rules are making changes. Short course will be like long course, NCAA will be like USS, or the reverse will be true whatever is your preference. At any rate an attempt is being made to make all stroke rules the same throughout the nation. Since all our senior deck officials also do college and high school meets, hurrah for the rules committee. Speaking for myself, I am constantly in the rule book, especially during a long weekend wondering which meet I'm at now!

I'm very much aware of the problems we have with NCAA rules interpretation and enforcement. I'm sure that all the coaches and swimmers want the officials to work meets with just one set of rules interpretation. Therefore, I am going to ask the following New England Board members to please stay after the next Board meeting and discuss the recent changes and enforcement. They are Priscilla Davis, Paul Kelley, Pat Peterson, Roy Einreinhofer, Bill Whitman, Isabelle Fraser and Robert Fredette.

These people are all respected, experienced deck officials that devote many hours to USS over and above running meets. I'm sure that we can conceit some accommodation of thought before the long course season. All officials planning on helping out during the long course season please watch your bulletin for the latest update. Fairness can only be achieved if all meets follow one set of rules interpretation.

John Johanessen, Chairman

**NEW TEAM CONTACTS:**

**ATTLEBORO BLUEFISH**  
Betsy Thorpe  
11 Woodcock Lane  
Attleboro, MA 02703  
AEF

**CAPE ANN YMCA**  
Carol Sutherland  
7 Ocean Avenue  
Magnolia, MA 01930  
CAY

**BROCKTON COMMUNITY SCHOOL Y**  
Phil Milbert  
85 Legge Street  
Bridgewater, MA 02314  
BCSY



## NEW ENGLAND SWIMMING, BOARD MEMBERS

Robert Fredette Chairman	2 Wallingford Street Dover, NH 03820	603-742-5153
Pat Peterson Administrative Vice Chairman	22 Derby Lane Tyngsboro, MA 01879	617-649-4270
Frank Tatantino Treasurer	14 Ingraham Road Wellesley, MA 02181	617-235-0199
Donna Brown Secretary	66 Craigie Street Somerville, MA 02143	617-776-4531
May Greineder Age Group Chairman	56 Cleveland Road Wellesley, MA 02181	617-237-4277
Mike Parratto Senior Chairman	9 Tri-City Apartments, Apt. 17 Dover, NH 03820	603-749-2869
Dan Rhinehart Technical Chairman	23 Zone Street Providence, RI 02908	(H) 401-273-0363 (O) 401-863-1188
Mary Riddell Registration Administrative Assistant	20 Cleveland Road Needham, MA 02192	(O) 617-449-0270 (H) 617-444-2590
John Johanessen Officials Chairman	Box 131 North Stonington, CT 06359	203-535-2885
Isabelle Fraser Sanction Chairman	125 Franklin Road Longmeadow, MA 01106	413-567-3415
Tom Smith YMCA Liaison	9 Robin Road Concord, NH 03301	603-224-0462
Priscilla Davis Safety Officer	205 Woodbury Street South Hamilton, MA 01982	617-468-3786
Allan Livingston Coach Representative	287 Hovey Street Lowell, MA 01852	617-453-6111
Barbara Gould Coach Representative	52 Brackenbury Street Malden, MA 02148	617-324-4903
Heidi Mogavero Athlete Representative	5 Mohawk Circle Westboro, MA 01518	617-366-4929
Nikki Shire Athlete Representative	31 Plain Road Westford, MA 01886	617-692-8797
Roy Eireinhofer At Large	41 Canterbury Drive Sudbury, MA 01776	617-443-9639
Sabine Schwartzer At Large	46 Salmi Road Framingham, MA 01701	617-877-5672
Bill Whitman At Large	117 Abbott Road Wellesley, MA 02181	617-237-4584
Lois Schwartz At Large	915 Higell Road #71 Framingham, MA 01701	617-877-4701
Paul Kelley At Large	386 Central Avenue Needham, MA 02194	617-449-2072

## OTHER:

Mary Kelley New England 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
Elaine Burnham OVC Chairman	70 York Street York, ME 03903	207-363-3001
United States Swimming	1750 East Boulder Street Colorado Springs, CO 80909-5770	719-578-4578
Financial Guardian	USSwimming Insurance Coordinator 7600 North 16th Street, Suite 208 Phoenix, AZ 85020	

## NEW ENGLAND SWIMMING OFFICE

Mary Riddell  
20 Cleveland Road  
Needham, MA 02192  
617-449-0290

Telephone 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.

## ULTRASWIM GOLD MEDAL STROKE CARDS:

The New England office has received a supply of Ultraswim Gold Medal Stroke Cards and information flyers. The information flyers give information about United States Swimming and the Stroke Cards reward swimmers who are able to swim 25 yards of each of the four competitive strokes.

The Ultraswim program is a great motivational tool and is especially useful in "Learn to Swim" programs.

Teams that feel they can use the cards and flyers should request them from the New England office. There is no charge.



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

MAY 1988

**IN THIS ISSUE:** 1988 Long Course Championship Meets; Age Group Cuts; Senior Cuts; Reimbursement information; Results of Junior Nationals & Senior Nationals; Summer Zone Meet; Evaluation Form.....

## A SPECIAL NOTICE FOR ALL TEAMS!

Each registered team in New England received a free subscription to Newsletter Plus. Newsletter Plus is the official newsletter of New England Swimming, and New England Swimming uses the newsletter to inform its member teams of new policies and policy changes. Please be sure that appropriate members of the team administration and coaching staff receive this information from the person who receives the team copy of the newsletter.

### AGE GROUP CUTS:

The Age Group Championship Times for Long Course Age Groups are included in this newsletter. Please note that the yard times for 8 and unders are not the same as the yard times for Eight and under Championships. The yard times listed are the correct times for this summer's meet.

### TRANSFERS:

A swimmer who is transferring from one United States team to another should file a transfer form as soon as the swimmer begins to practice with the new team. Please remember that there is a 120 day waiting period before a swimmer may represent the new team in meets and on relays. The 120 days dates from the last United States Swimming sanctioned meet. Since all dual meets, time trials, etc. between two United States teams must be sanctioned, this includes all dual meets, time trials, etc. between two United States Swimming teams not just calendar meets.

The next meeting of the Board of New England Swimming will be on Tuesday, June 14, 1988 at 7 p.m. at the Harvard Community Health Plan Office Building, Route 9, Wellesley, MA

**NEW ENGLAND LONG COURSE CHAMPIONSHIP MEETS:**

- July 14--17 : \*New England Senior Championships
- Aug. 4--7 : New England Age Group Championships  
 Smith Swimming Center  
 Brown University  
 Providence, RI  
 timed finals; all age groups including  
 15--18 and 8 and under
- Rick Cass (8:30<sup>a.m.</sup>--6 p.m.)  
 333 Westminster Mall  
 Providence, RI 02903  
 401-331-5660
- Gary Sprentello  
 42 Fisher Avenue  
 Warwick, RI 02886  
 401-732-1098

There will be a STROKE and TURN and STARTERS Clinic on June 1, 1988 at 7:30 p.m. at the Bass Recreation Center, Hanscom Field, Bedford, MA. For more information and to register, contact Penny Schewalter at 617-274-0370.

KEN OBERG (ADSC) will be on the staff of the US Swimming Age Group Camp which will be held at Yale University on Memorial Day weekend.

**CAMP DIRECTOR WANTED:** New England Swimming is interested in locating a coach who would like to run a one-day racing camp in New England. The camp would be part of the USS National Age Group Camp program and is intended for 25 girls aged 9 and 10 and 25 boys ages 11 and 12.

The sponsor(s) of the camp would receive a baseball cap, diary and other handout material for each of the 50 swimmers, and \$100 to help with other expenses after a survey has been completed. The five coaches involved with the camp would receive tee shirts.

For more information, please contact May Greineder, 617-237-4277.

A WINNING SPIRIT CAMP (to introduce US Swimming to non-USS swimmers) will be held in Wellesley, MA on June 29th from 1 to 4 p.m. For further information, please contact Jan Kaseta at the Wellesley Recreation Department.

**SWIM COACH/AQUATIC DIRECTOR** position. Responsible for recruiting, training, and supervising part-time staff; program development, instruction of classes and coaching USSwimming team. NSE or YMCA certification. Salary negotiable, based upon abilities and experience. Benefits. Send resume to: Clark Memorial Community Center, 155 Central Street, Wrentham, MA 01475.

**POSITION WANTED:** Experienced ASCA certified level 3 male swim coach desires position in area. Expertise in strength building. Experience in coaching Age Group to Junior National and Masters, levels "C" to "AAAA." For further information contact Lois H. Schwartz, 617-877-4701.

**HAVE FLIPPERS, WILL TRAVEL!** 70 eager US swimmers with supportive parents seeking a Head Coach. Team located in South-east Massachusetts. Job begins September 1988. Call 617-222-7063 (Anne).

## 1988 LONG COURSE AGE GROUP CHAMPIONSHIP TIMES

Female		<u>8 and under</u>			Male	
yards	meters*		meters*		yards	
39.69	46.39	50 freestyle	47.79	39.39		
1:35.69	1:53.69	100 freestyle	1:51.99	1:34.39		
49.29	1:02.39	50 backstroke	1:01.69	49.29		
56.09	1:05.69	50 breaststroke	1:06.19	56.49		
54.89	1:03.49	50 butterfly	1:17.28	1:02.19		
<u>9 and 10</u>						
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		
<u>11 and 12</u>						
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		
34.9	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		
2:33.19	2:54.89	200 individual medley	3:04.49	2:39.29		

## 1988 LONG COURSE AGE GROUP CHAMPIONSHIP TIMES

<u>Female</u>			<u>Male</u>	
yards	meters*		meters*	yards
		<b>13 and 14</b>		
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	2:54.89	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
2:35.99	2:55.39	200 butterfly	2:53.99	2:35.99
2:26.99	2:44.39	200 individual medley	2:40.99	2:21.39
5:14.49	5:52.69	400 individual medley	5:41.29	5:07.49
		<b>15 to 18</b>		
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	19:03.89	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	1:06.99	58.99
2:24.09	2:48.59	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

\*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.

## 1988 NEW ENGLAND SENIOR CHAMPIONSHIP CUTS

<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
: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 OFFICE

Mary Riddell  
20 Cleveland Road  
Needham, MA 02192

617-449-0270

Telephone 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.

TO: New England Swimmers, parents, coaches, board members, friends and other interested parties:

I'd like to thank you for letting me act as a coach at this year's zone meet in Buffalo, New York. I'd also like to thank Beth Carter (PVAC), Art Laurenson (LRAC) and Steve Ostapow (SAC) for the help, time and coaching support they provided at the Zone Meet. In addition, the following chaperones should also be thanked for the time and effort they extended to the swimmers: Mrs. Haberstroh, Mr. Wilk (who also was an official for stroke and turn), Mr. Santino, Mrs. Montanaro, Mrs. Groff, Mrs. Zamir, Mrs. Lathrop, Mrs. Paulauskas, and Mrs. Elie.

In addition, a special thank-you should go to the Quimbys. The Quimbys ran errands, went shopping, and helped support the team. There were several other parents who came to Buffalo and supported the team. We really appreciated your support as well.

Recognition has already been given to the swimmers who participated and to their successes in the April Newsletter Plus. It is unfortunate that only the first place finishers were recognized because so many of the other swimmers had major time drops, bad starting finishes, or just raced very well.

We, as a coaching staff, were pleased with the overall performance of the team. We did notice that many swimmers seemed to suffer from fatigue, colds, or sore throats. We attributed the illnesses to the short time between our Age Group Championships and the Zone Meet. In addition, we felt that the swimmers had not really had an opportunity to rest and get ready for the meet. Consequently, our swimmers were more susceptible to illness. We know that this will not be the case next year. Next year we will need to have our entry in earlier. The swimmers will have some time to rest and get ready for the Zone Meet.

The Short Course Zone Meet seemed to be a success. I encourage you all to set your goals for Age Groups, Junior and Senior Nationals, and the Olympic Trials. Some of you will be able to attend a summer Long Course Zone Meet. This meet will be held some time in August, after Age Groups. There will be some qualifications that you will have to meet to attend. I'm sure that more information will be forthcoming in the future.

Again thank-you for allowing me to attend the Zone Meet.

Swimmingly yours,  
Skip Parkas

### SUMMER ZONE MEET:

There will be a summer long course zone meet. It will be held in Harshar, PA on August 16--19, 1988 in an outdoor, 10-lane, 50 meter pool. New England will be supporting the meet, but will not be funding a team. There will be cuts for the meet (AAA times for 11 and over and AA times for 10 and under), and any swimmer who makes the cuts and wishes to go may enter. One entry will be sent through New England and swimmers will represent New England. However, swimmers will be responsible for their own arrangements and expenses for travel, lodging, food, etc. The cuts and other information will be published as soon as it is available.

NOTE: Qualifying times for this meet must be done this summer and must be done in long course meters. No yard times or converted times will be accepted for the entry.



**SENIOR NATIONALS:**

New England swimmers performed extremely well at the National Championships in Orlando.

**Congratulations to:**

DAVID BERKOFF (EGSC) won the 100 backstroke and was 5th in the 200 backstroke.  
 JENNY THOMPSON (SSA) placed second in both the 50 and 100 freestyles.  
 ALEX KOSTICH (EGSC) was 2nd in the 1500 freestyle, 6th in the 800 freestyle, 9th in the 400 IM and 11th in the 400 freestyle.  
 SYBIL SMITH (EGSC) placed 12th in the 100 backstroke.  
 PETER EGAN (EGSC) was 14th in the 200 butterfly.

Other New England swimmers participating in individual events were:

DINK MARSHALL	EGSC	ANNE KOERCKEL	EGSC
JANICE SWENTSER	EGSC	HEIDI HANNENIAN	SSA
CHRIS KOVACS	EGSC	BARBARA BEDFORD	NCAC
LEWIS RUTHERFORD	EGSC	MISSY HOY	UN
DAVID JOHNSON	EGSC	KATHY RITCH	UN

**Swimming in RELAYS were:**

EGSC; WADE STOKES, DON BERSON, MIKE MCGRATH

**JUNIOR NATIONALS:**

New England was well represented at the 1988 USS National Junior Olympic Championships in Tuscaloosa. Special recognition should go to ETHAN SAULNIER (NEB) who placed first in three events--500 yard freestyle, 1000 yard freestyle, and 1650 yard freestyle.

Congratulations to all the swimmers who represented New England.

**Swimmers who placed in FINALS included:**

LAURA KOERCKEL	EGSC	JILL COMEAU	UN
LESLIE REFFETTO	EGSC	JENNIFER BURNS	NWSC
LYNN KELLEY	EGSC	KARYN WARD	CAST
DAVID MAINES	EGSC	TARA BOLIVAR	SAC
TOM PETERSON	EGSC	ETHAN SUALNIER	NEB
ANDY HALL	EGSC	ANDREW SAULNIER	NEB

**Placing in CONSOLATION FINALS were:**

ERIC MCILQUHAN	BERK	DEAN FREDETTE	SSA
RORO DELBO	EGSC	BRIAN LIVINGSTON	SSA
WAYNE SHELIGROVE	EGSC	COURTNEY CHUBB	UN
RAY CAREY	EGSC	ROGER NIENHUIS	LRAC
SEAN GOULDSON	MVP		

**Participating in INDIVIDUAL events:**

JENNIFER JONES	EGSC	KRISTY UUSTAL	LRAC
KATE ZENDA	EGSC	FELICIA SEXSMITH	LRAC
BETH DONOVAN	EGSC	MARTEN KRAAIJVANGER	LRAC
CHRIS OSBORN	EGSC	BEN MCBRIDE	LRAC
DAVID WILKINS	EGSC	CHRIS HOLT	LRAC
MATT MCKAY	EGSC	JAY PELUSO	LRAC
ANDREW RUTHERFORD	EGSC	TARA MCGARR	SSA
T. J. FOLEY	EGSC	LARISSA HEROLD	SSA
RON ZUWALLACK	CGSC	BRIAN LIVINGSTON	SSA
JAY CRAFT	CSC	MIKE BAGSHAW	SSA
PAIGE MORGAN	MSSC	JERRY BAILEY	SSA
CHRISTINE AGNEW	PVAC	SCOTT FRASER	NEB
KIMBERLY MARRAH	MVP		

continued....

**JUNIOR NATIONALS (continued)****RELAY swimmers included:****EGSC: AMY VANAKEN, KRISTEN BLONBERG, TOM GRAHAM, JIM MCGINNIS****CSC: JEFF BRUST, WARD LOWE, DEREK NELSON****MVP: KEVIN PATON, JEFF WICKLUND, CURT PEPIN**

Overall, EGSC placed 4th for women, 6th for men and 4th for combined.  
NRB placed 8th for men.

**REIMBURSEMENT INFORMATION:**

Reimbursement requests for swimmers who attended Junior or Senior Nationals this spring must be received in the office within 8 weeks of the meet. Please remember that the forms must be signed by a team representative and a parent or swimmer. Forms that are incomplete will be returned.

**LONG COURSE REIMBURSEMENT:**

At the May Board meeting, the Board voted to reimburse swimmers for any one of three meets this summer. Swimmers may receive reimbursement for Junior Nationals (\$100 plus \$50 for finishing in the top 16); Senior Nationals/Olympic Trials (\$200 plus \$50 for finishing in the top 16); or the ASCA American Final (\$200 plus \$50 for finishing in the top 16).

Swimmers may be reimbursed for only one meet.

Some changes have been made in the reimbursement policy for this summer only. A swimmer who participated in three short course New England calendar meets in 1987--1988 must participate in only two New England calendar meets during long course, 1988 in order to qualify for reimbursement from Junior Nationals or the ASCA meet. A swimmer who has participated in three short course New England calendar meets in 1987--1988 does not have to participate in any New England calendar meets during long course 1988 in order to qualify for reimbursement for Olympic Trials.

**REIMBURSEMENT FOR US OPEN:**

At the May meeting of the New England Swimming Board it was voted to provide reimbursement for New England Swimmers who are representing New England Swimming and participate in the US Open in Indianapolis, Indiana on December 18--20, 1988. The amount will be voted before the Annual Meeting. In order to be eligible for reimbursement, a swimmer must attend three New England calendar meets between May 1, 1988 and December 17, 1988.

or



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JUNE 1988

IN THIS ISSUE: Meet Questionnaire; Information for Referees; Registration  
Rep Coaches; Top Ten Information...

## "COACH MEMBERSHIP" ENFORCEMENT POLICY

The United States Swimming Board of Directors met in Colorado Springs on May 14--15, 1988 and approved the following policy:

"Effective July 1, 1988 --

No person without a "Coach membership" will be allowed to participate in any coaching capacity at any USS sanctioned competition. This restriction will include being barred from the deck area at all local swimming committee, zone, Junior Olympic, national and international qualifying competitions.

If an offending person refuses to comply with these provisions upon initial warning, all athletes on that person's club shall be designated as "unattached" for the entire competition, unless the club has some other USS "coach membership" present.

It shall be the responsibility of the meet referee, or his designee, to enforce these provisions."

In other words all persons acting in a coaching capacity must bear a blue "coach membership" card. To receive coach's credentials and gain access to the deck as a coach, one must present a blue "coach membership" card.

THIS POLICY WILL BE IN PLACE AT ALL 1988 SUMMER CHAMPIONSHIP MEETS, INCLUDING THE PHILLIPS 66/U.S. SWIMMING LONG COURSE NATIONAL CHAMPIONSHIPS (OLYMPIC SELECTION MEET) AND THE U.S. SWIMMING JUNIOR OLYMPIC CHAMPIONSHIPS.

The next meeting of New England Swimming will be on Tuesday, June 14, 1988 at the Harvard Community Health Plan Office, Route 9, Wellesley, MA at 7 p.m.

**STROKE AND TURN CLINIC:**

Hampshire Hills Swim Team will be sponsoring a stroke and turn clinic in Milford, NH on Wednesday, June 22 at 6:30 p.m. For more information or to register, please contact Gerry Zimmer at 603-673-0676 or Gary Isherwood at 603-673-7123 (ask for Gary).

**TOP TEN BANQUET:**

The Top Ten Banquet will be held at the Windsor Mills Restaurant in Dracut, MA on Sunday, November 6, 1988. Outstanding Swimmers and other Top Ten Swimmers for Short Course 1987-1988 will be announced in the next newsletter.

**REREGISTERED TEAM:**

WILBRAHAM-HAMPDEN AQUATIC CLUB  
 Tim Allen  
 763 Main Street  
 Wilbraham, MA 01095  
 WHAC

**CHANGE OF CONTACT PERSON:**

DANVERS YMCA DOLPHINS  
 Nancy Lindquist  
 34 Pickering Street  
 Danvers, MA 01923  
 DYD

**WANTED:** Age Group Coach for established club; 3 to 5 years experience. Send resume to:

CAST  
 33 Taft Road  
 Cumberland, RI 02864

All resumes will be held confidential.

**WANTED:** Y Swim Coach; part-time, year-round position to coach 6-16. Send resume or call:

Nancy Lindquist, Aquatic Director  
 Danvers YMCA  
 34 Pickering Street  
 Danvers, MA 01923  
 617-774-2055

**NEW ENGLAND SWIMMING OFFICE**

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

Telephone 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.

**ENFORCEMENT POLICIES  
EFFECTIVE JULY 1, 1988**

**Enforcement in Membership**

When persons apply for coach membership, they must meet the full Coaches Safety Curriculum requirement (CPR and first aid) to be registered. They will not be allowed an interim coaching period or a non-athlete membership. (No pink card will be issued.)

**Enforcement at Meets**

No person without a coach membership will be allowed to participate in any coaching capacity at any USS sanctioned competition. This restriction will include being barred from the deck area at all local swimming committee, zone, Junior Olympic, national and international qualifying competitions.

If an offending person refuses to comply with these provisions upon initial warning, all athletes on that person's club shall be designated as "unattached" for the entire competition, unless the club has some other USS coach member present.

It shall be the responsibility of the meet referee, or his designee, to enforce these provisions.

**Enforcement at Practice**

Continuous failure of a coach to satisfy the Coaches Safety Curriculum requirement will be grounds for termination of membership and loss of insurance coverages.

Clubs continuing to conduct a program with coaches who have failed to satisfy the Coaches Safety Curriculum requirement shall be grounds for termination of club membership and loss of insurance coverage.

**Implementation Concerns**

The following questions and answers have been reviewed and approved by the Safety Education, Membership and Insurance Committees.

Q. For 1988 membership requirements, who must be safety trained?

A. All coaches, including assistant coaches, must fulfill the Coaches Safety Curriculum requirement. This includes any person who is working with athletes as a "practice supervisor."

- Q. What are the Coaches Safety Curriculum requirements for USS coach membership?
- A. To fulfill the 1988 USS coach membership requirements, all coaches must show current proof of training in each of the two following areas:
1. Cardiopulmonary Resuscitation (CPR)
  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.

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

- A. There is no grace period for USS coaches. Coaches must show current proof of training to become a USS coach member. No coach may supervise USS athletes without a coach membership (blue card).

- Q. What if a parent escorts swimmers to a USS-sanctioned meet without the benefit of a coach in attendance? Must the parent be a member? Can the athlete participate in the meet?

- A. The answer here depends on the capacity in which the parent attends the meet. If the parent is simply a "chauffeur" and stays out of the deck area, the parent need not become a USS member nor show proof of safety training.

In this situation, the athlete(s) should report to the meet referee for instruction on how and where to warm-up and under whose supervision.

Many local swimming committees have developed innovative ways to deal with this situation. Some offer an "unescorted only" lane for warm-ups. Other ISCs ask individual coaches to supervise additional unescorted athlete(s) along with their regular group of swimmers. Responsibility is the key here to adequate supervision.

If the parent intends to act as a coach, i.e., supervising warm-ups, providing instruction, the same standards that apply to an active coach should apply. The parent should be asked to join the Corporation as a "coach" member. All Coaches Safety Curriculum requirements apply.

- Q. In the absence of a coach, what if a non-trained USS member parent supervises practice? Is this acceptable?
- A. 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).

## TOP TEN

To be named a New England Top Ten swimmer is a big achievement! The swimmer, coach and parents can all be justifiably proud of this recognition for their hard work and dedication to the sport. For some, however, the publication of the Top Ten lists is a time of confusion and disappointment. All too often the sad refrain is heard, "I have a better time than this guy...how come I didn't make it?"

We'd like to eliminate some of this confusion by explaining the eligibility requirements for Top Ten times, most especially which meets and events count and which do not. In next month's bulletin we'll tell you about some of the major reasons for potential errors and omissions in the Top Ten. Forewarned is forearmed, and we hope you will take the initiative to spot these mistakes and bring them to our attention BEFORE future lists are published.

## SHORT COURSE AND LONG COURSE

Short course refers to events swum in 25 yard pools. The short course Top Ten season runs from May 1 to April 30 of the following year. This year's 1988 Short Course Top Ten will, therefore, include times achieved between May 1, 1987 and April 30, 1988. Long course refers to events swum in 50 meter pools. The long course Top Ten season begins on September 1 and ends on August 31 of the following year. Events swum in 25 meter pools are not eligible for either short course or long course Top Ten ranking.

## NEW ENGLAND CALENDAR MEETS

The official New England Swimming Calendar for long and short course meets is published in the "Newsletter Plus" and is updated from time to time as needed. Top Ten times can be achieved at any New England Swimming Calendar Meet held in a 25 yard or 50 meter pool. These include calendar meets held in our Local Swim Committee (LSC) area - Massachusetts, New Hampshire, Rhode Island, Vermont, and at ONE Maine club, Nautilus Swim Club (Cape Elizabeth, ME). Organizers automatically forward all results of these meets to the New England Swimming office. We then examine all swimmers' times for possible inclusion in the Top Ten lists. Times achieved at non-calendar meets, including area and state league meets, dual meets, YMCA league meets and Boys Club league meets are NOT eligible for Top Ten ranking. (Do not confuse YMCA league meets with New England Calendar Meets sponsored by member YMCA clubs. Times scored at these calendar meets are, of course, eligible for Top Ten.)

## OUT-OF-DISTRICT MEETS

Certain out-of-district meets which are the EQUIVALENT of New England Swimming Calendar Meets and are U.S. Swimming sanctioned are allowed for Top Ten purposes. These include calendar meets from other LSC districts (Maine, Connecticut, etc.) and certain championship meets (Eastern Zone Championships, Junior Olympics, Senior Nationals, etc.) Feel free to ask whether an out-of-district meet you are contemplating will be eligible for Top Ten consideration. **RESULTS FROM OUT-OF-DISTRICT MEETS ARE NOT AUTOMATICALLY FORWARDED TO THE NEW ENGLAND SWIMMING OFFICE.** It is the responsibility of the coach, swimmer, or parent to secure a copy of the official results and send it to us.

**TOP TEN (continued)****EVENTS CONSIDERED FOR TOP TEN RANKING**

Only events normally swum within an age group receive Top Ten ranking within that age group. For example, a 1650 swum by a twelve-year-old would not be awarded an 11-12 Top Ten ranking, since the event is not normally swum in that age group. Events swum in an open or senior division can count for both Open Top Ten and a specific age group Top Ten, as long as the event is normally swum in that age group. For instance, an outstanding 100 breaststroke time achieved by a fourteen-year-old swimming in a senior or open division could count for both Open and 13-14 Top Ten.

**EIGHT AND UNDER TOP TEN**

Swimmers aged eight and under may achieve Top Ten times by competing in "Eight and Under" events OR in those designated "Ten and Under." Their times are, however, only considered for the Eight and Under Top Ten List, since the 9 and 10 Top Ten List is specifically for swimmers of those ages. **COACHES PLEASE NOTE:** When entering an eight and under swimmer in an "Under Ten" event, be sure that your swimmer's correct age appears in the official results, so that proper credit can be given!

**OPEN TOP TEN**

The Open Top Ten ranks the overall ten best times achieved during the season in any given event, regardless of the age group in which they were achieved. There is no particular relationship between the Open Top Ten and open divisions offered at some meets. An Open Top Ten time can theoretically be achieved by any swimmer of any age, swimming in any division, as long as the event itself is included in the Open Top Ten list.

**RELAY SPLITS**

Only electronically timed lead-off relay splits can be submitted for Top Ten consideration. The coach or swimmer must secure a card listing all relevant information (meet, date, swimmer's name, club, age, event, and split time), and have it signed by the meet referee. It is the responsibility of the individual, not the meet organizer, to send the card to New England Swimming. Please note that only lead-off splits can be submitted. Other relay splits will not be accepted.

**TIME TRIALS AND CONVERTED TIMES.**

Neither times achieved in time trials nor converted times (yards to meters or meters to yards) will be considered for Top Ten ranking.

**WINNER ELIGIBILITY**

In order to be included in the Top Ten, a swimmer must be registered with New England Swimming. The swimmer must also be currently registered with United States Swimming.



## THE TASK OF REFEREE

JOHN JOHANESSEN, CHAIRMAN

There's not a whole heck of a lot around on Refereeing of Starting. I guess it's just assumed that at that time you will understand all. I'm going to take a shot at getting something down on paper and would appreciate any additional comments. Hopefully in a year or two New England will have a good handout from which to progress. Please don't feel that you have to have years of experience to make a comment, I'll take a good idea from anywhere.

The rules say that the buck stops with the Referee. This person is God, he or she can change anything, rule on anything, and is the last word on everything. Only a fool goes in feeling like that, if you do you're sure to go down in flaming glory.

It has been my experience that odd ball happenings only happen very rarely. Most of the time the basic everyday problems will pop up and haunt you unless you are properly prepared. If I'm going to be the Referee I start preparing weeks in advance. For instance, I want a copy of the entry form as soon as possible. Local rule interpretation or rules of the meet will be on this sheet for the Coaches. Well, it's for me also, so that you go in knowing the rules of the game. I also like to have contact with my Meet Director, just to check in and see if everything is going ok. I also prefer knowing in advance if I'm going to have enough Officials and who they will be. No way you can walk into a meet cold without knowing who is going to show up. This is inviting disaster. I just love those clubs that have a responsible Official that will coordinate other Officials for me at the local level. That type person is destined for bigger and better things.

The Referee must watch everything. A good working relationship with your Starter is an absolute must. This is your other Senior Deck Official and must be the person that is your other set of eyes, your sounding board, your confirmation of opinion. The Starter is the person that steps in and covers for you should you be tied up with another task. In short, your good right hand. If you're not comfortable with your Starter then get another Starter. I feel that strongly about it.

Your job starts the moment you enter the pool. This should be a least an hour before the start of the meet. There are too many things to do and check, less time is inviting problems. Even as you walk through the locker room, should anything be amiss, you MUST question it. With the amount of damage we have had at various pool sites anyone in a white uniform should feel obligated to step in immediately if you see a potential problem. We cannot afford to be closed out of good pool locations because of a few thoughtless, vandalic individuals. The Coaches need help! We MUST provide it.

Report immediately to the Meet Director and ask if all the heat sheets are worked out. Get your copy, check the time line, and ask are we on schedule to start on time? This is also a good time to ask do you need my assistance for anything, or do we have any potential problems cropping up? If there are problems, go no further! Resolve problems right now or suffer the consequences later!

Report to the pool and make sure the Marshalls are properly equipped, that there are enough of them, and that they know their task. Before leaving make sure that the time line will be watched and that sprint lanes will open up in time. The same person in charge of opening up sprint lanes should also be instructed on when to clear the pool. While you are busy with other things, the smooth operation of the warmup session seems to set the tone for the day. If your Marshalls can't run the warmup session, they certainly won't be able to run a meet.

Your Starter should also assist in clearing the pool and go right from there to testing the starting, timing and speaker system. One of you has to do this, as Referee you have to delegate, you just can't do all the jobs yourself. Have the Starter run through a test sequence. Set the system on a 50 and go down the line touching all

the pads with your foot and simultaneously pushing the secondary button. It isn't necessary for you to witness the test, in fact you will most likely be at a coaches meeting, but do insist on seeing the tape for relay malfunction or timing hesitation of either primary or secondary systems. You MUST resolve timing problems before you can proceed.

Someone also has to meet with the Timers. If you don't have a Head Timer, YOU have to do it or your Starter. We can all march around the deck thinking how important we are, but the name of the game is TIME. It's the only thing that really counts; it's the main thing that both Swimmers and Coaches have worked for all year. Screw up here and you might as well pack it in. Timers MUST have a clear view of the Starter, they MUST understand the importance of the secondary system, they MUST understand how important their watch time is should there be a failure, they MUST be assisted by the Starter to keep the area around the starting blocks clear so that the Timers can do their jobs. They MUST lean over the edge to get the most accurate finish touch. Depending on the type of meet, this routine will alter somewhat, but don't EVER dare assume that any machine is working perfectly and has all the answers. Just as you are feeling fat and happy, watch the board go blank, or the board light up like a Christmas tree, or a timer yell out, "I wasn't ready," or "the machine didn't reset," or "we suffered a sudden power surge," or "power drop," or "the computer program disappeared." You want to lose it, here it is. Now you know why our USS manual is loaded with pages on how to arrive at acceptable times.

Just prior to the start of the meet, I like to go around the pool and introduce myself to all the Coaches. This is the time to let the Coaches know of any changes in procedure or rules. I also like to find out if they have any students with medical problems or handicaps that I should know about. I also like to find out if they have a chance to look at the heat sheets and see that all their swimmers are listed correctly. Should you have a mistake and have to re-seed, it's best to find out as soon as possible. If I have to find a place for a swimmer, I like them to report to me at the beginning of the event in order to control the insertion.

Prior to the start of the meet, you MUST meet with your Officials and place them where you feel they will function best. With today's touch and position rules, Turn and Stroke people MUST be at the end of the pool; otherwise when you ask, "where were you when you saw the violation," they will be more than two lanes away and not in good position. In other words, too far away to clearly see the touch from the splash. Treat your Officials with the respect they deserve as Officials. Be sure to thank them for their time and effort and in particular commend them if they did a good job. If the Official that is unreliable, replace them as soon as possible but be sure to thank them. If you feel the problem is a lack of knowledge, find a job for them near the end and HELP them. We can't afford to lose volunteers. If the Official is new, see if they work with an experienced person for a while. Getting over the jitters is important to a successful experience. Make sure the procedure is set for D.Q.s. I want all D.Q.s reported to me; I want to find out for myself what happened. If you find up, I want my Starter to do it. Unless I know my Turn and Stroke to be a reliable person, I prefer to speak to the Swimmer. In my mind, just a curt, "you're D.Q'd," will not do it, especially at Championships.

As Referee, the rules say that I should be responsible for the course and then turn it over to the Starter for the start. The procedure I follow is not necessarily the same as others. Each Referee tends to bring their own individuality to the job. My original training was under Richard Close of Connecticut, who was National Officials Chairman in 1967, and Bob Kiputh who was then Athletic Director at Yale University. This was before all the electronic marvels, so I might tend to be over cautious. I swim the pool to make sure everything is clear and ready to go. While I'm doing this I also make sure that all my Officials are back in position. Then I turn my attention to the starting area and make sure that all is ready and not in chaos. The key item here are the Timers. Are they in position and ready to go? Usually the next swimmers are already in position, but don't count on it. When all checks are good I blow the whistle for attention, quiet for the start, and allow the next heat to get into the blocks. I will stay in a forward position with my arms in the air for quiet

and may on occasion blow the whistle several more times if need be for quiet. Don't be timid. When the crowd is coming around I then turn the course over to the Starter. Other Referees prefer to have the Starter get the swimmers up on the block. They will then step forward, blow the whistle loudly for quiet and swimmer attention and then turn the course over to the Starter. Try as much as possible to establish a routine. With continuous repetitiveness a smooth running professional operation soon develops in which Swimmers, Coaches, Timers and Officials can feel comfortable with.

Other than watching my pool and Officials during the race, I always want the order of finish. Usually I ask the Starter or at Championships another additional person to get the order of finish as they see it. I ask them not to look at the board and only get as many as they see correctly. They can check the order of finish with the board afterwards. I surmise the order of finish mentally and quickly check the board. If I disagree with the board, I jot down my finish, then ask my Starter for his or her finish. If we both disagree with the boards, I'll then ask for the tape and check the backup times. There are all sorts of reasons why the board may not have the correct order of finish and if it appears to be functioning correctly, no one will question the machinery until all of a sudden the roof falls in. It's been my experience that a board or board or relay system will start malfunctioning by messing up the order first. The unfortunate part of the whole story is how many swimmers were cheated out of their correct places before the malfunction is so wild as to attract everyone's attention. I will not change the order of finish unless both my Starter and I saw it differently along with the backup times. After all, we are only human and it's a long weekend. On the other hand, I will not allow a machine to dictate to me about what I saw.

Above all, try to be as polite as possible. It costs you nothing, and I realize that it's sometimes difficult with a Coach or Parent all distraught over a call. Keep in mind, the Coach many times is a paid professional. This is his or her job. You have just D.Q.ed one of their swimmers, you should expect them to ask for clarification if they didn't see it. Come to think of it, many times even if they did see it. This is not to be taken as a personal affront. As Referee, if your Turn and Stroke was in the correct position, AND can describe what they saw, AND it is correct, then you MUST accept their opinion and support your Turn and Stroke. I feel a Turn and Stroke is in position if they are within two lanes, and forward on the edge. The buck stops with you; if on the other hand there is any question whatsoever, in any way, then the swimmer ALWAYS gets the benefit of doubt, DO NOT be afraid to say, "Official's error," and take the blame yourself, since YOU above all realize these things happen and can save face easier.

False starts, early relay starts, turn and stroke D.Q.s, these are always difficult. 99% of the time the swimmer goofed or had a lapse of memory or didn't realize what they were doing was wrong. I have always found it difficult to D.Q. a distraught swimmer that has worked months for this meet, but it comes with the territory. I personally prefer finding out what happened and then asking the swimmer why they did and so. This is less blunt, takes a little more time, and allows a dialogue between Referee and Swimmer. There may actually be a valid reason why the swimmer mis-ly D.Q.ed or false started. Most times, I find that when the swimmer is confronted with what you saw, they will take responsibility for their actions. On false starts I always preferred dual confirmation. It's possible, however, that you will be the only one that sees it. If this is the case, you have the authority to D.Q. and must proceed with the recall. After a false start recall, I always ask my Starter, "Who and who did you see." There have been times when the Starter will have another opinion other than mine as to why they think the false start occurred. If I have a recall person, I will call them over for discussion, NEVER do I assume that it's just what I saw it alone. At this time in particular, I will ask the swimmer, "Was there a valid reason why you jumped early?" I suppose what I'm saying is that I've always felt that we are there to supervise a swim meet as fairly as possible, and "off with their heads" will not make for an orderly meet. Always give the Swimmer the benefit of the doubt, NEVER be afraid to back down if there is any shadow of doubt. WHEN BEFORE JUDGEMENT, treat others as you would like to be treated. And always be open to suggestions on ways to improve things. You never know where a good idea will come from.

**SEED CARDS:** Seed cards are available through the New England Office. The cost for plain cards is \$16.00 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.50 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

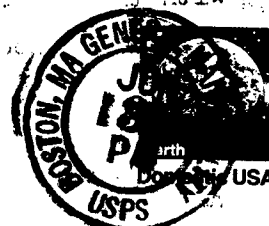
If you want initials on the cards, the price for 1,000 cards is \$22.50, including mailing. If the cards are picked up in Needham, the cost is \$21.00. If you want 2,000 or more cards with initials, the cost is \$19.00 per thousand including mailing. If 2,000 or more cards with initials are picked up 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



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 1988

IN THIS ISSUE: ZONE TEAM INFORMATION; SHORT COURSE 1988--1989 CALENDAR;  
BID FORM....

OFFICIALS: John Johannesson has applications for those who wish to apply to officiate at Junior Nationals. If you are interested, contact John at Box 131, North Stonington, CT 06359 (203-535-2885).

#### NEW ENGLAND SENIOR CHAMPIONSHIPS:

Senior Championships will be held at Blodgett Swimming Center, Harvard University on July 14--17. An entry has been sent to all New England teams. A correction also has been sent to all New England teams--events 19 and 20 should be the 100 meter backstroke, not the butterfly. We are sorry for both the late arrival of the meet entry and the error.

#### NEW ENGLAND SWIMMING OFFICE

Mary Riddell  
20 Cleveland Road  
Needham, MA 02192

617-449-0270

Telephone 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.

(The office will be closed on Thursday, July 7 and  
Monday, July 11.)

#### SHORT COURSE CALENDAR:

A tentative Short Course 1988--1989 has been included in this newsletter. The Calendar Committee took into consideration many of your suggestions submitted on the questionnaire which was printed last month.

Meets not on the calendar may be bid, but will not have priority. All bids are due by August 1, 1988.

If a team is bidding on a meet, the information printed in the February 1988 Newsletter must be used. Extra copies are available through the office if a team needs one.

The Board of New England Swimming will meet on Tuesday, July 12 at 7 p.m. at the Harvard Community Health Plan office, Route 9, Wellesley, MA.



# NEWSLETTER PLUS



## OFFICE INFORMATION OF NEW ENGLAND SWIMMING

THIS ISSUE: ZONE TEAM INFORMATION; SHORT COURSE 1988-1989 CALENDAR; END FORM....

**COMMENTS:** John Johannessen has applications for those who wish to apply to officiate at Junior Nationals. If you are interested, contact John at Box 131, North Stonington, CT 06359 (407-2633).

### NEW ENGLAND SENIOR CHAMPIONSHIPS:

Senior Championships will be held at Hodgett Swimming, Babson College and University on July 14-17. An entry has been sent to all New England swimmers. A character also has been sent to all New England teams--events 14 and 20 would be the 100 meter backstroke, not the butterfly. We are sorry for both the late arrival of the meet entry and the error.

### NEW ENGLAND SWIMMING OFFICE

Mary Riddell  
20 Cleveland Road  
Needham, MA 02194  
617-449-0270

Telephone Hours: Monday : 8:00 a.m. - 2:00 p.m.  
7:30 p.m. - 10:00 p.m.  
Thursday: 8:00 a.m. - 11:00 a.m.

(The office will be closed on Thursday, July 10 and Monday, July 11.)

### SHORT COURSE CALENDAR:

A tentative Short Course 1988-1989 has been included in this newsletter. The Calendar Committee took into consideration many of your suggestions submitted on the questionnaire which was printed last month.

Meets not on the calendar may be bid, but will not be guaranteed. All bids are due by August 1, 1988.

If you are bidding on a meet, the information calendar as of February 1988 Newsletter must be used. Extra copies are available from the office if a team needs one.

The Board of New England Swimming will meet on Tuesday, June 12 at 7:00 p.m. at Harvard Community Health Plan office, Room 9, Wellfleet, MA.

ENTRY BLANK - EASTERN ZONE MEET AUGUST 17, 18, 19 & 20, 1988 - HERSHEY, PA.

NAME \_\_\_\_\_ U.S.S. REGISTRATION # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ PHONE # AREA CODE \_\_\_\_\_

CLUB \_\_\_\_\_ COACH \_\_\_\_\_

Times - must be Long Course and current

	<u>Time</u>	<u>Meet</u>
50 M. Free	_____	_____
100 M. Free	_____	_____
200 M. Free	_____	_____
400 M. Free	_____	_____
800 M. Free	_____	_____
1500 M. Free	_____	_____
50 or 100 M. Breast	_____	_____
100 or 200 M. Breast	_____	_____
50 or 100 M. Back	_____	_____
100 or 200 M. Back	_____	_____
50 or 100 M. Fly	_____	_____
100 or 200 M. Fly	_____	_____
200 M. I.M.	_____	_____
400 M. I.M.	_____	_____

.....

Cost: Individual Events are \$3.00 each - Relays will be paid for by N.E. Swimming.

MAKE CHECKS OUT TO NEW ENGLAND SWIMMING.

No. of Individual Events \_\_\_\_\_ x \$3.00 = Total \_\_\_\_\_

Please turn this into Isabelle Fraser at Age Groups or mail it to me after Seniors. No entry will be accepted after August 7, 1988.

Only two swimmers per LSC may enter the 13-14, 15-18 800 and 1500 M. Free, 2 boys, 2 girls  
Only two swimmers per LSC may enter the 11-12 400 M. Free - 2 boys, 2 girls.

We will take the fastest entered times that are verified.



1988 EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP MEET

COCOA AVENUE PLAZA AQUATIC CENTER

HERSHEY, PENNSYLVANIA

WEDNESDAY, AUGUST 17, 1988

TRIALS: Warm-up 8:00 AM Start 9:30 AM  
 FINALS: Warm-up 5:00 PM Start 6:15 PM

Women's Event #	Meters	EVENT	Meters	Men's Event #
1	4:46.99	15-18 Women 400 M Free		
2	1:31.29	10/U 100 Meter Back	1:30.39	3
4	1:19.09	11-12 100 Meter Back	1:16.99	5
6	2:19.89	13-14 200 Meter Free	2:13.99	7
8	2:35.59	15-18 200 Meter Back	2:24.09	9
10	46.59	10/U 50 Meter Breast	46.39	11
12	40.89	11-12 50 Meter Breast	39.09	13
14	5:38.19	13-14 400 Meter Ind. Med.	5:22.49	15
16	5:32.09	15-18 400 Meter Ind. Med.	5:07.59	17
18	*	10/U 200 Meter Med. Relay	*	19
20	*	11-12 200 Meter Free Relay	*	21
22	*	13-14 400 Meter Med. Relay	*	23
24	*	15-18 400 Meter Free Relay	*	25
26	5:04.69	11-12 400 Meter Free ****	5:03.29	27
		13-14 Men 800 M Free	2 per LSC in trials	28
		15-18 Men 800 M Free	2 per LSC in trials	29

\*\*\*\*11-12 400 Meter Free is a timed final, swum in trials only

\* Relays - 1 per LSC swum in FINALS ONLY

THURSDAY, AUGUST 18, 1988

TRIALS: Warm-up 8:00 AM Start 9:30 AM  
 FINALS: Warm-up 5:00 PM Start 6:15 PM

Women's Event #	Meters	EVENT	Meters	Men's Event #
		13-14 Men 400 M Free	4:40.69	30
31	2:49.29	10/U 200 Meter Free	2:46.29	32
33	2:26.39	11-12 200 Meter Free	2:24.09	34
35	30.29	13-14 50 Meter Free	28.29	36
37	29.99	15-18 50 Meter Free	27.19	38
39	39.79	10/U 50 Meter Fly	38.99	40
41	33.99	11-12 50 Meter Fly	32.79	42
43	2:35.39	13-14 200 Meter Fly	2:28.69	44
45	2:31.59	15-18 200 Meter Fly	2:20.99	46
47	1:42.19	10/U 100 Meter Breast	1:42.19	48
49	1:29.19	11-12 100 Meter Breast	1:26.29	50
51	1:24.59	13-14 100 Meter Breast	1:18.99	52
53	1:23.19	15-18 100 Meter Breast	1:15.59	54
55	*	10/U 200 Meter Free Relay	*	56
57	*	11-12 200 Meter Med. Relay	*	58
59	*	13-14 400 Meter Free Relay	*	60
61	*	15-18 400 Meter Med. Relay	*	62
63	2 per LSC in trials	13-14 Women 800 M Free		
64	2 per LSC in trials	15-18 Women 800 M Free		

\* Relays - 1 per LSC swum in FINALS ONLY





1988 EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP MEET  
 COCOA AVENUE PLAZA AQUATIC CENTER  
 HERSHEY, PENNSYLVANIA

FRIDAY, AUGUST 19, 1988

TRIALS: Warm-up 8:00 AM Start 9:30 AM  
 FINALS: Warm-up 5:00 PM Start 6:15 PM

Women's Event #	Meters	EVENT	Meters	Men's Event #
65	4:50.29	13-14 Women 400 M Free		
66	1:18.09	10/U 100 Meter Free	1:16.69	67
68	1:08.19	11-12 100 Meter Free	1:06.19	69
70	2:40.79	13-14 200 Meter Ind. Med.	2:32.19	71
72	2:16.99	15-18 200 Meter Free	2:07.79	73
74	1:31.29	10/U 100 Meter Fly	1:30.49	75
76	1:14.99	11-12 100 Meter Fly	1:13.49	77
78	1:11.29	13-14 100 Meter Fly	1:07.19	79
80	1:09.89	15-18 100 Meter Fly	1:03.89	81
82	42.09	10/U 50 Meter Back	41.79	83
84	36.69	11-12 50 Meter Back	35.59	85
86	1:14.59	13-14 100 Meter Back	1:10.69	87
88	1:12.89	15-18 100 Meter Back	1:06.89	89
90	*	10/U 400 Meter Med. Relay	*	91
92	*	11-12 400 Meter Free Relay	*	93
94	*	13-14 200 Meter Med. Relay	*	95
96	*	15-18 200 Meter Free Relay	*	97
		13-14 Men 1500 M Free	2 per LSC in trials	98
		15-18 Men 1500 M Free	2 per LSC in trials	99

\* Relays - 1 per LSC swim in FINALS ONLY

SATURDAY, AUGUST 20, 1988

TRIALS: Warm-up 8:00 AM Start 9:30 AM  
 FINALS: Warm-up 5:00 PM Start 6:15 PM

Women's Event #	Meters	EVENT	Meters	Men's Event #
101	35.09	15-18 Men 400 M Free	4:28.89	100
103	31:29	10/U 50 Meter Free	34.89	102
105	3:00.49	11-12 50 Meter Free	30.39	104
107	2:56.29	13-14 200 Meter Breast	2:51.59	106
109	3:12.69	15-18 200 Meter Breast	2:43.29	108
111	2:48.29	10/U 200 Meter Ind. Med.	3:10.29	110
113	1:05.39	11-12 200 Meter Ind. Med.	2:43.79	112
115	1:04.49	13-14 100 Meter Free	1:02.09	114
117	2:39.09	15-18 100 Meter Free	59.39	116
119	2:37.89	13-14 200 Meter Back	2:31.99	118
121	*	15-18 200 Meter Ind. Med.	2:25.39	120
123	*	10/U 400 Meter Free Relay	*	122
125	*	11-12 400 Meter Med. Relay	*	124
127	*	13-14 200 Meter Free Relay	*	125
129	2 per LSC in trials	15-18 200 Meter Med. Relay	*	126
130	2 per LSC in trials	13-14 Women 1500 M Free		
		15-18 Women 1500 M Free		

\* Relays - 1 per LSC swim in FINALS ONLY

ENTRY APPLICATION FOR SUMMER ZONE MEET - HERSHEY, PA. August 17,18,19, & 20, 1988

Eligibility: U.S. Swimming Registered Swimmer 1988  
Cuts: Double A for 10 & Under  
Triple A for 11-12, 13-14, & 15-18 (standards used are 15-16 in 1988 Nat'l rulebook)  
Swimmers may swim 8 events if they qualify in 8 events.  
Only 3 per day. Cost: \$3.00 per event

Relays will be put together by New England Swimming.  
Any number of swimmers may enter an event - only the 2 highest placers may score for New England.

ALL ENTRIES MUST GO THROUGH NEW ENGLAND SWIMMING. They will be taken by Isabelle Fraser on Saturday and Sunday A.M. & P.M. at Age Groups at Brown University. Please do not turn your entry in until you are sure you know how many events you are swimming. Put your own times on the entry sheet - if they were done at Age Groups we will verify them. If you have made a cut somewhere else - long course please bring the results along with your entry. Every time must be verified. These must be Long Course times. If anyone is not attending Age Groups and has the necessary cuts then send your entry blank to:

Isabelle Fraser  
125 Franklin Rd.,  
Longmeadow, Ma. 01106 413-567-3415

Make sure you include results of the meet where you did your swims. If the times were done at Seniors then I will have the results and can verify them - do not include Senior results. Include anything else.

HOTEL INFORMATION: Can be obtained from the swimming office. We will have it available at the Pioneer Valley Meet, and at both Seniors and Age Groups. If you have any interest reservations should be made at a hotel before Age Groups.

There will be no funding for this meet. You get there on your own. We hope to send a coach to look after our swimmers on deck. This will be published at a later date. If there are enough interested people we will try to obtain T-Shirts. Each swimmer and anyone else interested (i.e. parents) would buy their own. Probable cost \$9.00 each.  
.....

To help us plan on numbers that maybe interested in attending please return the following form to: Isabelle Fraser,  
125 Franklin Rd.,  
Longmeadow, Ma. 01106

This does not mean you have to go - it is just a survey.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ U.S. No. \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
INTERESTED IN PURCHASING A T-SHIRT \_\_\_\_\_ Size \_\_\_\_\_

Please return this as soon as possible.

## PROPOSED MEET SCHEDULE, SHORT COURSE 1988--1989:

OCTOBER	8--9 :	Specialty month	Suggestions: Team relay carnivals; Team sprint meets; Odd age groups; Senior development meets
	15--16:	Specialty month	
	22--23:	Specialty month	
	29 :	Annual meeting	
	30:	Specialty month	
NOVEMBER	5 :	Senior development	
	6 :	Top Ten Banquet	
	12--13:	C(B) Sched. I	
	19--20:	B(C) Sched. I	
	26--27:	A(B) All Events	A/B/C Whole-team meet
DECEMBER	3--4 :	B(A) Sched. II	
	10--11:	C(B) Sched. II	
	17--18:	A & better All Events	(trials and finals preferred)
	24--25:	Open	
	31--1:	Specialty	
JANUARY	7--8 :	A(B) Sched. II	
	14--15:	C(B) Sched. I	
	21--22:	B(C) Sched. I	10 & under Mini-meet
	28--29:	National Qualifier	B(A) All events
FEBRUARY	4--5 :	C(B) Sched. II	
	11--12:	A(B) Sched. I	
	18--19:	8 & under Championships	Senior Qualifier (trials and finals preferred)
	25--26:	Bronze Championships	Age Group Qualifier
MARCH	4--5 :	Silver Championships	
	11--12:	Senior Championships	
	18--19:	Age Group Championships	
	21--25:	Senior Nationals	
	25--26:	Easter	
APRIL	4--7 :	Junior Nationals	
	6--8:	Zones	

**SWIM COACH/AQUATIC DIRECTOR position.** Responsible for recruiting, training, and supervising part-time staff; program development, instruction of classes and coaching USSwimming team. WSI or YMCA certification. Salary negotiable, based upon abilities and experience. Benefits. Send resume to: Clark Memorial Community Center, 155 Central Street, Winchendon, MA 01475.

**HEAD COACH WANTED:** Part-time head coach wanted. Beginners through Age Group level; 70 on team with enthusiastic parent support. CPR and First Aid required. Contact Anne Ketch, 617-222-7063.

**COACHES NEEDED:** Contact Allan Livingston, 617-441-0959.

**WANTED: HEAD COACH:** Part-time year-round position for USS and New Hampshire League swim team, ages 6--18. Send resume or call: EST, P. O. Box 766, Exeter, NH 03833 (603-772-4138).



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

AUGUST 1988

IN THIS ISSUE: SHORT COURSE 1987--1988 OUTSTANDING AND TOP TEN SWIMMERS; NES RULES FOR SANCTIONED, CALENDAR MEETS; REGISTERED COACHES; SWIM-A-THON; REGISTRATION FEES FOR 1989; COACH REGISTRATION FOR 1989.....

### DATES TO MARK ON YOUR CALENDAR

SATURDAY, OCTOBER 29: ANNUAL MEETING, FRAMINGHAM, MA

SATURDAY, OCTOBER 29: OFFICIALS CLINIC, HANOVER, NH

SUNDAY, NOVEMBER 6: TOP TEN BANQUET, DRACUT, MA

The Annual Meeting will also include an Officials Clinic, Meet Managers Seminar, and Coaches Meeting. More information concerning the Annual Meeting and the Officials Clinic in Hanover will be in the next newsletter.

### NEW ENGLAND SENIOR CHAMPIONSHIPS:

CONGRATULATIONS to all the swimmers who participated in New England Senior Championships and to the High Point Winners:

- |             |    |                               |      |                   |      |
|-------------|----|-------------------------------|------|-------------------|------|
| Individual: | 1. | HEIDI HANNENIAN               | SSA  | JAMES SWEENEY     | EGSC |
|             | 2. | MISSY HOY                     | LRAC | ALEXANDER KOSTICH | EGSC |
|             | 3. | JENNY THOMPSON                | SSA  | SCOTT JAFFE       | EGSC |
|             | 4. | CATHERINE RITCH               | EGSC | STEPHEN ROOT      | EGSC |
|             | 5. | LARISSA HEROLD                | SSA  | RAY CAREY         | EGSC |
| Team        | 1. | BERNAL'S GATOR SWIM CLUB      |      |                   |      |
|             | 2. | SEACOAST SWIMMING ASSOCIATION |      |                   |      |
|             | 3. | LITTLE RHODY AQUATIC CLUB     |      |                   |      |
|             | 4. | NEW ENGLAND BARRACUDAS        |      |                   |      |
|             | 5. | UNATTACHED                    |      |                   |      |

The board of New England Swimming will meet on Tuesday, August 9, 1988 at 6:45 p.m. at the Harvard Community Health building, Route 9, Wellesley, MA.

## OUTSTANDING SWIMMERS--SHORT COURSE, 1987--1988

8 and UNDER

MARIANNE BLAIKIE	SSYS	COREY BLAKELY	EPBC
WENDY BROWN	CSSM	MICHAEL CONTI	SSA
TOBEY GLAZIER	LRAC	JUSTIN FILIAULT	NBYB
ERIKA LAZAR	CSSM	ANDREW KNUTTON	KCY
ALLISON VENDT	GSC	BRAD MANCINI	WSC

9 and 10

DIANNA GROFF	NASY	DYLAN ANDREWS	EPBC
ALLYSON HORGAN	HYST	CHARLES BARNES	LRAC
ANNE IACOBUCCI	LRAC	ETHAN CROSBY	UN
TARA PAULASKAS	MSSC	ROHIT EUSTACE	SAC
DANIELLE PELUSO	CSSM	SPENCER HAWKINS	NASY

11 and 12

HEATHER DONAHUE	MVP	ALEX CUHNA	NEB
AMANDA HALL	NEB	BRIAN FEHLAU	NEB
KRISTIN LUCIER	BGSC	MATT REILLY	BYB
HEATHER MONTANARO	LRAC	MATT SMITH	PYST
KATIE SHAUGHNESSY	MSSC	ROB WILEY	BGSC

13 and 14

LARISSA HEROLD	SSA	RAY CAREY	BGSC
LAURA KOERCKEL	BGSC	MICHAEL CARROLL	CSSM
LESLIE REPETTO	BGSC	STEVEN KOZOWYK	MVP
FELICIA SEXSMITH	LRAC	BRIAN LIVINGSTON	SSA
JENNY THOMPSON	SSA	BRIAN THOMAS	BGSC

15 and 16

CHRISTINE AGNEW	PVAC	DEAN FREDETTE	SSA
JILL COMEAU	GMSC	SEAN GOULDSON	MVP
HEIDI HANNENIAN	SSA	BRIAN LIVINGSTON	SSA
LYNN KELLEY	BGSC	BEN MCBRIDE	LRAC
JENNY THOMPSON	SSA	WAYNE SNEELGROVE	BGSC

17 and 18

COURTNEY CHUBB	UN	ANDREW HALL	BGSC
RORO DELEO	BGSC	DAVID JOHNSON	BGSC
HEIDI HANNENIAN	BGSC	ALEX KOSTICH	BGSC
KARYN WARD	CAST	LEWIS RUTHERFURD	BGSC
KATE ZENDA	BGSC	ETHAN SAULNIER	NEB

## OPEN

CHRISTINE AGNEW	PVAC	DAVID BERKOFF	BGSC
HEIDI HANNENIAN	BGSC	ANDREW HALL	BGSC
LYNN KELLEY	BGSC	ALEX KOSTICH	BGSC
JENNY THOMPSON	SSA	DIRK MARSHALL	BOSC
KARYN WARD	CAST	ETHAN SAULNIER	NEB

All names are listed in alphabetical order.

NEW ENGLAND SWIMMING RULES FOR SANCTIONED, CALENDAR MEETS (as approved by the New England Swimming Board, July 12, 1988)

**HOSTING MEETS:** Teams planning to host meets must have a representative, preferably their intended meet director, attend the Meet Managers Seminar prior to submitting their bid. Host teams are responsible for informing themselves of the most current fees and cut procedures for the type of meet that they are planning to hold. Teams bidding on meets should make every effort to assure that they have the necessary manpower and resources to run a meet properly before submitting a bid. It is strongly suggested that host teams sign written agreements with the management of the intended facilities in order to avoid last minute cancellations which significantly disrupt the calendar.

**DEPOSIT:** Teams hosting meets will be required to submit a \$200 deposit which will be returned after the meet when it has been determined that all policies and procedures of New England Swimming have been followed. The check will be returned within 6 weeks of the meet assuming that the financial report has been filed and the appropriate surcharge paid.

**STAFFING:** With the exception of Senior and Age Group Championships, host teams are responsible for staffing their own meets, either with their own members or by soliciting volunteers in advance of the meet. Teams may request, but cannot require, participating teams to provide volunteer timers, officials and marshals. In general, teams should aim to have most of their timers and all of their officials and safety marshals identified prior to the meet. New England Swimming will attempt to make available the most current list of NES officials, from time to time, so that host teams may contact these individual well in advance of their meet.

**MEET ENTRIES:** Entries must be sent to all registered NE teams, the NE office, Sanction Chairman, Calendar Chairman, Age Group Chairman, Senior Chairman and the Technical Chairman. The meet information should be in the hands of the teams four weeks before the meet deadline. This means that the request for sanction should be sent to the Sanction Chairman a minimum of six weeks before the meet deadline.

**MEET CHANGES:** No fee or format changes may be made in any meet after the meet has been sanctioned by NES, without the express consent of the Technical Committee. If a team discovers that it must make format change(s) after the meet entry has been distributed, then it must notify the Technical Chairperson, who together with the Vice Chairperson and Age Group (if an age group meet) or Senior Chairperson (if a senior meet) may give authorization for the proposed change(s). It is the host team's responsibility to notify all participating teams in writing of any authorized change(s).

**PRE-SEEDING:** No meet shall be pre-seeded except for Senior and Age Group Championships and the National Qualifier. If a host team deems pre-seeding to be essential for the success of its meet, then it must submit a written request and explanation, along with its bid, to be presented to the Calendar Committee for review and authorization.

**CUTS:** It is the responsibility of the host team to notify all participating teams of any cuts in their entry seven days prior to the first day of the meet. If participating teams are notified of cuts by phone, then it is the host team's responsibility to follow up these telephone calls with written communication. Refunds will be made for any events from which a swimmer is cut. However, swimmers must still pay entry fees for the other events they have entered even if they choose not to swim these events. If for any reason, a host team finds it necessary to make substantial cuts in the meet, then it must notify the Technical Chairperson or the New England Swimming office of this situation. With the exception of Championship meets, all New England calendar meets must abide by the 4 hour per session rule.

**WARM-UPS:** Host teams are responsible for providing supervised warm-ups with safety marshals in attendance in accordance with the established procedure. It is the host team's responsibility to know the established procedure, ascertain the current USS registration of its safety marshals and inform these marshals of their duties and responsibilities. A warm-up schedule should be made available in the meet information. This schedule should include the format (separate warm-up for different ages, sexes, etc.), timing and length of the general warm-up. The meet referee or head safety marshal should be on deck during the warm-up period in order to answer questions, make necessary adjustments, and deal with problems during this time.

**RESULTS:** Results for meets must be arranged according to age and sex--all 10 & under girls' events together, etc. Ages for all swimmers (specifically 10 & unders and 15--18 or open swimmers) must be listed on the results as well as first and last names of all swimmers. Results must be sent to all teams entered in the meet and to the New England office (eight copies) within two weeks of the meet.

**FINANCIAL REPORT:** Two copies of the New England financial report must be sent to the New England office within 45 days of the last day of the meet. The New England surcharge or championship meet travel fee should be sent with the report. There is no surcharge for relays or senior development meets. No positive action (financial reimbursement, meet sanction, awards, etc.) will be taken on behalf of a New England team until it has met all of its financial commitments to New England Swimming.

**NEW ENGLAND LOGO:** All commercial ventures involving the official New England logo must be initiated by New England Swimming or one of its member teams for their own specific use and sale. Special permission must be granted by the Board of New England Swimming for all other purposes.

**RETURNED CHECKS:** There will be a \$10 charge for any team or individual who submits a returned check to New England Swimming or any of its member teams.

#### CHAMPIONSHIP MEETS:

**ENTRIES:** Teams hosting a championship meet (excluding 8 & under Champs) must submit all necessary information for their meet entry to the New England Swimming office seven weeks prior to the first scheduled championship meet.

**AWARDS:** The size and design of the medals and ribbons for the championship meets have been pre-established by New England Swimming. Medals are available through T.J.'s and must be ordered at least six weeks prior to the desired date of delivery. Ribbons are available through Hodge Badge Co., Inc. and should be ordered 4 weeks prior to the desired date of delivery. Award ceremonies are required at Age Group and Senior Championships.

**OFFICIALS:** Head referees for Age Group and Senior Championship meets must be non-host affiliate officials and should be contracted in conjunction with the Age Group or Senior Chairman (as appropriate) to work the entire meet in order to provide desired continuity. New England Swimming has established a set reimbursement fee for these referees which they will be paid by New England Swimming upon satisfactory completion and receipt of the standardized request form available through the NES office. Although reimbursement may include hotel fees, it is strongly suggested that wherever possible, host teams should provide these officials with any courtesy rooms made available to them. Teams hosting Seniors and Age Groups may require participating teams to provide volunteer timers in proportion to the number of entries submitted. However, officials and safety marshals must be solicited on a volunteer basis.

## 1989 COACH MEMBERSHIP REQUIREMENTS:

Individuals will be required to show current proof of training in CPR and first aid to qualify for United States Swimming coach membership in 1989. As most first aid certifications are valid for three years, coaches who were properly trained in 1988 will not require additional first aid training in 1989. Most CPR certificates are valid for only one year, however, so coaches should check the expiration date for their CPR courses.

At its July meeting the Board of New England Swimming voted that as of September 1, 1988 all coaches on deck at New England meets must display their USS membership cards while they are on deck.

According to records in the office, the following are registered as coaches for 1988:

Marjorie Adams	Samuel Adolt	Kristine Andrew
Amy Ayres	Frank Bachteler	Phil Baker
Rebecca Barnes	Rick Battistini	Martin Beall
Joseph Bernal	Sherry Bertrand	Kim Bierwert
Richard Bishop	Ash Blitzer	Joan Blume
Victor Bonneville	Becky Bradley	Megan Bresnahan
Paul Brochu	Stephen Brosnan	Sherri Brown
William Bushee	Judith Caron	Donna Cerrato
Richard Cheeney	Deborah Clark	Heather Cloitre
Roy Coates	Kenneth Connors	Beth Corwin
Greig Cronauer	Carlton Cronin	Greg Derderian
Richard Dion	James Donoghue	Joseph Drolette
Harold Farkas	Mary-Jeanne Filiault	Deborah Finch
Isabelle Fraser	Joanne Gallant	Paul Getchell
Barbara Good	Barbara Gould	Susan Guertin
Christopher Hafferty	Christine Hague	Francis Harris
Raymond Hassell	James Healy	Steven Hennigan
Diane Heydt	Sarah Higbie	Karen Hilberg
Martha Iannazzo	Gary Isherwood	Jon Kadel
Patricia Kelley	Joseph Kirtland	Allan Kopel
Pam Kuong	Julie Lannaville	Scott Lathrop
Arthur Laurenson	Donald Lemieux	Allan Livingston
Cholace Lussier	Peter Lynch	Peter Markos
Christopher C Martin	Ellis Mayers	Lori McCluskey
James McCombs	Scott Mello	Robert Metcalfe
Paul Miles	Dana Milne	Susan Mogavero
Steven Moreau	Karla Moyer	Patricia Murray
Pauline Ness	Camille O'Bryant	Caralie O'Connor
John O'Neill	Kenneth Oberg	Joseph Orzel
Stephen Ostapower	Nancy Palmer	David Palumbo
Robert Parent	Barry Parenteau	Paul Parenteau
David Paris	Mike Parratto	Ronald Pereira
Julie Piepho	Olney Quimby	Marcia Quitmeyer
Kenneth Reall	Edward Reed	R Marcel Reeves
Ronald Revoir	Daniel Rhinehart	William Riddell
Rosanne Riddick	Robert Rines	Elizabeth Roy
Kevin Salisbury	Stephen Schaffer	Lois Schwartz
Michael Seidenberg	Cynthia Shea	Theresa Siegel
Randall Smith	Sally Smith	Thomas Smith

continued....



Randall Smith  
 Cyndy Solomon  
 Trudy Stagg  
 Gary Swaitek  
 Kevin Thornton  
 John Trites  
 Arthur D Warner  
 Steven Weisfeldt  
 Alan White

Sally Smith  
 Marc Solomon  
 Kathleen Stewart  
 Martha Talbot  
 Sharyn Thurber  
 Luanne Tulumieri  
 Robert Watkins  
 Robert Wentworth  
 Joshua Willman

Zanita Smith  
 Karen Spencer  
 Marilyn Swain  
 Christina Thompson  
 William Townsend  
 Julie Urda  
 Chris Watroba  
 Beatrice Whalen  
 Gerard Zimmer

#### SWIM-A-THON:

NEW ENGLAND SWIMMING ranks seventh in the United States in the amount of money raised per registered swimmer (\$.95) through Swim-a-thons.

JOSH PRISTAW (NCAC) ranks first for individual (\$1,698).

BERNAL'S GATOR SWIM CLUB ranks fifth for clubs (\$10,866).

HAMPSHIRE REGIONAL YMCA ranks eighth for YMCA (\$3,535).

all figures are as of June 15, 1988.

New England Swimming has received \$2,706.95 from United States Swimming as New England's share of money raised by Swim-a-Thons held in New England since September. Fifteen per-cent of the money raised by a team is sent to United States Swimming, but five per-cent is returned to New England Swimming.

The following teams have held Swim-a-Thons this year: Aqua-Dux Swim Club, Belmont Aquatics, Bernal's Gator Swim Club, Central Vermont Wavemakers, Clark University, Hampshire Regional Y, Hampshire Hills Swim Team, Merrimack Valley Pirates, Pioneer Valley Aquatic Club, Seacoast Swimming Association, Seekonk Dolphins, and Shawmut Aquatic Club.

USS RACING CAMP: Coaches are needed for a USS Racing Camp to be held in the Boston area the first part of October. The camp will be an intensive day of instruction, training and exposure to national level swimming for the top 25 9 and 10-year-old girls and 11 and 12-year-old boys in New England. Coaches who are interested should contact the camp director, Martin Beall at 617-484-4310 (work) or 617-331-6537 (home between 7 p.m. and 9 p.m.). Applications for swimmers will be in the next issue of the newsletter.

ASSISTANT SWIM COACH: The Beverly Regional Ymca is looking for experienced and mature coaches. Positions begin September 6 to April 15. For further information, please call Peter Farragher at 508-927-6855.

FULL TIME HEAD COACH: Family Y located in beautiful community in southwest New Hampshire. Exciting opportunity for energetic, organized and knowledgeable person to coach, all age group, Dolphins swim team program. Responsibilities include development, staffing (2 assistant coaches) and administration of full swim program. Competitive swim experience desirable. Will consider new entrants. Send resumes to: Tom Baird, PO Box 234, Keene, NH 03431 (603-352-4000, ext. 474).

## TOP TEN SWIMMERS, SHORT COURSE 1987--1988:

- ABF: Jeff Richards, Wendy Thorpe, Liz Kotch      ANA: Raymond LeMoine  
ATST: Emily Jones      BA: Kendra Sasser  
BARY: Terry Boardman      BERK: Eric McIlquham  
BCSY: Janice Friedeborn, Kim Milbert, Charles Barnes, Tricia Solakoff, Arthur McLaren  
BGSC: Cherish Malkemus, Claire O'Reilly, Jon Quimby, John Tarantino, Susan Trainer, Matthew Wright, Tory Fleming, Kristin Lucier, Ann Tarantino, Delight Malkemus, Roro Deleo, Jeremy Quimby, Andre Koerckel, Jesse Kline, Todd Westhaus, Max Kay, Jim McGinnis, Brian Thomas, Greg Wagner, Ray Carey, Mike Tarantino, Craig Jakubek, Laura Koerckel, Leslie Repetto, Jen Jackson, Rachel DeVito, Jodi DeLuca, Terri Long, Jen Wheeler, Melissa Reilly, Lynn Kelley, Amy Van Aken, Jen Jones, Vicki Camelio, Rob Wiley, Michelle Jackson, Kirsten Blomberg, David Mainen, Dan Schar, David Johnson, Lewis Rutherford, David Wilkins, Andy Hall, Alex Kostich, Tom Graham, Tom Peterson, John Jakubek, Chris Kovacs, Steve Hogarty, TJ Foley, David McGinnis, Andrew Rutherford, Wayne Snellgrove, Matt McKay, Paul Long, Jeremy Kovacs, Peter Egan, David Berkoff, Kristina Lundstedt, Evelyn Price, Kate Zenda, Julie McClennen, Beth Donovan, Andrea Wight, Anne Koerckel, Kristina Martin  
BOSC: Dirk Marshall, Don Benson, Wade Stokes  
BYB: Daniel Bazylewicz, Rebecca O'Reilly, Ian Doherty, Jessica Zeuli, Carolyn Bolduc, Missy Master, Matt Reilly, Shane Cook, Bronwyn Roberts  
CAST: Julie Breslin, Andrew Cardillo, Gregory Carillo, Alex Lai, Chris Rossi, Oliver Shaw, Mary Beth Wilk, Marc Richard, Mike Richard, Megan Lammon, Linda Cleary, Becky Cullen, Susan Pergola, Karyn Ward  
CAY: Susan Herrick, Jean Todisco, Kathleen Burke, Shelley Pulling, Chris Fountain, Jason Gray, Mark Dewan, Kirsten Watters, Josh Siegel, Mike Olson, Eric Swartz, David Gatewood, Kyle Standing  
CCSC: Kelly Hallett, Sarah Schwartz, Eva Cardoza, Ron Zuwallack, David Govoni  
CM: Kelly Coolidge, Jeff Grady, Kristin Lozeau, Patrick Walen  
CSC: Allison Vendt, Jeff Brust, Bill Chouinard, Derek Nelson, Jon Dyer, Jay Craft, Ward Lowe, John Powers  
CSSM: Wendy Brown, Erika Lazar, Kevin Mulgrew, Danielle Peluson Ellen Toomey, Nicole Rutkowski, Kerry Kearn, Michael Carroll, Julie Dempster, Robert Holt, Keri Edwardsen  
DYD: Mike Jordan, Bill Callahan      EB: Chris Parent  
EPBC: Dylan Andrews, Corey Blakely, Michaela Whittet, Trina Young, Bryan Stanley, Jeff Bushnell  
EST: Daniel Blouin, Ryan Quigley, Samantha Briggs, Keith Getchell  
FRY: Matthew Weaver, Anne Glicksman  
GMSC: Jennifer Perkins, Marc LaFrance, Jill Comeau, Jennifer Boucher  
GBSC: Ian Callender, Mike Holland      HRY: Katherine Burrill  
HAY: Kauren Kelly, Andrea Kurrie, Mark Craven  
HHST: Michelle Jackson, Blake Miller  
HYST: Allyson Horgan, Greg Horgan

- HYV: Jesse Quillian, Kimberly Yelle
- KCY: Andrew Knutton, Charles Moser                      LRW: Kambra Juva
- LCSC: Erick Davis, Cheryl Frank, Becky Frank
- LRAC: Anne Iacobucci, Stephen Maher, William Maher, Corrinne Montanaro, Christine Rotondo, Anthony Santoro, Damian, Heather Montanaro, Amy Noack, Chris Nearney, Alex Sexsmith, Felicia Sexsmith, Wendy Lamontagen, Kimberly Ho, Jason Bois, Eddie Vilandrie, Ronnie Gagne, Kristy Uustal, Vanessa Gibbons, Laura Geisler, John Flowers, Ben McBride, Marc Bonnot-Rymard, Chris Holt, Jay Peluso, Vincent Ho, Marten Kraaijvanger, Scott Reed, James Berry, Roger Nienhuis, Charles Hince, Eric Hecker, Robert Berry, Hilari Goldfine, Christine McDonald
- MSSC: Leslie Hall, Tara Pauluaskas, Trisha Paulauskas, Michael Shaughnessy, Katie Shaughnessy, Scott Miller, Jason Demers, Paige Morgan, Eric Jones.
- MVP: John Newland, Daniel O'Neil, Dana Westing, Kelly Gouldson, Heather Donahue, Reed Newland, Beau Lamontagen, Sean Gouldson, Dustin Foster, Jen Lamontagne, Adriene Bonne, Jeff Wicklund, Josh Blagg, Kim Marrah, Chris Hart, Albert Garcia, Norman Shippert, Tom Tiano, Leslie Perriello, Jamie Graham, Cherie Taylor, Linda Porter
- NASY: Amy Allen, Erica Allen, Meghan Cossler, Jaime Crosscup, Dianna Groff, Spencer Hawkins, Wesley Wrightson
- NBYB: Chad Filiault, Justin Filiault, Jeff Galli
- NCAC: Susan Krsel, Josh Pristaw, Cory Murphy, Barbara Bedford, Edward Bedford
- NEB: Andria Iadonisi, Cathy Legg, Wendy Rowe, Kerrin McDonald, Amanda Hall, Donna Gugliemi, Sherri Beck, Shannon McCarthy, Brian Fehlau, Alex Cuhna, James Lawrence, Chip Haberstroh, Steven Korbly, Randy Yang, Kara Kouloheras, Britt Greineder, Kim Whaitman, Laura Zdyb, Karen Haberstroh, Jim Thomas, Jeff Little, Jeff Paterson, Kirsten Greineder, Bethany Williston, Amy Patterson, Steve Jungbluth, John Murray, Chris Lewter, Steve Soapfen, Marc Broudy, Tim Nubar, Renie Holtzman, Jenn Gale, Scott Fraser, Mike Yunker, Ethan Saulnier, John McCann, Chris Cichella, Andrew Saulnier, Andrew McMorrow, Jacob Kiser, David Soapfen
- NNB: Michelle McWeeney    NYB: Jay Rosenquest
- PAC: Clyde Board, Michelle Labrie, Kirstin Nagle, Mike O'Connor, Hannah Edgecomb, Tanya Nagle, Todd Whitford, Glen Rice, Jodi Shaw, Nathan Lyczak
- PYST: Megan Bachteler, Matt Smith                                      NWSC: Jennifer Burns
- PVAC: Beth Elie, Lexa Page, Tricia Turner, Ashley Cole, Paul Mikuszewski, Christine Agnew, Melissa Harms, Stephen Root
- SAC: Robit Eustace, Amy Mullen, Carmen Trombini, Anne Behrens, Tal Zamir, Eric Dainiak, Karyl Brewster, Tara Bolivar, Scott Davis, Mike McSweeney, Anne Ciccarelli, Susan Trombini, Chris Barrett
- SEA: Rachel Quebec, Kristan Gately, Alicia Keenan, Marcia Cardinale
- SSA: Nicole Giancarelli, Michael Conti, Kylie Currier, Patrick Curry, Kelly Gittlein, DJ Haskins, Ted Mantos, Caroline Palmer, Justin Pudloski, Jessica Tucker-Mohl, Lea Delicio, Nikki Currier, Ryan Harmon, Jenny Thompson, Larissa Herold, Alison Klinakis, Nate Curry, Brian Livingston, Tara McGarr, Amy Palmer, Laura Burnham, Kim Gittlein, Matt Carrico, Mike Bagshaw, Jerry Bailey, Bob McGarr, Heidi Hannenian, Clem Whaling, Susie O'Connor, Dean Fredette, Jason Seaver, Erik Loranger, Eric Gregg, Aaron Thompson



SEED CARDS: Seed cards are available through the New England Office. The cost for plain cards is \$16.00 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.50 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$22.50, including mailing. If the cards are picked up in Needham, the cost is \$21.00. 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 with initials are picked up in Needham, the cost is \$17.50 per thousand. The minimum order for cards with initials is 1,000 cards.

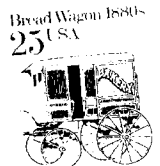
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NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England Office for \$7 per year. Clubs do not have an expiration date on their label since all registered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



**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192



**FIRST CLASS**

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





# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

SEPTEMBER 1988

IN THIS ISSUE: SHORT COURSE, 1988--1989 CALENDAR; REIMBURSEMENT POLICY; USS RACING CAMP; AGE GROUP HIGH POINT WINNERS; RESULTS OF OLYMPIC TRIALS, JUNIOR NATIONALS, ZONE MEET; TOP 16 SWIMMERS (SHORT COURSE, 1988)

CONGRATULATIONS to: DAVID BERKOFF (BGSC) a member of the 1988 Olympic Team and new World Record Holder in the 100 meter backstroke!

MARK YOUR CALENDAR: Saturday, October 29: ANNUAL MEETING, FRAMINGHAM, MA  
Saturday, October 29: OFFICIALS CLINIC, HANOVER, NH  
Sunday, November 6: TOP TEN BANQUET, DRACUT, MA

There will be an Officials' Clinic at the Annual Meeting led by Priscilla Davis and also one in Hanover, NH the same day led by John Johanessen. In addition to the General Meeting, the Annual Meeting will include a Coaches' Meeting, Officials' Clinic and a Meet Managers' Seminar, REQUIRED for all teams hosting meets. The October Newsletter will be out the very first of October and will include all the information concerning the above events and also the Long Course Outstanding Swimmers and Top Ten Swimmers

#### REIMBURSEMENT POLICY FOR 1988--1989:

At its September meeting, the Board of New England Swimming approved the following reimbursement policy for Short Course 1988--1989 and Long Course 1989.

A New England registered swimmer who swims an individual event at Junior Nationals will be reimbursed \$100. A New England registered swimmer who swims an individual event at Senior Nationals will be reimbursed \$200. A New England registered swimmer who swims an individual event at the US Open (in December) will be reimbursed \$200. A swimmer who places in the top 16 in one or more individual events will receive an additional \$50. A swimmer may be reimbursed for a maximum of three meets and a maximum of \$650.

As in the past, a swimmer must participate in three New England calendar meets during the season in which the championship meet takes place in order to be eligible for reimbursement. The swimmer also must request the reimbursement. Swimmers who participate in the US Open may wait until the end of the short course season to make their request since most swimmers probably will not have participated in three New England calendar meets.

## LONG COURSE JUNIOR NATIONALS:

Congratulations to all the swimmers who represented New England at Long Course Junior National Championships East in Orlando, Florida this summer!

## Swimming in FINALS were:

MISSY HOY	LRAC	TOM PETERSON	BGSC
LARISSA HEROLD	SSA	ANDY HALL	BGSC
DEAN FREDETTE	SSA	DAVID JOHNSON	BGSC
		RAY CAREY	BGSC

## Swimming in CONSOLATIONS were:

LAURA KOERCKEL	BGSC	CHRIS HOLT	LRAC
LESLIE REPETTO	BGSC	JAY PELUSO	LRAC
DAVID WILKINS	BGSC	JILL COMEAU	SSA
JAY CRAFT	CSC		

## Swimming in INDIVIDUAL EVENTS were:

WAYNE SNELGROVE	BGSC	KRISTY UUSTAL	BRAC
STEPHEN ROOT	BGSC	FELICIA SEXSMITH	LRAC
RORO DELEO	BGSC	JOHN FLOWERS	LRAC
KATE ZENDA	BGSC	BEN MCBRIDE	LRAC
DAVID MAINEN	BGSC	ROGER NIENHUIS	LRAC
MATT MCKAY	BGSC	BRITT GREINER	NEB
LYNN KELLEY	BGSC	KIRSTEN GREINER	NEB
MELISSA REILLY	BGSC	SEAN GOULDSON	NEB
JODI DELUCA	BGSC	SCOTT FRASER	NEB
JIM MCGINNIS	BGSC	CHRIS LEWTER	NEB
JEREMY KOVACS	BGSC	TARA MCGARR	SSA
JOE SHEEHAN	BGSC	MATT GARRICO	SSA
CHRIS BARRETT	SAC	LAURA BURNHAM	SSA
TARA BOLIVAR	SAC	BRIAN LIVINGSTON	SSA
ERIC MCILQUHAM	BERK	JASON SEAVER	SSA
CHRISTINE AGNEW	PVAC	JENNIFER BURNS	NWSC
KIMBERLY MARRAH	MVP	PETER CADWELL	NASY
RON ZUWALLACK	CCSC	ERIC JONES	MSSC

## Swimming in RELAYS were:

VICKI CAMELIO	BGSC	RACHEL DEVITO	BGSC
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## RACING CAMP:

A United States Swimming Racing Camp will be held on October 15, 1988 at Belmont High School, Belmont, MA. It is intended for the top 9 and 10-year-old girls and 11 and 12-year-old boys in New England and will be limited to 50 swimmers. Swimmers will be selected by times. Swimmers will be exposed to the USS national program. Applications will be sent to each team or will be available through the office. Head coach will be Martin Beall and there will be five assistant coaches.

CHAMPIONSHIP MEET MEMENTOS: This past year all New England swimmers who participated in either Age Group or Senior Championships received a commemorative pin. If you have any suggestions for an inexpensive memento for this year's championship meets, please let the office know.

## OLYMPIC TRIALS:

CONGRATULATIONS to all the swimmers who represented New England in the Olympic Trials:

DAVID BERKOFF	BGSC	100 meter backstroke	( 1 )
		200 meter backstroke	( 7 )
JENNY THOMPSON	SSA	50 meter freestyle	( 4 )
		100 meter freestyle	( 9 )
		100 meter backstroke	(21)
ALEX KOSTICH	BGSC	1500 meter freestyle	( 8 )
		400 meter freestyle	(12)
		400 meter individual medley	( 7 )
SCOTT MCCADAM	BGSC	50 meter freestyle	( 5 )
		100 meter freestyle	( 8 )
CATHY RITCH	BGSC	200 meter individual medley	(32)
		200 meter freestyle	(37)
		100 meter freestyle	(58)
		100 meter backstroke	(75)
SYBIL SMITH	UN	50 meter freestyle	(21)
		100 meter freestyle	(68)
		100 meter backstroke	(47)
SCOTT JAFFE	BGSC	200 individual medley	(51)
		100 meter breaststroke	(19)
		200 meter breaststroke	(42)
LORI HOLMES	BGSC	100 meter butterfly	(14)
		200 meter butterfly	(21)
JENNIFER BOYD	BGSC	50 meter freestyle	(77)
		100 meter freestyle	(71)
CAROLYN RYDER	BGSC	100 meter breaststroke	(40)
		200 meter breaststroke	(45)
ETHAN SAULNIER	NEB	1500 meter freestyle	(21)
JAMES SWEENEY	BGSC	1500 meter freestyle	(31)
PAUL WATSON	BGSC	100 meter backstroke	(31)
CHRIS KOVACS	BGSC	100 meter backstroke	(35)
PETER EGAN	BGSC	100 meter butterfly	(32)
ANNE KOERCKEL	BGSC	200 meter breaststroke	(40)
HEIDI HANNENIAN	SSA	100 meter butterfly	(37)
MATT COUNTIE	BGSC	100 meter backstroke	(48)
JEFF PETERMAN	BGSC	100 meter breaststroke	(49)
BARBARA BEDFORD	NCAC	100 meter backstroke	(68)
KEITH KAPLAN	BGSC	50 meter freestyle	(73)

## NEW ENGLAND SWIMMING OFFICE

Mary Riddell  
20 Cleveland Road  
Needham, MA 02192

617-449-0270

Telephone 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.



## EASTERN ZONE LONG COURSE CHAMPIONSHIPS:

CONGRATULATIONS to the swimmers who represented New England at the Eastern Zone Long Course Championships in Hershey, PA on August 17--20, 1988. New England finished 7th out of 12 teams.

FIRST PLACE finishes were achieved by:

BETH ELIE	PVAC
MICHELLE MCWEENEY	NNB
ANDREW WHITNEY	PAC

Other swimmers who PLACED were :

JESSICA TUCKER-MOHL	SSA	JEFF GALLI	BERK
NIKKI CURRIER	SSA	TAL ZAMIR	SAC
ANNE BEHRENS	SAC	GLEN RICE	PAC
LIZ KOTCH	ABF	KEITH GETCHELL	EST
HEATHER SAUNDERS	TRAC	BRYAN STANLEY	EPBC
KIM GITTLEIN	SSA	TOM SCHEINFELDT	TRAC
		MARK DISALVO	PAC

Also swimming in the meet were: :

WENDY THORPE	ABF	KELLY GITTLEIN	SSA
JENNIFER ROSEN	BERK	SHANA KIRBY	TRAC
HANNAH EDGCOMB	PAC	TOBEY GLAZIER	TRAC
MIKE O'CONNOR	PAC	HEATHER PIERCE	SSA
DEREK JOHNSON	PAC	MELYNDA CRAIG	UN
TED MULKERIN	SAC	BRITTANY WILSON	PAC

**TEAM INFORMATION:** Many teams have already returned the forms listing their official address for 1988--1989, and the address list for the fall meets has been updated to reflect this information. If your team has not yet returned its form, please do so immediately so that meet entries and the newsletter go to the proper person.

**REGISTRATION:** No registration information will be sent out to a team until the office has received the name and address of the team's registration chairman. The form sent to each team asking for the correct team address also asks for the registration chairman's name and address.

As soon as the office has received the 1989 non-athlete registration forms, each team will receive a supply of 1989 athlete registration forms, non-athlete registration forms, team registration form and transfer forms.

The computer printout will be sent at a later date (probably late in October) so that swimmers who are currently registered may be reregistered. Teams need to know a swimmer's name (including middle initial), address (including correct zip code, especially important for those Massachusetts swimmers who have new zip codes), date of birth, citizenship data before they can register swimmers. Telephone information is optional.

Adults who are currently registered as non-athletes will receive registration forms mailed directly to their home addresses.

## LONG COURSE AGE GROUP CHAMPIONSHIPS--HIGH POINT WINNERS:

	GIRLS			BOYS	
8 & under:	1.	WENDY BROWN	CSSM	DANIEL BAZYLEWIEZ	BYB
	2.	ALLISON VENDT	CSC	JAMES KEYES	SSYS
	3.	BECKY GOTTLIEB	TRAC	KEVIN MULGREW	CSSM
	4.	REGAN FLYNN	HRY	ERIC VENDT	CSC
	5.	ABBY BRETHAUER	MSSC	MICHAEL ROSSI	KCY
9 & 10 :	1.	TARA PAULASKAS	MSSC	SPENCER HAWKINS	MSSC
	2.	ANNE IACOBUCCI	LRAC	WILLIAM MAHER	LRAC
	3.	BETH ELIE	PVAC	ETHAN CROSBY	BGSC
	4.	EMILY POBLOCKI	UN	JONATHAN QUMBY	BGSC
	5.	ELLEN TOOMEY	CSSM	JEFF GALLI	BERK
11 & 12 :	1.	AMANDA HALL	NEB	JOSH PRISTAW	NCAC
	2.	TORY FLEMING	BGSC	TAL ZAMIR	SAC
	3.	NICOLE RUTKOWSKI	CSSM	GLEN RICE	PAC
	4.	WENDY COMEY	LRAC	KEITH GETCHELL	EST
	5.	KATHLEEN BURKE	BGSC	MATT REILLY	BYB
13 & 14 :	1.	LARISSA HEROLD	SSA	MICHAEL CARROLL	CSSM
	2.	RACHEL DEVITO	BGSC	SCOTT MILLER	MSSC
	3.	KARA KOULOHERAS	NEB	TOM SCHIENFELDT	TRAC
	4.	KATIE SHAUGHNESSY	MSSC	JASON GRAY	CAY
	5.	LIZ KOTCH	ABF	NATE CURRY	SSA
15--18 :	1.	MELISSA HARMS	PVAC	DEAN FREDETTE	SSA
	2.	AMY PALMER	SSA	SEAN GOULDSON	NEB
	3.	FELICIA SEXSMITH	LRAC	JAY CRAFT	CSC
	4.	KRISTY UUSTAL	LRAC	BEN MCBRIDE	LRAC
		MISSY HOY	LRAC	5. STEPHEN JUNGBLUTH	NEB
TEAM :	1.	BGSC		NEB	
	2.	SEA		BGSC	
	3.	LRAC		LRAC	
	4.	NEB		MSSC	
	5.	CSSM		SSA	
TEAM COMBINED:	1.	BERNAL GATOR SWIM CLUB			
	2.	NEW ENGLAND BARRACUDAS			
	3.	LITTLE RHODY AQUATIC CLUB			
	4.	SEACOAST SWIMMING ASSOCIATION			
	5.	MANCHESTER SUNFISH SWIM CLUB			

Congratulations to DAVE PALUMBO! At the New England Age Group Long Course Championships this year, coaches voted for a New England Age Group Coach of the Year. The award is sponsored by the American Swimming Coaches Association and is presented annually at the ASCA World Clinic. This is the first time our coaches have voted on this award and the first recipient is Dave Palumbo of the Manchester Sunfish Swim Club.

Other coaches who received votes were Phil Baker (SSA), Barbara Gould (CSSM), Dan Rhinehart (LRAC), Skip Farkas (NEB), Ken Reall (LRAC), Marilyn Strom (NEB).

## NATIONAL AGE GROUP TOP 16--SHORT COURSE, 1987--1988;

CONGRATULATIONS to the New England swimmers who rank in the Top 16 in the country in their age groups. Special congratulations to:

JENNY THOMPSON (SSA), RAY CAREY (BGSC), ETHAN SAULNIER (NEB)

who rank first in events for their age groups.

10 & under:	TARA PAULAUSKAS	MSSC	50 y breaststroke (16)
	SPENCER HAWKINS	NASY	100 y backstroke (11)
11 & 12	ROB WILEY	BGSC	50 y backstroke (8); 100 y backstroke (9)
	MATT WEAVER	FRY	100 y backstroke (14)
	BGSC (ROB WILEY, ANDRE KOERCKEL, JEREMY QUIMBY, JESSE KLINE)		
13 & 14	JENNY THOMPSON	SSA	400 y freestyle relay
			50 y freestyle (1); 100 y freestyle (2);
			200 y freestyle (15); 100 y backstroke (3);
			200 y backstroke (5); 100 y butterfly (10);
			200 y IM (3)
	LESLIE REPETTO	BGSC	100 y breaststroke (13); 200 y breaststroke (8)
	LARISSA HEROLD	SSA	100 y butterfly (16)
	ALISON KLINAKIS	SSA	200 y butterfly (15)
	BRIAN LIVINGSTON	SSA	500 y freestyle (5); 1650 y freestyle (4)
	RAY CAREY	BGSC	1000 y freestyle (9); 1650 y freestyle (12);
			100 y butterfly (5); 200 y butterfly (1)
			400 y IM (2)
	BGSC (RAY CAREY, CRAIG JAKUBEK, GREGG WAGNER, BRIAN THOMAS)		
			800 y freestyle relay (3)
15 & 16	JENNY THOMPSON	SSA	50 y freestyle (1); 100 y freestyle (4);
			200 y freestyle (13); 100 y butterfly (7)
	LAURA KOERCKEL	BGSC	50 y freestyle (12); 100 y freestyle (14)
	TARA BOLIVAR	SAC	100 y breaststroke (16)
	LYNN KELLEY	BGSC	200 y butterfly (6)
	SEAN GOULDSON	MVP	500 y freestyle (6); 1650 y freestyle (8)
	DEAN FREDETTE	SSA	1000 y freestyle (10)
	BRIAN LIVINGSTON	SSA	1650 y freestyle (7)
	WAYNE SNELLGROVE	BGSC	100 y butterfly (10)
17 & 18	KARYN WARD	CAST	1650 y freestyle (13)
	HEIDI HANNENIAN	SSA	200 y butterfly (15)
	ETHAN SAULNIER	NEB	200 y freestyle (14); 500 y freestyle (3);
			1000 y freestyle (1); 1650 y freestyle (1)
	ALEX KOSTICH	BGSC	1000 y freestyle (3); 1650 y freestyle (3)
	ANDREW SAULNIER	NEB	1000 y freestyle (9); 1650 y freestyle (14)
	CHRIS KOVACS	BGSC	100 y backstroke (9)
	DAVID JOHNSON	BGSC	100 y butterfly (7); 200 y butterfly (5)
	BGSC (DAVID MAINEN, TOM GRAHAM, TOM PETERSON, DAVID WILKINS)		
			400 y freestyle relay (6)
	BGSC (ANDY HALL, TOM PETERSON, DAVID WILKINS, DAVID MAINEN)		
			800 y freestyle relay (2)

ASSISTANT COACH WANTED: For Lakes Region Swim Team. Call Steve Sarau-sky at 603-528-2469 or send resume to Lakes Region Wavemakers, PO Box 1594, Laconia, NH 03247.

ASSISTANT COACH NEEDED: Hours flexible. Call Mike Horgan at 508-373-1102.

## SHORT COURSE CALENDAR, 1988--1989

- Oct. 16 : Shawmut Aquatic Club C  
Keefe Technical School  
Framingham, MA  
short events; 8 & under events  
Sue Bolivar  
Box 1292  
Framingham, MA 01701  
508-877-5076
- Nov. 4--5 : RI Distance and Relay Meet  
University of Rhode Island  
Kingston, RI  
11 & over  
Michael Westcott  
25 Crestwood Drive  
Narragansett, RI 02882  
401-789-6341
- Nov. 5 : Hampshire Regional Y Senior Development  
Smith College  
Northampton, MA  
senior distance events (including 200's)  
Joyce Burrill  
31 King Philip Avenue  
S. Deerfield, MA 01373  
413-665-3261
- Nov. 5 : Beverly Y Barracudas Mini-Meet  
Beverly YMCA  
Beverly, MA  
12 & unders  
Don Gallant  
28 Mayflower Drive  
Wenham, MA 01984  
508-468-2357
- Nov. 12--13: Community Stars & Stripes C (B); Sch I  
Medford High School  
Medford, MA  
500 free; 8 & under events  
Maura Kearn  
6 Robinson Road  
Medford, MA 02155  
617-391-9184
- Nov. 12--13: Haverhill YMCA B (A); Sch I  
Haverhill High School  
Haverhill, MA  
Mike Horgan  
62 Jasper Street  
Haverhill, MA 01830  
508-373-1102
- Nov. 18--20: Cape Ann YMCA Specialty & B (C); Sch I  
Cape Ann YMCA  
Gloucester, MA  
Specialty meet for 10 & unders; B (C)  
for 12 & over  
Carol Sutherland  
7 Ocean Avenue  
Magnolia MA 01930  
508-525-3773
- Nov. 25--27: Hampshire Regional YMCA A (B) all events  
Smith College  
Northampton, MA  
500 free; 400 IM; 8 & under events  
Joyce Burrill  
31 King Philip Avenue  
S. Deerfield, MA  
413-665-3261
- Nov. 26--27: Seacoast Swimming Association Team Specialty  
Dover Indoor Pool  
Dover, NH  
cut by date of receipt  
Ann Fredette  
2 Wallingford Street  
Dover, NH 03820  
603-742-5153
- Dec. 3--4 : Nautilus Swim Club C (B) all events  
Cape Elizabeth High School  
Cape Elizabeth, ME  
8 & under events  
Don Richards  
8 Sweet Fern Road  
Cape Elizabeth, ME 04107  
207-799-5809
- Dec. 3--4 : Shawmut Aquatic Club (C)  
to be announced  
Sue Bolivar  
Box 1292  
Framingham, MA 01701  
508 877-5076  
short events; 8 & under events
- Dec. 3--4 : Merrimack Valley Pirates B (A); Sch II  
Lawrence Vocational School  
Lawrence, MA  
Sathy Howe  
55 Hall Road  
Chelmsford, MA 01824  
508-256-8522

- |              |  |  |
|--------------|--|--|
| Dec. 10--11: | New England Barracudas C (B) Sch II<br>University of Massachusetts<br>Boston, MA<br>1000 free              | Bonnie Kuntz<br>22 Gov. Peabody Rd.<br>Billerica, MA 01821<br>508-663-4287       |
| Dec. 16--18: | Community Stars & Stripes A Sch II<br>Medford High School<br>Medford, MA<br>trials & finals for 13 & over  | Maura Kearn<br>6 Robinson Road<br>Medford, MA 02155<br>617-391-9184              |
| Jan. 6--8 :  | Worcester Swim Club A (B) all events<br>Clark University<br>Worcester, MA                                  | Judy Mancini<br>30 Lancelot Drive<br>Paxton, MA 01612<br>508-753-2022            |
| Jan. 13--15: | Cape Ann YMCA C (B) Sch I<br>Cape Ann YMCA<br>Gloucester, MA<br>500 free; 8 & under events                 | Carol Sutherland<br>7 Ocean Avenue<br>Magnolia, MA 01930<br>508-525-3773         |
| Jan. 21--22: | Hampshire Regional YMCA B (C) all events<br>Hampshire Regional YMCA<br>Northampton, MA<br>8 & under events | Joyce Burrill<br>31 King Philip Avenue<br>S. Deerfield, MA 01373<br>413-665-3261 |
| Jan. 21--22: | Haverhill YMCA Swim Team B (C) sch I<br>Haverhill High School<br>Haverhill, MA                             | Mike Horgan<br>62 Jasper Street<br>Haverhill, MA 01830                           |

More details concerning the following meets will be in the October newsletter:

- Jan. 28--29: Beverly YMCA Barracudas A (B) all events; 1650 offered
- Feb. 3--5 : Belmont Aquatics Team Specialty; 400 IM; 500 free; 1650 free
- Feb. 5 : Attleboro Blue fish 12 & under specialty meet
- Feb. 11--12: Community Stars & Stripes B & Better Sch II; 8 & under events
- Feb. 11--12: Eight & under Championships (Nautilus Swim Club)
- Feb. 18--19: Senior Qualifier (Merrimack Valley Pirates)
- Feb. 24--26: Bronze Championships (Easthampton Barracudas & Hampshire Regional Y)
- Feb. 24--26: Age Group Qualifier (Shawmut Aquatic Club)
- Mar. 3--5 : Silver Championships (North Country Aquatic Club)
- Mar. 10--12: Senior Championships (to be announced)
- Mar. 17--19: Age Group Championships (to be announced)
- Mar. 21--25: Senior Nationals (University of North Carolina)
- Apr. 4--8 : Junior Nationals (Pensacola, Florida)
- Apr. 6--8 : Easter Zones (New Haven, CT)

Schedule I : long events for 10 & under (100's); short events for 13 & over (100's)  
Schedule II: short events for 10 & under ( 50's); long events for 13 & over (200's)

USS CLUB FACILITY SURVEY: In August a Club Facility Survey was sent to each USS club in the country with a due date of August 19. According to USS, many New England teams have not yet returned the survey. According to the list USS sent to New England, the following clubs HAVE returned the survey. Thank you to:

ADSC	AMW	BA	EPBC	CRY
EB	FRY	GBSC	HYST	HAY
HYV	LRAC	MALY	MVST	NSC
NYSC	NSYV	PVAC	PYST	SD
SAC	SMY	TRAC	WGC	

The above clubs have returned their surveys. USS would appreciate the immediate receipt of all completed questionnaires.

NEWSLETTER PLUS SUBSCRIPTIONS: At its September meeting, the Board of New England Swimming approved an increase in the cost of Newsletter Plus. A subscription to Newsletter Plus will be \$10 per year as of January 1, 1989.

The last price increase was from \$6 to \$7 in 1981, and there have been numerous price increases in paper products and postage since that time. New England also has purchased a new Mimeograph machine so that now you can actually read the newsletter.

Subscriptions renewed before January 1, 1989 will be at the \$7 rate and will extend for one year beyond the listed expiration date.

### MESSAGE TO THE ATHLETES

Heidi Mogavaro, the former Senior Athletes Rep., will be leaving the New England Swimming Committee to pursue her college career. This means that my present position of Junior Athletes Rep. will be available as I will be moving up to the Senior position. If you are interested in filling this position and subsequently helping New England swimming, please fill out the following information or call me.

Nikki Shire  
31 Plain Rd.  
Westford, MA 01886

(508) 692-8797

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
Street City State Zip

TEAM: \_\_\_\_\_

AGE: \_\_\_\_\_ YEAR IN SCHOOL: \_\_\_\_\_

**SEED CARDS:** Seed cards are available through the New England Office. The cost for plain cards is \$16.00 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.50 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$22.50, including mailing. If the cards are picked up in Needham, the cost is \$21.00. 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 with initials are picked up in Needham, the cost is \$17.50 per thousand. The minimum order for cards with initials is 1,000 cards.

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**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.

**ASSISTANT COACH NEEDED:** Fun, low-key, high-quality program. Great kids, great parents, flexible schedule. Call Rosanne Riddick, days 508-454-8821, ext. 204 or evenings 508-459-2008.

**POSITIONS AVAILABLE:** The Westford (MA) Tennis Center is looking for either a full-time Aquatic Director/Head Coach or a part-time Head Coach. Contact Mike Shyjan at 508-692-7597.



**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192



SANCTION CHAIRMAN  
 Isabelle Fraser  
 125 Franklin Road  
 Longmeadow, MA 01106



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

OCTOBER 1988

IN THIS ISSUE: LONG COURSE, 1988, OUTSTANDING SWIMMERS AND TOP TEN SWIMMERS; TOP TEN BANQUET; ANNUAL MEETING; RACING CAMP; ADDITIONAL DECEMBER 16--18 MEET

CONGRATULATIONS TO DAVID BERKOFF (BGSC) who earned a silver medal in the 100 meter backstroke and a gold medal in the 400 meter medley relay at the 1988 OLYMPICS in Seoul, Korea!

NEW ENGLAND SWIMMING is pleased to present the following Slate of Officers for election at the Annual Meeting, Saturday, October 29, 1988. Nominations from the floor also will be accepted.

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

RACING CAMP: The USS Racing Camp scheduled for October 15 has had to be re-scheduled to Sunday, October 30 to another pool in the Boston area. When the pool is definite, applications will be sent to all New England teams. They also may be obtained from the office or from the camp director, Ken Oberg, at 617-934-6114. The camp is intended for 9 & 10 girls and 11 & 12 Boys. We regret any inconvenience caused by the change of date and location.

"WINNING SPIRIT" CAMPS: Ken Oberg would be happy to do a "Winning Spirit" Camp for your swimming group. The camp is designed to expose swimmers to United States Swimming. For more information, please contact Ken Oberg at 617-934-6114.

The Board of New England Swimming will meet on MONDAY, October 10, 1988 at the Wellesley Community Center, Route 16 (near Route 9), Wellesley, MA at 7 p.m. Directions will be sent to Board members and other regular attendees. If anyone else needs directions, please contact the office.



## OUTSTANDING SWIMMERS—LONG COURSE, 1988

## 8 and UNDER

ABBY BRETHAUER	MSSC	DANIEL BAZYLEWICZ	BYB
WENDY BROWN	CSSM	IAN CALLANDER	EGSC
REGAN FLYNN	HRY	JAMES KEYES	SSYS
BECKY GOTTLIEB	TRAC	KEVIN MULGREW	CSSM
ALLISON VENDT	CSC	ERIC VENDT	CSC

## 9 and 10

BETH ELIE	PVAC	ETHAN CROSBY	EGSC
ANNE IACOBUCCI	LRAC	JEFF GALLI	BERK
TARA PAULAUSKAS	MSSC	SPENCER HAWKINS	MSSC
EMILY PORLOCKI	UN	WILLIAM MAHER	LRAC
JESSICA TUCKER-MOHL	SSA	JONATHAN QUIMBY	EGSC

## 11 and 12

NIKKI CURRIER	SSA	KEITH GETCHELL	EST
TORY FLEMING	EGSC	JOSH PRISTAW	NCAC
AMANDA HALL	NEB	MATT REILLY	BYB
NICOLE RUTKOWSKI	CSSM	GLEN RICE	PAC
JEAN TODISCO	CAY	TAL ZAMIR	SAC

## 13 and 14

RACHEL DEVITO	EGSC	RAY CAREY	EGSC
LARISSA HEROLD	SSA	MICHAEL CARROLL	CSSM
KARA KOULOHERAS	NEB	JASON GRAY	CAY
LESLIE REPETTO	EGSC	SCOTT MILLER	MSSC
JENNY THOMPSON	SSA	TOM SCHIENFELDT	TRAC

## 15 and 16

CHRISTINE AGNEW	PVAC	RAY CAREY	EGSC
JENNIFER BURNS	NWSC	DEAN FREDETTE	SSA
JILL COMEAU	SSA	SEAN GOULDSON	NEB
LYNN KELLEY	EGSC	CHRIS HOLT	LRAC
JENNY THOMPSON	SSA	BEN MCBRIDE	LRAC

## 17 and 18

HEIDI HANNENIAN	SSA	JAY CRAFT	CSC
MISSY HOY	LRAC	DAVID JOHNSON	EGSC
JEN MEYER	EGSC	ALEX KOSTICH	EGSC
CATHERINE RITCH	EGSC	STEPHEN ROOT	EGSC
BETHANY WILLISTON	NEB	JAMES SWEENEY	EGSC
KRISTY UUSTAL	LRAC		

## OPEN

CHRISTINE AGNEW	PVAC	DAVID BERKOFF	EGSC
HEIDI HANNENIAN	SSA	PETER EGAN	EGSC
MISSY HOY	LRAC	SCOTT JAFFE	EGSC
CATHERINE RITCH	EGSC	ALEX KOSTICH	EGSC
JENNY THOMPSON	SSA	JAMES SWEENEY	EGSC

All names are listed in alphabetical order.

## TOP TEN SWIMMERS, LONG COURSE, 1988

- ABF: Kara Brennan, Wendy Thorpe, Liz Kotch ATST: Christina Schutz
- BA: Courtney Bennigson, Bryan Juwa, Tye Troxell, Sheila McCarthy
- BCSY: Charles Barnes, Denise Murray, Tricia Solakoff
- BERK: Chad Filiault, Jeff Galli, Matt Glogowski, Jennifer Rosen, Stephanie Glogowski, Eric McIlquham
- BCSC: Lisa Bushnell, Ben Caplan, Ethan Crosby, Libby Halloran, Jonathan Quimby, Jim Wheeler, Tory Fleming, Kathleen Burke, Laura Costello, Leigh Wagner, Jon Thomas, Laura Koerckel, Tracey Shea, Rachel DeVito, Jennifer Jackson, Leslie Repetto, Terri Long, Michelle Graham, Jeremy Quimby, Christine Monahan, Jodi DeLuca, Craig Jakubek, Greg Wagner, Ray Carey, Andre Koerckel, Rob Wiley, Chris Anderson, Max Kay, Jim McGinnis, Noah Caruso, Lynn Kelley, Vicki Camelio, Jennifer Sutton, David Mainen, Andrew Rutherford, Wayne Snellgrove, Michael Tarantino, Matt McKay, Jeremy Kovacs, Joe Sheehan, Brian Thomas, Catherine Ritch, Melissa Reilly, Rosemarie DeLeo, Katrina Lundstedt, Joan Riley, Kirsten Blomberg, Beth Donovan, Kate Zenda, Jen Meyer, Julie McClennen, Andrea Wight, Anne Koerckel, Kim Shire, Amy Van Aken, David Wilkins, James Sweeney, Stephen Root, Alex Kostich, Tom Peterson, Andy Hall, John Jakubek, Chris Kovacs, David Johnson, Dan Schar, TJ Foley, Kristin Lilly, Debbie Wilder, Lori Holmes, Jennifer Boyd, Maureen Monahan, Kristina Martin, Kaari Reiersen, Carolyn Ryder, Scott McCadam, Lewis Rutherford, Keith Kaplan, Mark Shagena, Scott Jaffe, Peter Egan David Berkoff, Paul Watson, Matt Countie Jeff Peterman, Gary Gauch, Jeff Keffley
- BOSC: Janice Sweetser, Dirk Marshall CM: Kristin Lozeau
- BYB: Daniel Bazylewicz, Jody Michalski, Mellissa O'Reilly, Rachel Enos, Matt Reilly, Jessica Zeuli
- CAST: Oliver Shaw, Mary Beth Wilk, Charlene Wilk, Megan Lannon
- CAY: Daniel Ramsey, Joey Ramsey, Erica Meany, Jean Todisco, Shelley Pulling, Jason Gray, Gene Sutherland, Kirsten Watters, Kyle Standring, Kate Sullivan, Erik Swartz
- CCSC: Koren Labouliere, Sarah Schwartz, Sara Swain, Eva Cardoza, David Govoni, Amy Carafoli, Ron Zuwallack
- CSC: Allison Vendt, Eric Vendt, Kendall Landry, Gretchen Sulc, Jay Craft, Ward Lowe, Jeff Brust
- CSSM: Wendy Brown, Kevin Mulgrew, Ellen Toomey, Nicole Rutkowski, Kerry Kearn, Amy Holt, Eileen Keane, Danielle Peluso, Julie Dempster, Bernie Keane, Michael Carroll, Kari Edwardsen, Rob Holt
- EPBC: Brandy Blakely, Corey Blakely, Trina Young, Bryan Stanley, Jeff Bushnell
- EST: Chris Joy, Samantha Briggs, Keith Getchell
- GBSC: Ian Callander, Karen Silk, Mike Holland
- GMSC: Matthew Buhts, Jennifer Perkins, Jennifer Boucher
- HAY: Mindy Craig FRY: Adam Roy
- KCY: Andrew Knutton, Michael Bossi HHST: Matt Norlan



Loranger, Heidi Hannenian, Glen Whaling, Becky Palmer, Wendy Sheldon, Matt Carrico, Bob McGarr, Eric Gregg, Jennifer Carper, Jerry Bailey

SSYS: James Keyes, James Morrelli, Paul Zukauskas, David Cangriano

TRAC: Justin Cohen, Jason Faulconer, Becky Gottlieb, Jessica Lee, Heather Saunders, Tom Scheinfeldt, Sean Macomber, Sandy Sheridan

UN: Kevin Peterson, Emily Pohlocki, Sue Pergola, Mike Richards, Marc Richards, Jay Rose, Sybil Smith, Ann Marie Guglielmi, Stephen Carroll

WHAC: Erika Nelson, Kristen Nelson, Ann Coumos

WSC: Shana Kirby, Brad Mancini, Kyle Laracy, Amy Kirby, Greg Meymaris

A Long Course Top Ten Book will be sent to each registered team as soon as the books have been typed and copied. They will be available for sale at the Annual Meeting and the Top Ten Banquet for \$2.25 each and by mail for \$2.50 each. It is hoped that the Short Course and Long Course Record Books also will be available at the Annual Meeting and the Top Ten Banquet.

#### CALENDAR ADDITION:

There will be two meets held on December 16--18, 1988.

<p>Dec. 16--18 : Community Stars &amp; Stripes a Sch 11 Medford High School Medford, MA timed finals for 12 &amp; unders trials &amp; finals for 13 &amp; over</p>	<p>Maura Kearn 6 Robinson Road Medford, MA 02155 617-391-9184</p>
<p>Dec. 16--18 : North Country Aquatic Club Team Specialty Dartmouth College Hanover, NH cut by postmark; no time cuts distance events, including 1650</p>	<p>Bob Murphy 2 Butternut Lane Hanover, NH 03755 603-643-5156</p>

#### CORRECTIONS: Our apologies to the following swimmers:

MATT WEAVER (BYB) should have been listed as a National Age Group Top 16 Swimmer in the 11 and 12 200 freestyle (14th).

SEAN GOULDSON (MVP) who should be ranked 6th in the 15 and 16 men's 50 yard freestyle with a time of 22.95 (NQ). His time for the 500 yard free should be 4:32.48 (JO). His position would still be 1st.

**VOLUNTEER HELP WANTED:** Additional assistance is needed to help with the Top Ten Times, Records and National Age Group Top 16 Times. If you would like to know more about what is involved, please call the office.

NEW ENGLAND SWIMMING OFFICE: Mary Riddell  
20 Cleveland Road, Needham, MA  
617-449-0270

# TOP TEN BANQUET

SUNDAY, NOVEMBER 6, 1988

The names of the long course, 1988 OUTSTANDING SWIMMERS and also the Top Ten Swimmers appear in this newsletter. The names of the Short Course, 1987-1988 OUTSTANDING SWIMMERS and Top Ten Swimmers appeared in the August newsletter.

All Top Ten Swimmers for both Long Course and Short Course are invited to attend the Top Ten Banquet at the Windsor Mills Restaurant, Dracut, MA on Sunday, November 6, 1988. Those swimmers who are listed as OUTSTANDING SWIMMERS for either Short Course or Long Course are invited to be the guests of New England Swimming. All who plan to attend the banquet, including Outstanding Swimmers, must make reservations by Monday, October 24, 1988.

The cost this year is \$13.00 per person for Top Ten Swimmers and their families and coaches. Outstanding Swimmers are the guests of New England Swimming. Reservations and checks should be sent to the New England Swimming office by October 24, 1988.

The banquet will be at the Windsor Mills Restaurant, Route 110, Dracut, MA. The doors will open at 10:30 a.m. and a buffet dinner will be served at 11:00 a.m. followed by the awards ceremony.

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**TOP TEN BANQUET RESERVATION FORM**

Please mail to: New England Swimming, 20 Cleveland Road, Needham, MA 02192

Checks should be made payable to: New England Swimming

OUTSTANDING SWIMMERS ATTENDING:	Age Group	Club	
_____	_____	_____	no charge
_____	_____	_____	
_____	_____	_____	
<b>TOP TEN SWIMMERS ATTENDING</b>			
_____	_____	_____	\$13.00 each
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
Number of others attending: _____			\$13.00 each

# of OUTSTANDING SWIMMERS	_____	FREE
# of Top Ten Swimmers at \$13.00	_____	\$ _____
# of other meals at \$13.00	_____	\$ _____
	TOTAL	\$ _____

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## ANNUAL MEETING

SATURDAY, OCTOBER 29, 1988

The Annual Meeting of New England Swimming will be held on Saturday, October 29, 1988 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 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 at 11:30 a.m. if the Annual Meeting ends by then.)

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 (who must be a registered member of USS) when you register at the door.

**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). Farley Middle 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 (not before 11:30 a.m.)  
October 29, 1988

For further information, call Priscilla Davis 508-468-3786.

.....

REGISTRATION for OFFICIALS CLINIC

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Level of certification desired:

Return this form to: Priscilla Davis  
205 Woodbury Street  
South Hamilton, MA 01982

SEED CARDS: Seed cards are available through the New England Office. The cost for plain cards is \$16.00 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.50 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$22.50, including mailing. If the cards are picked up in Needham, the cost is \$21.00. 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 with initials 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.

At its September meeting, the Board of New England Swimming approved an increase in the cost of Newsletter Plus. As of January 1, 1989, a subscription to Newsletter Plus will be \$10 per year.

Subscriptions renewed before January 1, 1989 will be at the \$7 rate and will extend for one year beyond the listed expiration date.



**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192



**FIRST CLASS**

SANCTION CHAIRMAN  
Isabelle Fraser  
125 Franklin Road  
Longmeadow, MA 01106

**REGISTRATION:**

Most teams have received their registration packets. In fact, some teams are already registered and have received their membership cards. However, a few clubs have not yet notified the office of their registration chairman. If you have not yet received your packet, please contact the office.

**REMEMBER:** Coaches may not register without sending a copy of the front and back of the cards certifying current first aid and CPR. Several coach registrations have been received without the first aid and CPR and so cannot be processed as coaches registration.

**TRANSFERS:** Please remember that a swimmer who is changing from one team to another must swim unattached for 120 days from the date of the last United States meet. This means that they must be entered in meets as "unattached" and listed in the program as UN!!!

**ANNUAL MEETING:**

The annual meeting on October 29 was well attended, but the number of clubs represented was disappointing, both at the general meeting and at the coaches meeting. Anyone who has any suggestions for the date, location or format of next year's meeting should contact the office or any board member.

**VOLUNTEERS NEEDED:** Members of the New England Swimming Community who are interested in serving as appointed Board Members should contact Robert Fredette, 2 Wallingford Street, Dover, MA 03820 (603-742-5153).

Parents and coaches who would like to serve on a committee also should contact Bob Fredette.

The New England Office would like one more person who is willing to help with Top Ten times for 15 and 16 and 17 and 18 boys. Our thanks to Anne Hawkins, Carol Sutherland, Marc Allen and Renee Hall who have offered to help. Anne Hawkins also will be doing the National Top 16 Times and the New England Records.

  
**TOP TEN BANQUET:**

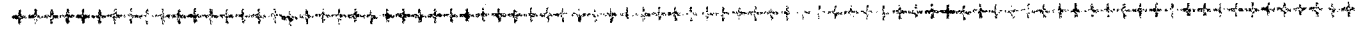
The Top Ten Banquet on November 6 was attended by over 400 swimmers, parents and coaches. Mary Wayte, 1988 Olympic swimmer, was the guest speaker and inspired swimmers and parents alike. The remaining certificates will be mailed to the clubs. Outstanding Swimmer patches will be mailed to individual swimmers where possible.

TOP TEN BOOKS are still available from the New England Office for \$2.50 per book (long course or short course).



SEED CARDS: Seed cards are available through the New England Office. The cost for plain cards is \$16.00 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$14.50 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$22.50, including mailing. If the cards are picked up in Needham, the cost is \$21.00. 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 with initials are picked up in Needham, the cost is \$17.50 per thousand. The minimum order for cards with initials is 1,000 cards.



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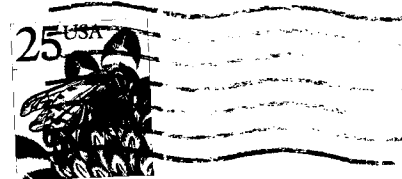
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New England**

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

NOVEMBER 1988

IN THIS ISSUE: 1988 NATIONAL AGE GROUP TIME STANDARDS; NEW ENGLAND SENIOR and AGE GROUP CUTS; CUTS FOR SILVER and BRONZE CHAMPIONSHIPS; NEW ENGLAND 8 and under A and B STANDARDS; HIGH SCHOOL INFORMATION; A LETTER TO THE ATHLETES...

CONGRATULATIONS to PHIL BAKER (SSA) who was elected as the new Coaches Rep.

NEW ENGLAND SWIMMING OFFICERS, 1988--1989:

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

MEET UPDATES:

The SAC meet scheduled for December 3 and 4 has been cancelled.

The NEB meet on December 10 and 11 has been relocated to the Greater Lowell Regional Vocational Technical School.

The BA meet scheduled for February 3--5 will be held on January 27--29.

The CSSM meet for December 16--18 will be held (as will the NCAG meet for the same weekend). Please note that at the CSSM meet, 12 and under swimmers who are swimming timed finals may swim up to five events per day. However, 13 and over swimmers who are swimming trials and finals are limited to three events per day.

The Board of New England Swimming will meet on MONDAY, November 14, 1988 at the Wellesley Community Center, Route 16 (Washington Street), near Route 9 at 7 p.m. Members of the New England Swimming community are always welcome.

## MESSAGE TO THE ATHLETES

Congratulations to all the New England swimmers who participated in the U.S. Olympic Trials, with an extra special congratulations to Dave Berkoff, of Bernal's Gator Swim Club. Dave set 2 World records at the trials in the 100m Backstroke and went on to break that record during the prelims at the Olympics in Seoul. He brought home a silver medal for 100m Back and was a member of the world record setting gold medal medley relay team. Thank you Dave for showing the swimmers of N.E. that a N.E. swimmer is capable of accomplishing so much!

October 19 - 22, I attended the USS national convention in St. Louis. Here, many topics of concern were discussed that were either agreed upon or rejected. The majority of topics discussed were rule changes and below I have listed the following changes:

- 1) FINA's interpretation of the backstroke start and turns was that the swimmer may stay submerged for a distance of ten (10) meters from the wall, as long as some portion of the swimmers body breaks the surface of the water before the swimmers toes have passed a distance of 10 meters. However, the House of Delegates decided to not accept this rule due to the strong opposition towards it by the athletes.
- 2) At a USS sanctioned meet, time trial times may be used for the Top 15 tabulations. This rule was not in effect before.
- 3) As of September 1, 1988, the long course start shall be used instead of the short course start for the short course seasons.
- 4) Official times done by USS members in high school championship meets will be accepted for an OVC, if an official can prove that you complied with all the USS rules, by the end of the 1988-89 school year.
- 5) Foreign swimmers may not score points for a USS team at the Senior National Championships, but, subject to USS representation requirements, may represent that team and receive awards.

When I receive more information on other topics that relate to rule changes I will be than happy to have them put into the New England Swimming News. If you have any questions, please give me a call.

As a final note. Dave Berkoff was elected to be a member of the Olympic International Organization Committee and the National Planning Committee.

Nikki Shire  
*Nikki Shire*

## 1989 NEW ENGLAND SENIOR CHAMPIONSHIP CUTS

WOMEN		EVENT	MEN	
short course	long course		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	2:08.29
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
2:40.79	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, 1988 except the 800 and 1500 meter freestyle which must be achieved after May 1, 1988.

## NEW ENGLAND SWIMMING OFFICE

Mary Riddell  
20 Cleveland Road  
Needham, MA 02192

617-449-0270

Telephone 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.

**UNITED STATES SWIMMING**

1750 East Boulder Street, Colorado Springs, Colorado 80909



Please respond to:

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

Past President (1977-79)

Chairman: Rules Committee

August 20, 1988

TO: All LSC General Chairman

FROM: William A. Lippman, Jr., Chairman, Rules Committee *SWAD*

We understand that several State high school association's new 1988/89 swimming rules do not reflect the U. S. Swimming changes in Backstroke "gutter start", Breaststroke "arm-drop on turn", and Forward Start that are effective September 1, 1988.

For a meet to be "USS-approved" for recognition of times for meet-entry and other USS purposes, it must be conducted in conformance "with all relevant USS rules and meet standards." Hence, it may be impossible to approve high school meets in your area.

To protect USS swimmers who wish to compete in high school, and to allow their high school times to be accepted for USS purposes, and if the high schools in your area do not meet the required criteria above, please be advised of the following:

"During the 1988/89 high school swimming season, times claimed in Conference, District, Regional, League, or State Championship meets may be submitted for all USS purposes, provided that a USS official representative is present and attests that the claimed swim was made under all USS rules including those prohibiting the Backstroke "gutter start" and the Breaststroke "turning shoulder-drop"."

Other high school rule differences may exist, i.e., "No false starts" and foot placement in the forward start, but it is felt that these do not affect the time achieved and may be ignored under this special ruling. If other differences exist, we would like to be advised of them.

It is extremely important that this ruling be made known immediately to all of your high school swimmers who may be just starting their training season, as well as to those LSC members who plan to officiate at high school competitions.

CC/ Zaleski, Ardell, Breisacher, Rives, Forner, Mallery, Barzdukas, Bird, Neugent, Leonard, Hartzler, Olson, Smith, Favaro, Essick, Rules Committee

October 10, 1988

ALL COACHES:

Please advise your high school swimmers of the above item regarding backstroke and breaststroke. If you have a swimmer that you feel will be needing an OVC from a high school league championship meet, sectionals, or states, please see to it that there is a USS official on deck to verify the swim. At the time of the OVC request, please provide me with the official's name and phone number.

Sally Shire  
New England OVC

## 1988-89 AGE GROUP CHAMPIONSHIP TIMES

Female Yards	Meters*	<u>8 and Under</u>	Meters*	Male Yards
18.29		25 freestyle		19.39
42.39	46.39	50 freestyle	47.79	42.49
1:38.39	1:53.69	100 freestyle	1:51.99	1:40.49
23.39		25 backstroke		23.59
51.59	1:02.39	50 backstroke	1:01.69	54.09
24.39		25 breaststroke		26.69
56.09	1:05.69	50 breaststroke	1:06.19	1:00.59
22.99		25 butterfly		24.39
1:00.79	1:03.49	50 butterfly	1:17.28	1:09.39
1:48.99		100 indiv. medley		1:58.79

Note: These yard times are for the 8 & U Championships only.  
Different yard times will be used for 8&U's at LC Age Groups.

		<u>9 and 10</u>		
31.39	36.09	50 freestyle	38.49	32.19
1:10.69	1:22.49	100 freestyle	1:25.39	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	1:53.99	1:36.99
36.89	42.79	50 butterfly	47.59	37.99
1:24.79	1:45.89	100 butterfly	1:54.99	1:38.29
1:21.09		100 indiv. med.		1:23.49
2:54.29	3:21.69	200 indiv. med.	3:34.99	3:04.89
		<u>11 and 12</u>		
28.59	32.39	50 freestyle	33.59	28.59
1:02.09	1:10.79	100 freestyle	1:13.79	1:02.19
2:14.19	2:33.49	200 freestyle	2:39.99	2:16.79
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	32.79
1:11.49	1:23.59	100 butterfly	1:32.09	1:14.79
1:11.19		100 indiv. med.		1:11.49
2:33.19	2:54.89	200 indiv. med.	3:04.49	2:38.09

## 1988-89 AGE GROUP CHAMPIONSHIP TIMES

Female		<u>13 and 14</u>			Male	
Yards	Meters*		Meters*	Yards		
27.19	30.89	50 freestyle	29.99	25.69		
58.99	1:07.79	100 freestyle	1:05.29	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 fr. (auto.)	18:38.39	18:30.69		
19:47.59	20:11.89	1500/1650 fr. (consid.)	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		
2:47.29	3:13.29	200 breaststroke	3:09.99	2:41.99		
1:06.89	1:16.49	100 butterfly	1:15.09	1:04.99		
2:33.99	2:55.99	200 butterfly	2:53.99	2:33.99		
2:25.79	2:44.59	200 indiv. med.	2:40.99	2:21.39		
5:07.99	5:56.99	400 indiv. med.	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 fr. (auto.)	18:11.09	18:07.39		
19:43.39	20:02.59	1500/1650 fr. (consid.)	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	1:06.99	58.99		
2:24.09	2:48.99	200 butterfly	2:40.19	2:18.39		
2:23.09	2:41.99	200 indiv. med.	2:27.79	2:10.49		
5:04.49	5:45.99	400 indiv. med.	5:24.89	4:46.09		

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

All times must be achieved after September 1, 1988, except the 800 and 1500 meter freestyle which must be achieved after May 1, 1988.

## 1988-89 SILVER CHAMPIONSHIP TIMES

Female					Male	
minimum time	maximum time		minimum time	maximum time		
34.59	31.40	50 freestyle	35.69	32.20		
1:17.99	1:10.70	100 freestyle	1:18.89	1:11.80		
2:53.79	2:35.40	200 freestyle	2:53.09	2:27.00		
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		
1:29.99	1:21.10	100 indiv. med.	1:32.29	1:23.50		
3:20.59	2:54.30	200 indiv. med.	3:18.09	3:04.90		
		<u>11 and 12</u>				
30.19	28.60	50 freestyle	31.29	28.60		
1:05.09	1:02.10	100 freestyle	1:08.49	1:02.20		
2:20.39	2:14.20	200 freestyle	2:28.79	2:16.80		
6:35.19	5:54.30	500 freestyle	6:35.09	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	32.80		
1:17.99	1:11.50	100 butterfly	1:17.69	1:14.80		
1:16.99	1:11.20	100 indiv. med.	1:18.89	1:11.50		
2:40.79	2:33.20	200 indiv. med.	2:49.29	2:38.10		
		<u>13 and 14</u>				
28.69	27.20	50 freestyle	28.29	25.70		
1:02.19	59.00	100 freestyle	59.99	55.40		
2:15.29	2:07.10	200 freestyle	2:17.39	2:02.00		
6:04.99	5:39.00	500 freestyle	5:56.79	5:31.00		
1:15.99	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		
1:24.09	1:17.60	100 breaststroke	1:20.59	1:15.00		
3:04.49	2:47.30	200 breaststroke	2:55.79	2:42.00		
1:13.69	1:06.90	100 butterfly	1:09.79	1:05.00		
2:40.99	2:34.00	200 butterfly	2:37.59	2:34.00		
2:34.89	2:25.80	200 indiv. med.	2:33.99	2:21.40		
5:48.29	5:08.00	400 indiv. med.	5:31.79	5:07.50		



## 1988-89 SILVER CHAMPIONSHIP TIMES

<u>Female</u>			<u>Male</u>	
minimum time	maximum time	<u>15 to 18</u>	minimum time	maximum time
28.09	26.00	50 freestyle	25.49	23.00
1:01.09	56.50	100 freestyle	55.19	51.00
2:14.79	2:01.00	200 freestyle	2:07.09	1:50.60
6:17.09	5:23.00	500 freestyle	5:50.39	4:59.90
1:14.99	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
1:23.99	1:14.20	100 breaststroke	1:12.99	1:05.60
3:02.99	2:40.80	200 breaststroke	2:46.29	2:25.40
1:13.09	1:03.00	100 butterfly	1:05.99	57.00
2:39.59	2:20.00	200 butterfly	2:26.19	2:09.00
2:32.99	2:20.00	200 indiv. med.	2:18.89	2:06.80
5:45.79	5:00.00	400 indiv. med.	5:17.49	4:34.20

All times must be achieved after September 1, 1988.

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>	
Yards (Metres)			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(---)



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

DECEMBER 1988

IN THIS ISSUE: SHORT COURSE CALENDAR (continued); ZONE INFORMATION;  
CUTS FOR NATIONAL MEETS; WARM-UP SAFETY GUIDELINES;  
CHAMPIONSHIP MEET INFORMATION; USE RULE CORRECTION...

CONGRATULATIONS to TED MULMERLIN (SAC), the new Junior Athletic Representative.  
CONGRATULATIONS to the newly appointed New England Board members:

KEN OKER, coach, ADSC and ECSC

DAVE FALLUMBO, coach, MSSC

JERRY ZIMMER, parent, HAST

1990 and 1991 CHAMPIONSHIPS: The New England Harcourds have been able to obtain Wellesley College for Age Group Championships (short course) for 1990 and 1991. If any other New England team would like to bid on these meets, or any other championship meets (long course or short course), please submit a bid as soon as possible. If you have any questions, please contact Pat Peterson at 508-649-4270.

#### DESTRUCTIVE BEHAVIOR:

At their meeting in October, the New England coaches raised a concern about destructive behavior at some meets. At its November meeting, the Board of New England Swimming passed the following policy:

Any swimmer found willfully destroying or defacing property will be immediately ejected from the meet; the team also may be ejected from the meet and from the facility for a year (including championship meets).

Coaches should inform their team of this policy!

#### ZONE MEET INFORMATION:

This year we will accept applications from 13 and 14 year olds attending Seniors who do not want to go to Age Groups or who want to swim different events at Age Groups. If a swimmer attending Age Groups better the time, in any event, of the swimmer applying from Seniors, then he or she will get to swim that particular event at the Zone Meet. If anyone has questions of this please do not hesitate to call me.

ALL APPLICANTS MUST HAVE PARTICIPATED IN THREE NEW ENGLAND MEETS OVER THE SHORT COURSE SEASON.

The Board of New England Swimming will meet at 7 p.m. on Monday, January 9, 1989 at the Wellesley Community Center, Washington Street, Wellesley.

TIME STANDARDS - YARDS

1988-1989

WOMEN				MEN				
JR NATL	SPRING NATLS	SUMMER NATLS	US OPEN	EVENT	JR NATL	SPRING NATLS	SUMMER NATLS	US OPEN
:24.79	:23.99	:23.69	:23.89	50 Free	:21.79	:21.09	:20.59	:20.79
:53.59	:51.69	:51.29	:51.49	100 Free	:47.39	:45.99	:44.89	:45.29
1:55.49	1:51.39	1:50.19	1:50.99	200 Free	1:43.59	1:40.59	1:38.89	1:40.29
5:04.99	4:54.19	4:51.29	4:52.69	500 Free	4:41.09	4:32.59	4:25.39	4:30.49
10:25.69	10:01.19	9:58.99	10:01.09	1000 Free	9:43.09	9:24.09	9:17.99	9:19.89
17:28.79	16:54.09	16:39.59	16:54.69	1600 Free	16:15.09	15:45.39	15:24.49	15:35.59
1:01.29	:58.69	:58.09	:58.49	100 Back	:54.69	:52.49	:51.49	:52.09
2:11.59	2:04.99	2:03.89	2:04.49	200 Back	1:57.89	1:53.09	1:50.99	1:52.29
1:08.79	1:05.89	1:05.19	1:05.99	100 Breast	1:00.49	:57.69	:56.39	:57.69
2:27.99	2:22.09	2:20.49	2:21.29	200 Breast	2:11.39	2:05.99	2:02.89	2:05.59
:59.09	:57.09	:56.49	:56.59	100 Fly	:52.39	:50.29	:49.19	:49.89
2:08.99	2:04.29	2:03.29	2:03.39	200 Fly	1:55.99	1:50.79	1:49.09	1:50.39
2:11.79	2:06.49	2:05.09	2:06.29	200 I.M.	1:57.49	1:53.29	1:50.59	1:52.39
4:38.49	4:27.89	4:24.39	4:27.29	400 I.M.	4:12.39	4:02.19	3:58.29	4:00.29
4:05.39	3:59.69	3:58.59	3:58.59	400 Med Re	3:39.79	3:31.49	3:28.99	3:31.29
3:38.89	3:35.59	3:34.39	3:34.39	400 Free Ra	3:15.09	3:07.69	3:07.69	3:07.69
7:54.59	7:43.49	7:42.59	7:42.59	800 Free Ra	7:09.79	6:58.89	6:52.59	6:54.39

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TIME STANDARDS - METERS

WOMEN				MEN				
JR NATL	SPRING NATLS	SUMMER NATLS	US OPEN	EVENT	JR NATL	SPRING NATLS	SUMMER NATLS	US OPEN
:28.19	:27.29	:27.09	:27.29	50 Free	:24.99	:23.99	:23.89	:23.99
1:00.59	:58.89	:58.29	:58.89	100 Free	:54.49	:52.29	:51.99	:52.29
2:10.79	2:05.59	2:04.89	2:06.69	200 Free	1:59.09	1:54.59	1:53.99	1:54.79
4:32.19	4:23.09	4:21.09	4:23.89	400 Free	4:12.89	4:02.59	4:02.29	4:02.59
9:18.19	8:56.79	8:56.79	9:00.19	800 Free	8:42.89	8:20.59	8:20.59	8:20.59
17:50.39	17:11.89	17:11.89	17:11.89	1500 Free	16:50.09	16:01.89	16:01.89	16:06.19
1:09.49	1:06.69	1:05.99	1:07.29	100 Back	1:02.49	:59.39	:58.89	:59.89
2:29.29	2:21.59	2:20.99	2:22.89	200 Back	2:15.39	2:07.49	2:07.09	2:08.59
1:19.09	1:15.99	1:15.09	1:16.49	100 Breast	1:09.69	1:06.49	1:05.99	1:07.19
2:50.89	2:43.49	2:41.89	2:42.99	200 Breast	2:32.29	2:24.69	2:23.89	2:26.29
1:06.69	1:04.09	1:03.39	1:04.29	100 Fly	:59.09	:56.49	:56.09	:56.79
2:25.89	2:19.29	2:19.29	2:19.79	200 Fly	2:11.89	2:04.69	2:04.49	2:05.09
2:29.19	2:23.39	2:22.99	2:24.49	200 I.M.	2:14.89	2:08.79	2:08.59	2:09.39
5:15.79	5:03.69	5:02.69	5:04.89	400 I.M.	4:48.69	4:34.49	4:34.49	4:35.99
4:42.19	4:31.19	4:31.19	4:31.19	400 Med Re	4:11.39	3:58.59	3:53.59	3:59.39
4:09.89	4:03.49	4:03.49	4:03.49	400 Free Re	3:45.29	3:36.79	3:36.79	3:36.79
8:59.99	8:46.09	8:46.09	8:46.09	800 Free Ra	8:14.49	7:53.79	7:53.79	7:53.79

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QUALIFYING PERIODS

- JR NATIONALS - September 1, 1988 to entry deadline
- U.S. OPEN - December 1, 1987 to entry deadline
- SR NATIONALS - September 1, 1988 to entry deadline plus: Olympic Trials, ASCA Meet (Spring)  
any Senior times made at Jr. Nationals
- SR NATIONALS - September 1, 1988 to entry deadline. See 1989 Rule Book for exceptions. (Summer)

## NEW ENGLAND SHORT COURSE CALENDAR, 1988--1989 (continued from September, 1988)

- Jan. 28--29: Beverly YMCA Barracudas A (B) all events Don Gallant  
Beverly YMCA 28 Mayflower Drive  
Beverly, MA Wenham, MA 01984  
1650 offered 508-468-2357
- Jan. 27--29: Belmont Aquatics Team Speciality Hank Schowalter  
Minuteman Technical School 109 Offut Road  
Lexington, MA Bedford, 01730  
500, 1650, 400 IM 508-274-0370
- Feb. 5 : Attleboro Blue Fish Speciality Meet Betay Thorpe  
Attleboro High School 11 Woodcock Lane  
Attleboro, MA Attleboro, MA 02703  
12 and unders 508-222-2938
- Feb. 11--12: Community Stars and Stripes B and Better Maura Kearn  
Medford High School Sch. II 6 Robinson Road  
Medford, MA Medford, MA 02155  
617-391-9184
- Feb. 11--12: Eight and Under Championships (NSC) Don Richards  
Cape Elizabeth High School 8 Sweet Fern Road  
Cape Elizabeth, ME Cape Elizabeth, ME 04107  
207-799-5809
- Feb. 18--19: \*Merrimack Valley Pirates Mid-Winter Senior Meet Cathy Howe  
Lawrence Vocational School 55 Hall Road  
Lawrence, MA Chelmsford, MA 01824  
508-256-8522
- Feb. 24--26: Bronze Championships (HRY & EB) Joyce Burrill  
White Brook Middle School 31 King Philip Avenue  
Easthampton, MA S. Deerfield, MA 01373  
413-665-3261
- Feb. 24--26: \*Age Group & Senior Qualifier (SAC) Sue Bolivar  
Keefe Technical School Box 1292  
Framingham, MA Framingham, MA 01701  
508-877-5076
- Mar. 3--5 : Silver Championships (NCAC) Bob Murphy  
Dartmouth College 2 Butternut Lane  
Hanover, NH Hanover, NH 03755  
603-643-5156
- Mar. 10--12: Senior Championships Kevin Salisbury  
University of Rhode Island 115 Williams Avenue  
Kingston, RI East Providence, RI 02914  
401-434-6776 (a.m.'s)
- Mar. 17--19: Age Group Championships (PVAC) New England Swimming  
Springfield College 20 Cleveland Road  
Springfield, MA Needham, MA 02192  
617-449-0270
- Mar. 21--25: Senior Nationals--University of North Carolina
- Mar. 30--Apr. 1: Eastern Zone Championships--New Haven, CT
- Apr. 4--8 : Junior Nationals--Pensacola, FL

## IMPORTANT MEET INFORMATION:

BELMONT AQUATICS TEAM SPECIALTY: This meet is a Team Specialty Meet and "A" swimmers are welcome to participate. The meet will be cut by date of receipt. Awards will be given to "B" and "C" swimmers; "A" swimmers may request cars.

\* MID-WINTER SENIOR MEET: The minimum time for the MVP Mid-Winter Senior Meet will be 15 & 16 "B" times. There will be no minimum age, so any swimmer who makes the cut may swim. Swimmers who have achieved Senior Championship times may swim in the meet, but will be the first ones out.

\* AGE GROUP AND SENIOR QUALIFIER: 15 to 18 swimmers may enter this meet, but they will be the first ones out.

EIGHT and UNDER SWIMMERS: An eight and under swimmer who has achieved the 10 and under cut for Silver Championships may swim in that meet as well as in the Eight and under Championship meet. This has always been the case for the Age Group Championships.

SENIOR CHAMPIONSHIPS: The events at Senior Championships have been paired-- 50 & 100 Free; 200 & 500 free; 1000 & 1650 free; 100 & 200 back; 100 & 200 breast; 100 & 200 fly; 200 & 400 IM. A swimmer who has achieved a Senior cut in one event may also enter the second event in the pair. However, if an event is swum at Senior Championships, it may not be swum at Silver Championships.

GENERAL: A swimmer may not swim the same event at two or more of the following--Age Groups, Silver Championships, Bronze Championships; a swimmer may not swim the same event at Silver and Senior Championships.



NEW ENGLAND SWIMMING BOARD AND COMMITTEE MEMBERS:

Members of the New England Swimming community who would like to serve as Board members or members of committees should contact the General Chairman, Robert Kredette, 603-742-5153.

Following are current committees, their chairmen, and a brief description of each committee's concern.

Senior Committee (Mike Parzotto)--involved with the Senior Championship meet and senior swimming in general

Age Group Committee (May Greineder)--involved with the Age Group Championship meet and age group swimming in general

Zone Committee (Isabelle Pruser)--involved with the Zone Meet(s)

Technical Committee (Don Minchart)--involved with New England rules and policies, especially those concerning the operation of meets; establishes the New England calendar

Calendar Committee (Pat Peterson)--involved with soliciting and granting bids for New England meets

Officials Committee (John Johannessen)--involved with training and supplying officials for New England meets

Top Ten Committee (Mary Widdell)--involved with producing the Top Ten Books

LETTER OF INTENT--1989 EASTERN ZONE TEAM--HOPKINS ACADEMY, YALE UNIVERSITY,  
 NEW HAVEN, CT. March 30, 31, April 1, 1989.

This form should be completed by all 15 and 16 year olds who are interested in the team and any 13 and 14 year olds who wish to have their New England Senior Championship times considered. The rest of the team will be selected from Age Groups.

NAME \_\_\_\_\_ U.S.S. REGISTRATION # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ SUIT SIZE \_\_\_\_\_

CLUB \_\_\_\_\_ PHONE - AREA CODE \_\_\_\_\_

Times - must be done after Sept. 1988

	<u>Best Time</u>	<u>Achieved (Meet and Date)</u>
50 yd. free	_____	_____
100 yd. free	_____	_____
200 yd. free	_____	_____
500 yd. free	_____	_____
1000 yd. free	_____	_____
1650 yd. free	_____	_____
100 yd. breast	_____	_____
200 yd. breast	_____	_____
100 yd. fly	_____	_____
200 yd. fly	_____	_____
100 yd. back	_____	_____
200 yd. back	_____	_____
200 yd. I.M.	_____	_____
400 yd. I.M.	_____	_____

.....

If selected for the 1989 Zone Travel Team, I will be able to represent New England Swimming, Inc. I understand that I will be staying with the New England Team in New Haven (hotel to be announced), and will be transported to and from the meet with the group. New England Swimming will cover a portion of the total cost. I understand that I will be responsible for the remaining cost determined by the number of team representatives. The cost will be approximately \$180.00--meals included. This entry must be into me by March 13, 1989. You can submit an application anytime and update times later on. Send applications to Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106. The phone number is 413-567-3415--call before 2:00 p.m. or after 8:00 p.m.

Those selected from applications received will be notified between March 14--16. You can mail updated times to me at any time.

*Isabelle Fraser*

# UNITED STATES SWIMMING

1750 East Boulder Street, Colorado Springs, Colorado 80909



Please respond to:

WILLIAM A. LIPPMAN, JR.  
13036 Warren Avenue  
Mar Vista, CA 90666  
(213) 397-0120

Post President (1977-79)  
Chairman, Rules Committee (Pro Tem)

November 8, 1988

## TO ALL LSC GENERAL CHAIRMEN:

In the November issue of "United States Swimming News", the "Rules" column will carry the text of the 1989 USS Backstroke and Butterfly rules approved by the House of Delegates last month in St. Louis and which were made "immediately effective".

In our haste to bring this important language to you as quickly as possible, a very serious error was made in transcription of the final language of the Backstroke rule, USS 101.3.

The "Rules" column will incorrectly show the Backstroke sub-section .2 relating to "Stroke" as follows:

"2 Stroke--The swimmer shall push off on the back and continue swimming on the back and on the surface of the water throughout the race."

The words "and on the surface of the water" were proposed as an amendment to the rule but were not approved. The correct language will read:

"2 Stroke--The swimmer shall push off on the back and continue swimming on the back throughout the race."

Please make certain that your swimmers, coaches, officials, and all others who receive U. S. Swimming News are immediately advised of the correct language.

We apologize for this error, which is not our first and probably not our last but does prove that "Haste makes waste".

The FINA Backstroke Interpretation of the underwater start and it's effect on USS swimming and officiating will be addressed in the December issue of USSN.

William A. Lippman, Jr., Chairman (Pro Tem) Rules Committee

New England Swimming Warm-up Safety Guidelines for Teams Hosting Meets

1. Each club must appoint a club Safety Officer whose responsibilities will include:
  - a. Supervising the staffing and assignment of marshals at meets.
  - b. Meeting with marshals before meets to go over their responsibilities and the plans for each particular meet (also, if necessary, meeting with coaches to discuss any safety rules or restrictions which relate specifically to a particular meet or facility, ie. bulkheads, warm-down areas, etc.)
  - c. Acting as safety liaison between N.E. Swimming, U.S. Swimming, and their home club.
  - d. Checking to ensure that their coaches and safety marshals have current USS registration.
2. Host clubs must provide USS registered safety marshals for warm-ups. However, visiting clubs may be asked to assist in providing sprint lane marshals. If there are not enough extra marshals for sprint lanes, then no sprint lanes will be opened. There must be one marshal per sprint lane to be stationed at the starting end of the pool.
3. The number of meet marshals should be as follows:
  - a. For 6 lane facilities (before sprint lanes) -  
a minimum of 2, one at each end of pool.
  - b. For 8 lane facilities (before sprint lanes) -  
a minimum of 3, one at far end and two at starting end.
  - c. With sprint lanes - a minimum of one marshal per sprint lane in addition to one marshal at the far end and one marshal at the starting end to monitor the overall warm-up.
  - d. Ideally, there should be a minimum of 4 marshals on duty during the entire warm-up and, wherever possible, host teams should strive to achieve this goal.
4. Marshals must be in place before warm-ups can begin.
5. Marshals should wear clearly visible and distinct identifying markers (ie. vests, armbands, jackets).
6. During warm-ups a marshal's only job must be to marshal. Marshals should not be assigned other tasks which may distract them from their role as marshal.
7. A marshal's job is to ensure that warm-ups are conducted in a safe manner and in accordance with the safety procedures adopted by New England Swimming. Specifically, marshals must enforce the following rules:
  - a. No diving or racing starts (including backstroke starts) during warm-ups except in designated, one-way sprint lanes. (Safety marshals should be cognizant of backstroke starts.)
  - b. Jumping into the pool is never allowed. Swimmers must ease or drop themselves into the pool.
  - c. Swimmers may enter the pool only at the starting end.
  - d. No unsafe practices such as running, pushing, fighting, or horseplay are ever allowed.
  - e. All swimmers participating in warm-ups must be under the direct supervision of a USS registered coach. Marshals should question any swimmer who does not appear to be under such coaching supervision. Any swimmer who is found to be unsupervised by a USS registered coach should be required to report to the meet referee, who will attempt to assign the swimmer to a USS registered coach.



8. It is suggested that a marshal also be assigned to any warm-down area or facility which is made available to swimmers during the meet. No diving or jumping is ever permitted in warm-down areas.
  9. Marshals should be alert and attentive at all times and must not leave the deck without a replacement.
  10. All marshals must be registered members of United States Swimming.
  11. General guidelines for warm-ups:
    - a. Generally, warm-ups begin with all lanes being used for circle swimming.
    - b. Sprint lanes are usually opened about 30 minutes before the conclusion of warm-ups.
    - c. Lanes opened as sprint lanes are one-way only and should be located between circle swimming lanes in order to allow the swimmers in the sprint lanes to swim back in non-sprint lanes, if they choose to do so. For example, if lanes 2 and 7 are sprint lanes, then swimmers can swim back in lanes 1,3,6,8. If more sprint lanes are needed then every other lane may be opened for sprinting, beginning with 2 and excluding 8. At the discretion of the meet referee, two contiguous lanes may be opened for one-way sprinting if only one team is using them.
  12. It is suggested that, where possible, 90 minutes should be provided for warm-ups and the time divided as follows: 20 minutes general, 20 minutes women, 20 minutes men, 20 minutes general-sprint, and 10 minutes to clear the pool and hold meetings for officials, marshals, and coaches as needed. Host clubs should consider the following factors when determining if a 90 minute warm-up is necessary:
    - a. Number of swimmers expected
    - b. Number and size/age disparity of swimmers sharing sessions
    - c. Size and nature of facility
- Note:** During the course of any meet, the Meet Referee has the authority to extend or change the format of warm-ups whenever safety factors dictate that he/she should do so.

## NEW ENGLAND SWIMMING OFFICE

Mary McCall  
20 Cleveland Road  
Needham, MA 02192

617-449-0270

Telephone 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.

**YOUTH SWIM COACH:** The Wedgewood Swim and Tennis Club, located in Bedford, MA is looking for a Pool Director/Swim Coach starting with the 1989 summer season.

The pool opens Memorial Day Weekend and closes the weekend after Labor Day, (limited hours when school is in session.) We have a competitive swim team with about 150 youngsters, ages 5 to 17 years.

Interested coaches should send a resume with salary expectations to:

A. L. McManus, 26 Page Place, Bedford, MA 01730

NEW ENGLAND SWIMMING MEET EVALUATION SHEET



MEET \_\_\_\_\_

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

TYPE A - B - C

POOL !      6 LANES  
              8 LANES

25 YARDS  
50 METERS

Thank you for completing this evaluation. New England Swimming appreciates your comments.

	<u>Very Good</u>	<u>Good</u>	<u>Adequate</u>	<u>Poor</u>
Pool Deck Space	1	2	3	4
Pool Temperature	1	2	3	4
Lighting	1	2	3	4
Bull Pen	1	2	3	4
Preseeded	1	2	3	4
Staffing	1	2	3	4
Girl's Locker Room Space	1	2	3	4
Boy's Locker Room Space	1	2	3	4
Warm-Ups	1	2	3	4
Marshalls	1	2	3	4
Warm-Up Lane Space	1	2	3	4
4 Hour Limit	1	2	3	4
Officials	1	2	3	4
Appropriately Dressed	1	2	3	4
Knowledge	1	2	3	4
Starter	1	2	3	4
Stroke and Turn	1	2	3	4
Spectator Seating	1	2	3	4
Concessions	1	2	3	4
Results	1	2	3	4
Overall Meet Performance	1	2	3	4
Evaluation submitted by:	Coach	Parent	Swimmer	

Additional Comments:

Please return to Bill Whitman, 117 Abbott Road, Wellesley, MA 02181 or to the New England Swimming Office, 20 Cleveland Road, Needham, MA 02192

PLEASE NOTE PRICE INCREASES!

SEED CARDS: Seed cards are available through the New England Office. The cost for plain cards is \$18.00 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$16.50 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$25.00, including mailing. If the cards are picked up in Needham, the cost is \$23.50. If you want 2,000 or more cards with initials, the cost is \$21.00 per thousand including mailing. If 2,000 or more cards with initials are picked up in Needham, the cost is \$19.50 per thousand. The minimum order for cards with initials is 1,000 cards.

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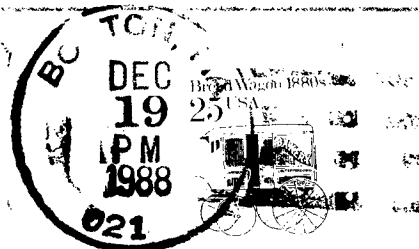
NEWSLETTER PLUS SUBSCRIPTIONS: Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England office for \$10.00 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registration.

NOTE: THE DEADLINE TO SUBSCRIBE TO NEWSLETTER PLUS FOR '87 is December 31, 1988. After that, the cost will be \$10 per year.



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