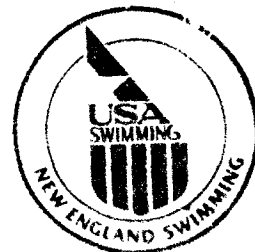




NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JANUARY 1994

IN THIS ISSUE: INFORMATION CONCERNING CHAMPIONSHIP & CLASSIC MEETS;
ZONE TEAM APPLICATION FOR SWIMMERS & COACHES;
PROPOSED LONG COURSE CALENDAR, BID FORM & NE FORMAT
FOR MEET INVITATIONS; RECORD BREAKING SWIMS--1992--
1993 SHORT COURSE & LONG COURSE.....

IMPORTANT INFORMATION CONCERNING CHAMPIONSHIP AND CLASSIC MEETS:

BRONZE CLASSIC: February 18--20, White Brook Middle School, Easthampton, MA (HRY/EB). **ENTRY CORRECTIONS:** The times listed are **MAXIMUM TIMES**. Events 83 and 84 should be 15--18 200 BACKSTROKE (2:36.80 for girls and 2:25.60 for boys). Swimmer **MAY NOT** swim the same event at both Bronze Classic and Silver Classic.

TEN & UNDER CHAMPIONSHIPS: February 25--27, Attleboro (MA) High School (ABF). Limit of 7 **EVENTS** to be entered. 9--10 swim Friday, Saturday, Sunday am; 8 and unders swim Friday and Sunday pm. (no Saturday pm session.)

AGE GROUP CHAMPIONSHIPS: March 3--6, University of Rhode Island (South Kingston, RI) and Community College of Rhode Island (Lincoln, RI) (CAST). Limit of 7 **EVENTS** to be entered. 15--16 swim trials at CCRI; 11--12 and 13--14 swim trials at URI. All finals and all 1650's will be at URI.

SENIOR CHAMPIONSHIPS: March 10--13, Harvard University, Allston, MA (MEM). Limit of 7 **EVENTS** to be swum. The "pairs" system has been replaced by a "BONUS" system. For each event qualified in, the swimmer may swim a "bonus" event (up to three bonus events). The bonus events must have a minimum qualifying time of the 15--16/15--18 Age Groups cuts. A swimmer who swims an event at Seniors (as a qualified or bonus event) **MAY NOT** swim the same event at Silvers.

The **QUALIFYING PERIOD** for long course meter times for Seniors will date from July 22, 1993 (the first day of Long Course Seniors). The qualifying period for yard times will date from September 1, 1993. The qualifying period for the 1000 and the 1650 will date from May 1, 1993.

VERIFICATION: All Senior Championships qualified entry times will be verified with the Senior cut times; all "bonus" events will be entered with 15--16/15--18 Age Group times and will be verified with those cuts.

continued.....

The Board of New England Swimming will meet in February (tentatively February 14). Call the office for definite date and place.

IMPORTANT INFORMATION CONCERNING CHAMPIONSHIP AND CLASSIC MEETS: (continued)

SILVER CLASSIC: March 18--20, Dartmouth College, Hanover, NH (NCAC).

On Friday evening all ages will swim (longer events). The 11 & 12 girls and boys and the 13 & 14 girls will swim Saturday and Sunday am; the 13 & 14 boys and 15--18 girls and boys will swim Saturday and Sunday pm.

There will be no ten and under swimmers in this meet.

Swimmers MAY NOT swim the same event at Age Groups & Silvers, Silvers & Seniors or Bronze & Silvers.

NOTE: At all New England meets there is absolutely no diving in any part of the pool during warm-ups except in specially designated sprint lanes.

At all New England meets there is no shaving in the showers or elsewhere in the swimming venue.

All swimmers at Ten & under Championships, Age Group Championships, and Senior Championships will receive a commemorative pin (available at the Verification Table).

SWIM COACH WANTED: Westford Racquet and Fitness Club, a multipurpose New England club with an indoor and an outdoor pool, tennis courts, and a large indoor fitness center, is looking for a qualified person to coach our indoor and outdoor swim teams. Resumes and calls to:

Michael Shyjan
6 Sarah Lane
Chelmsford, MA 01824
508-256-0621

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

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

.....
APPLICATION FOR COACHES INTERESTED IN ATTENDING THE ZONE MEET:

EASTERN ZONE CHAMPIONSHIP MEET, PRINCETON, NJ, MARCH 31--APRIL 2, 1994
(TRAVEL DAYS: MARCH 30 and APRIL 3, 1994)

NAME: _____ **CLUB AFFILIATION:** _____

ADDRESS: _____

PHONE NUMBER: _____

COACHES RECEIVE A COACHES SHIRT AND FREE ACCOMMODATIONS & MEALS.

**RETURN THIS FORM TO: ISABELLE FRASER, 125 FRANKLIN ROAD, LONGMEADOW,
MA 01106**

PROPOSED NEW ENGLAND SWIMMING LONG COURSE CALENDAR:

June: 24—26: "A" meet
 July: 8—10: Age Group Qualifier
 15—17: Ten & under Championships
 21—24: New England Senior Championships
 28—31: New England Age Group Championships

Other weekends are open for meets of your choice.

GRAND PRIX events (or meets): The committee would like Grand Prix events to be offered either as part of a meet or as a separate one-session meet.

Mid-May : 1500 free (with one heat for 11--12 if entries warrant)
 Early June: 400 IM; 800 free
 Mid-June : 200 of each stroke; 400 free (include 11--12)

REQUEST FOR MEET: _____ DATE(S) of meet bid: _____

Please PRINT and fill in all information.

CLUB NAME: _____

MEET DIRECTOR: _____ PHONE: _____

ADDRESS: _____

MEET you are bidding for: _____

DATE(S): 1st choice: _____ 2nd choice; _____ 3rd choice: _____

FACILITY: _____ LOCATION: _____

DEPTH OF POOL AT STARTING END: _____ TURNING END: _____

HEIGHT OF BLOCKS ABOVE WATER: _____

PARKING: _____ COST: _____

PERSON TO CONTACT TO DISCUSS BID: _____ PHONE: _____

Please send this form WITH A COMPLETE MEET INVITATION (the format is included in this newsletter) to each of the following by FEBRUARY 25, 1994:

CALENDAR CHAIRMAN

Ken Cunha
 33 Ronald Road
 Sudbury, MA 01776

TECHNICAL CHAIRMAN

Roy Coates
 Northeastern U Swimming
 219 Cabot Gym
 360 Huntington Avenue
 Boston, MA 02115

SANCTION CHAIRMAN

Isabelle Fraser
 125 Franklin Street
 Longmeadow, MA 01106

FORMAT FOR MEET ENTRIES

Name of Meet
Type of Meet
Date of Meet



Sanctioned by New England Swimming (include sanction number)

Presented by: (Name of Team)

Information from: (Name, Address, and Phone Number of Information Director)

Dates: (Day of week and date)

Times: (Warm-up and Starting Times for all Sessions)

Facility and Site: (Name and Address of Complex, Number of Lanes and Length of Course, Type of Lane Lines and Timing System, Spectator Space and any other special instructions)

Entry Information: Entry forms must be completed and received by (Day and Date).

All entries must be on standard New England seed cards (or No seed cards are needed) and mailed with your entry form, summary form and check to: (Name and Address).

Entry fees: (cost) per individual event; (cost) per relay; (cost) per distance event.

Checks payable to: (Name)

Eligibility: All swimmers must be 199- registered swimmers with USS. New England Swimmers may register with: (Name and Address of NE Office)

Procedure for Cutting Meet: If necessary, the meet will be cut by the meet director in the following manner;

Awards: (State Awards and for what Places)

Admission: \$1 per session (or less)

Program: (State Cost)

Refreshments: (Will or will not be available)

Format: (State if Timed Finals or Trials and Finals with details if necessary)

Rules: 199 US Swimming rules will govern all competition and decisions by the Meet Referee will be final, unless a written protest is lodged within 30 minutes of the swim heat being protested.

Special Instructions: There will be absolutely no diving in any part of the pool during warm-ups, except in specially designated sprint lanes.

Shaving policy: There will be no shaving in the showers or elsewhere in the swimming venue.

Directions: (Give directions to the pool from major highway. Include special parking instructions if necessary.)

Local Accommodations: (List with phone numbers)

Please include the following on the meet entry summary sheet:

Any swimmer whose entry is accepted will, for himself, his heirs, executors and administrators, waive and release any and all rights and claims for damages he may have against United States Swimming, New England Swimming, (Name of Team), (Name of Facility) for any and all injuries suffered by him at said meet.

In addition to the above information, please include an event and financial summary sheet and the numbered events set up by session with the cut-on and cut-off times. An entry form also should be included.

RECORD BREAKING SWIMS -- NEW ENGLAND -- SHORT COURSE 1992-1993

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

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

(In cases where an individual broke the same record more than once,
only the fastest time is listed.)

*denotes lead-off split

**denotes time trial

<u>EVENT</u>	<u>RECORD</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>MEET</u>	<u>DATE</u>
Eight and Under Girls:						
50 Back	NE/RES	37.21	Paige Crimmins	HYST	10&U	2/93
Eight and Under Boys:						
100 Medley Relay	NE/RES	1:10.48	Beverly "Y" Barracudas (David Bazylewicz, Jeff Brown, Alex Gambino, Ryan Lumsden)	BYB	10&U	2/93
9 and 10 Girls:						
100 Back	RES	1:07.22	Melissa Laguc	HYST	ZONE	3/93
9 and 10 Boys:						
50 Back	NE	30.82	Nick Brunelli	BSC	CC	12/92
	RES	30.72	Nick Brunelli	BSC	YMID	11/92
100 Back	NE	1:06.95	Nick Brunelli	BSC	CC	12/92
	RES	1:06.94	Nick Brunelli	BSC	YMID	11/92
11 and 12 Boys:						
50 Breast	NE	30.55	Chris Helin	TVSC	CC	12/92
13 and 14 Girls:						
200 Free	RES	1:51.28**	Jessica Tucker-Mohl	SSA	JO	3/93
		1:51.98	Lisa Busnhell	BGSC	JO	3/93
13 and 14 Boys:						
50 Free	NE/RES	21.96	William Maher	BSC	NE/SR	3/93
100 Free	NE/RES	47.79	William Maher	BSC	NE/SR	3/93

Record Breaking Swims -- New England -- Short Course 1992-1993 (continued:)

<u>EVENT</u>	<u>RECORD</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>MEET</u>	<u>DATE</u>
200 Free	NE/RES	1:44.18	William Maher	BSC	NE/SR	3/93
100 Back	RES	53.88	William Maher	BSC	NE/SR	3/93
		54.10	Spencer Hawkins	MBM	BATS	1/93
200 IM	NE/RES	1:57.65	William Maher	BSC	NE/SR	3/93
15 to 18 Girls:						
400 Free Relay	RES	3:30.81	Bernal's Gator SC (Tory Fleming, Rachel Enos, Sara Greenbaum, Sanet Siringhaus)	BGSC	JO	3/93
15 to 18 Boys:						
200 IM	RES	1:52.59	Alex Cuhna	NEB	NE/SR	3/93
400 Medley Relay	NE	3:29.04	Mass Bay Marlins (Tad Kremen, Carl Eriksson, Spencer Hawkins, Matt Craven)	MBM	NE/SR	3/93
800 Free Relay	NE	6:52.07	Mass Bay Marlins (Alex Kurmakov, Spencer Hawkins, Carl Eriksson, Matt Craven)	MBM	NE/SR	3/93
	RES	6:46.03	Mass Bay Marlins (Alex Kurmakov, Spencer Hawkins, Carl Eriksson, Matt Craven)	MBM	JO	3/93

RECORD BREAKING SWIMS -- NEW ENGLAND -- LONG COURSE 1992 -1993

<u>EVENT</u>	<u>RECORD</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>MEET</u>	<u>DATE</u>
Eight and Under Girls:						
50M Back	NE/RES	41.17	Connie Brown	MVP	10&U	7/93
50M Fly	NE/RES	36.50	Connie Brown	MVP	10&U	7/93
Eight and Under Boys:						
100M Free	RES	1:17.61	Christian Warner	BGSC	10&U	7/93
9 and 10 Boys:						
100M Free	RES	1:07.00	C. J. Cronin	HYST	ZONE	8/93

Record Breaking Swims -- New England -- Long Course 1992-1993 (continued)

<u>EVENT</u>	<u>RECORD</u>	<u>TIME</u>	<u>NAME</u>	<u>CLUB</u>	<u>MEET</u>	<u>DATE</u>
11 and 12 Girls:						
100M Free	RES	1:00.80	Jamie Cail	SSA	ZONE	8/93
200M Free	NE	2:13.88	Jamie Cail	SSA	AG	7/93
	RES	2:10.94	Jamie Cail	SSA	ZONE	8/93
100M Back	RES	1:09.43	Jamie Cail	SSA	ZONE	8/93
400M Free	RES	4:34.17	Jamie Cail	SSA	ZONE	8/93
200M IM	NE	2:30.53	Jamie Cail	SSA	AG	7/93
	RES	2:26.90	Jamie Cail	SSA	ZONE	8/93
200M Medley Relay	NE/RES	2:16.67	Seacoast SA (Allison Messier, Abby Dowd, Jamie Cail, Amy Verreault)	SSA	AG	7/93
11 and 12 Boys:						
100M Breast	NE/RES	1:18.18	Greg Bilton	MBM	AG	7/93
200M Free Relay	NE/RES	1:57.09	Mass Bay Marlins (Greg Bilton, Mike Monaghan, Erik Vendt, Tom Keane)	MBM	AG	7/93
400M Free Relay	NE/RES	4:15.41	Mass Bay Marlins (Tom Keane, Erik Vendt, Mike Monaghan, Greg Bilton)	MBM	AG	7/93
13 and 14 Girls:						
200M Back	RES	2:18.36	Allison Vendt	MBM	JO	8/93
13 and 14 Boys:						
100M Free	RES	55.90	William Maher	BSC	BNJI	1/93
100M Back	RES	1:02.96	Spencer Hawkins	MBM	BNJI	1/93
200M Back	RES	2:13.83	Spencer Hawkins	MBM	BNJI	1/93
200M Fly	NE	2:11.66	Shane Raymond	CCSC	AG	7/93

Record Breaking Swims -- New England -- Long Course 1992-1993 (continued):

EVENT	RECORD	TIME	NAME	CLUB	MEET	DATE
15 to 18 Girls:						
400M Free	RES	4:19.17	Nicole Rutkowski	MBM	SR/NAT	7/93
400M Medley Relay	RES	4:23.14	Bernal's Gator SC (Amy Holt, Danielle Peluso, Amanda Hall, Sue Trainer)	BGSC	JO	8/93
400M Free Relay	NE	4:02.43	Seacoast SA (Michele Labrie, Lea Delicio, Jessica Tucker-Mohl, Kim Billen)	SSA	NE/SR	7/93
	RES	3:53.06	Bernal's Gator SC (Sue Trainer, Wendy Rowe, Amanda Hall, Lisa Busnell)	BGSC	JO	8/93
		3:56.58	Bernal's Gator SC (Sue Trainer, Sara Greenbaum, Amanda Hall, Wendy Rowe)	BGSC	SR/NAT	8/93
		3:59.64	Seacoast SA (Michele Labrie, Jessica Tucker-Mohl, Kim Billen, Lea Delicio)	SSA	JO	8/93
800M Free Relay	NE	8:46.62	Seacoast SA (Kendra Deppe, Jessica Tucker-Mohl, Kirstin Nagle, Michele Labrie)	SSA	NE/SR	7/93
	RES	8:30.33	Bernal's Gator SC (Lisa Bushnell, Sara Greenbaum, Amanda Hall, Sue Trainer)	BGSC	JO	8/93
		8:33.56	Seacoast SA (Michele Labrie, Kirstin Nagle, Caroline Palmer, Jessica Tucker-Mohl)	SSA	JO	8/93
15 to 18 Boys:						
100M Free	RES	52.62	Carl Eriksson	MBM	JO	8/93
200M IM	RES	2:08.60	Chip Haberstroh	MBM	JO	8/93
400M Medley Relay	RES	3:57.14	Mass Bay Marlins (Spencer Hawkins, Kevin Stockton, Chip Haberstroh, Alex Kurmakov)	MBM	JO	8/93
400M Free Relay	RES	3:33.66	Mass Bay Marlins (Carl Eriksson, Alex Kurmakov, Spencer Hawkins, Tad Kremen)	MBM	JO	8/93
800M Free Relay	RES	7:50.15	Mass Bay Marlins (Carl Eriksson, Kevin Stockton, Chip Haberstroh, Alex Kurmakov)	MBM	JO	8/93

EASTERN ZONE ALL-STAR MEET, PRINCETON, NJ, MARCH 31--APRIL 2, 1994

SITE: PRINCETON, NJ COST: \$250 INCLUDING MEALS (SWIMMERS RECEIVE A TEAM UNIFORM--shirt, shorts, cap & suit)

APPLICATION FORM FOR INTERESTED SWIMMERS MUST BE RETURNED BY: MARCH 1, 1994.

Must have "AA" time standards (national standards) in at least 2 events to apply.

Must send a \$25 DEPOSIT with application (check to "New England Swimming")

The top TWO TIMES in each event from applications submitted will be asked to attend the meet. Younger swimmers will be notified after Age Groups, older swimmers after Seniors. Ages of competition are: 10 & under, 11--12, 13--14, 15--18 (no 8 & under). Swimmers travel together by bus and stay together as a team. The buses will leave from Auburn, MA. The team will leave on March 30 and return on April 3.

IF YOU DO NOT MAKE THE TEAM, the deposit will be refunded. If you do make the team, the remainder of the money will be due by MARCH 21, 1994. New times may be submitted the Sunday of Age Groups and of Seniors. If a swimmer has submitted an application and then makes a USS national cut, the deposit will be returned. If a swimmer drops out after being selected for the team, the deposit remains with NE Swimming.

ALL SWIMMERS MUST HAVE PARTICIPATED IN THREE NEW ENGLAND CALENDAR MEETS.

***THIS APPLICATION MUST BE RETURNED TO ISABELLE FRASER BY MARCH 1, 1994. Any further questions, call Isabelle Fraser--413-567-2239 (after 9 pm) or Mary Riddell 617-449-0270.

NAME: _____ ADDRESS: _____

PHONE NUMBER & AREA CODE: _____ USS SWIMMING NUMBER: _____

CLUB CODE: _____ AGE FIRST DAY OF MEET (March 31): _____

PARENT'S SIGNATURE: _____ COACH'S SIGNATURE: _____

TIMES	MEET ACHIEVED	TIMES	MEET ACHIEVED
50 yard free _____	_____	50 yard back _____	_____
100 yard free _____	_____	100 yard back _____	_____
200 yard free _____	_____	200 yard back _____	_____
500 yard free _____	_____		
1000 yard free _____	_____	50 yard breast _____	_____
1650 yard free _____	_____	100 yard breast _____	_____
		200 yard breast _____	_____
50 yard fly _____	_____		
100 yard fly _____	_____	100 yard IM _____	_____
200 yard fly _____	_____	200 yard IM _____	_____
		400 yard IM _____	_____

Swimmers are encouraged to enter all events they qualify for. Each swimmer is only allowed to swim three events a day exclusive of relays (six total). Relays will be put together with the times we receive. If you are planning on attending one of the New England championship meets, then it would be best to update at that time.

***Make the deposit check out to: New England Swimming, Inc. and mail to: Isabelle Fraser, 125 Franklin Rd, Longmeadow, MA 01106. Submit a copy of the above information with the check. Be sure to include your area code and zip code. Complete information will be available at Age Group and Ten & under Championships.

ALL APPLICATIONS MUST BE IN BY MARCH 1, 1994 and all who are interested in attending the meet MUST SUBMIT AN APPLICATION.

SEED CARDS: Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 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 \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. 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 \$10 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registration.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



FIRST CLASS

SANCTION CHAIRMAN

Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

FEBRUARY 1994

IN THIS ISSUE: 1994 NEW ENGLAND CLUBS; 1994 USS OUTREACH CAMP; ZONE COACHES' COLLEGE; NE COACHES' SEMINAR & MEETING; USS DRUG CONTROL INFORMATION.....

DATES TO REMEMBER: MARCH 1 : APPLICATIONS FOR ZONE TEAM DUE.
LONG COURSE MEET BIDS DUE.
APRIL 16 : COACHES' SEMINAR & MEETING, (information enclosed)
JUNE 11--12 : AGE GROUP CAMP, CLARK UNIVERSITY (information to come)

1993 NEW ENGLAND SWIMMING REGISTRATION STATISTICS:

CLUBS : 83 (6th of 59 LSC's*)
ATHLETES : 4,928 (8th of 59 LSC's*)
NON-ATHLETES : 787 (6th of 59 LSC's*)

*LSC is "local swimming committee." USS is divided into 59 LSC's.

NON-ATHLETE registration includes: 221 coaches (8th)
227 officials (11th)

ATHLETE registration breaks down as follows:

8 & under:	514	14	:	452
9:	401	15	:	381
10	520	16	:	305
11	607	17	:	282
12	575	18	:	202
13	553	19 & over:	:	136

TIMERS AT CHAMPIONSHIP MEETS:

Parents and coaches are reminded that all teams participating in championship meets are required to provide timers for the meets. This is done so that the host team(s) will have enough people to run all the behind the scenes work necessary to run a championship meet. It also helps to create a more efficient meet with no delays caused by waiting for volunteer timers.

Schedules are mailed to each team and phone call are made, but every parent is urged to the the schedule which will be posted at each championship meet and take responsibility to see that each team's assignment is covered.

Thank you for your cooperation!

The Board of New England Swimming will meet on Monday, March 14, 1994 at the Nashua Country Club, Nashua, NH at 7 pm. In case of questionable weather, please call the office.

1994 USS OUTREACH CAMP, OLYMPIC TRAINING CENTER, COLORADO, April 21--24, 1994

PURPOSE: United States Swimming wants to reach beyond its traditional membership boundaries to provide children from divergent ethnic, racial and socio-economic groups with the positive experiences to be gained from competitive swimming. We hope to develop programs in this population in order to discover and nurture potential olympians as well.

ELIGIBILITY: Applicants must be minority swimmers that show need. Swimmer need is based upon family income and family size from information requested on the application. Minority athletes must represent at least one of the following ethnic populations: African American, Native American, Asian or Hispanic. Other people not listed will also be considered. Applicants must be USS members, meet National AAA times, Boys age 13--16, Girls age 12--15, and be a U.S. citizen. Applicants may not have participated in another USS Select, Junior or National Team Camp. The USS-MDYSC will consider need in athlete selection.

BASIC PROGRAM: Athletes receive round-trip airfare, room, meals, ground transportation, a USS sweatshirt and racing cap for their camp experience. They will arrive at the OTC and participate in six practices at the Aquatic Center along with biomechanical videotaping at the International Center for Aquatic Research swimming treadmill.

SELECTION SYSTEM: Applicants must have National AAA times (short course yards) to apply. The fastest swimmers will be selected based upon this chart. Selection will be made by the Minority/Disadvantaged Youth Swimming Committee. Primary consideration will be the time(s) closest to the Senior National time standards. Secondary consideration will be the fastest times in the most events.

GIRLS--AGE

4 --12
4 --13
4 --14
4 --15

16

BOYS--AGE

4 --13
4 --14
4 --15
4 --16

16

APPLICATION FORMS: For further information and application forms, please call the New England Office (617-449-0270).

MINIMUM APPLICATION TIMES--NATIONAL AAA:

<u>GIRLS</u> (12)		<u>BOYS</u> (13)	<u>GIRLS</u> (13/14)	<u>GIRLS</u> (15)	<u>BOYS</u> (16)	<u>BOYS</u> (14/15)
27.49	50 Y Free	26.49	26.49	25.99	50 Y Free	23.39 24.59
59.89	100 Y Free	57.89	57.39	56.59	100 Y Free	50.79 53.39
2:08.49	200 Y Free	2:05.89	2:02.99	2:01.49	200 Y Free	1:50.69 1:56.09
5:38.49	500 Y Free	5:35.49	5:23.59	5:20.79	500 Y Free	4:58.19 5:12.79
31.99	50 Y Back	30.99	11:06.99	10:56.19	1000 Y Free	10:16.19 10:45.89
1:09.59	100 Y Back	1:06.69	18:31.19	18:19.09	1650 Y Free	17:13.99 18:01.19
35.29	50 Y Breast	34.39	1:04.09	1:03.29	100 Y Back	57.29 1:00.59
1:16.49	100 Y Breast	1:14.39	2:17.89	2:15.49	200 Y Back	2:03.59 2:10.49
30.29	50 Y Fly	29.39	1:12.09	1:11.29	100 Y Breast	1:04.09 1:07.09
1:07.09	100 Y Fly	1:05.39	2:35.59	2:33.29	200 Y Breast	2:19.59 2:26.29
1:08.69	100 Y IM	1:06.79	1:02.69	1:01.99	100 Y Fly	55.69 58.99
2:27.19	200 Y IM	2:24.29	2:16.29	2:14.99	200 Y Fly	2:03.69 2:10.79
			2:20.49	2:17.79	200 Y IM	2:05.59 2:10.59
			4:55.69	4:50.59	400 Y IM	4:28.29 4:39.89

* AGE AS OF APRIL 21, 1994 *

INFORMATION FOR ATHLETES AND PARENTS AND COACHES OF ATHLETES ATTENDING NATIONAL MEETS:

Recently several changes have been made in the USS Drug Awareness Program. Among the changes is a requirement that several medications are now allowed by inhalation only and **ONLY WITH WRITTEN NOTIFICATION FROM THE PRESCRIBING PHYSICIAN SENT PRIOR TO COMPETITION.** Drugs in this group include: Salbutamol (Albuterol, Proventil, Ventolon), Terbutaline (Brethaire).

Medical release forms are available from the NE office. For complete information, consult the National Meet Booklet or contact the USOC Banned Drug Hotline at 1-800-233-0393.

INFORMATION FOR COACHES:

- April 7--10 : Senior Coaches' Clinic ("Ski the Summit"), Silverthorn, CO 1-800-321-3509
- April 16 : NE Coaches' Seminar & Meeting (information enclosed)
- April 28--May 1: Senior Coaches' College--SWIMFAX at 719-578-4578, #3014
- April 22--24 : Minority Youth Swimming Coaches Clinic, Olympic Training Center (information from USS or NE)
- May 13--15 : Zone Coaches College, New Haven (information enclosed)
- June 9--12 : Age Group Coaches' College--SWIMFAX at 719-578-4578, #3015

HEAD SWIM COACH WANTED: NEW WAVE SWIM CLUB of Lowell is searching for qualified person to fill the position of Head Coach. Great pool and training facility, presently 60 swimmers, great potential.

Contact of send resume to: **NEW WAVE SWIM CLUB**
 % Edward Sullivan
 23 Whippletree Road
 Chelmsford, MA 01824
 508-256-3997

Assistant Swim Coach Needed

The Attleboro Bluefish Swim Team is currently looking for an additional assistant swim coach. The Bluefish offer excellent facilities including an 8 lane 25 yard pool and a comprehensive dry land training program. This USS swim team has recently grown to 100+ swimmers ranging from developmental ages 6 years through Age groups and Seniors. With this rapid growth we are looking for an enthusiastic person that has a knowledge of dry land programs and experience with 10-16 year old swimmers. Additional requirement is the desire to work hard to ensure the continued success of this team.

*Position available April 1994. Please send resume by March 24, 1994, to:
 Paul Mangili, 40 Web Ave., #14, North Kingstown RI 02852 or Phone 401-293-2439.*

United States Swimming
presents 5th Annual
ZONE COACHES COLLEGE
Smart Coaches - Fast Swimmers

Objective: Clinic presentations of the latest scientific information and team building ideas for coaches of summer, age group, YMCA, club and high school swimmers. **BRING YOUR WHOLE STAFF!**
Ideas and answers from America's finest swimming researchers and coaches for all levels of coaches, of all levels of swimmers.

<p style="text-align: center;">NEW HAVEN</p> <p>Yale University May 13-15 Holiday Inn - \$50 w/breakfast (1-91/95 - Exit) (203)777-6221 Airport Shuttle</p> <p style="text-align: center;">COACH</p> <p>Kevin Thornton Florida Gators</p>	<p style="text-align: center;">SAN ANTONIO</p> <p>Palo Alto C.C. May 20-22 La Quinta/S. Park - \$54 w/breakfast (1-35(s) Exit Military) (210)922-2111</p> <p style="text-align: center;">COACH</p> <p>Terry Stoddard Pasadena S.C.</p>	<p style="text-align: center;">NASHVILLE</p> <p>Caulkins Natatorium April 29 - May 1 Holiday Inn - \$75 (1-65 Exit 209) (615)327-4707 Grayline Shuttle</p> <p style="text-align: center;">COACH</p> <p>Greg Troy Bolles School</p>	<p style="text-align: center;">SAN MATEO</p> <p>Sarah H.S. May 5-7 Dunley Hotel - \$42 (1-92(s) to Deleware to Concord) (415)573-7661 Airport Shuttle</p> <p style="text-align: center;">COACH</p> <p>Charlie Cunningham Glendale Gouchos</p>
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- FORMAT -

<p style="text-align: center;">Friday</p> <p>11:00 Registration 12:30 Orientation 1:00 Goal Setting 2:00 Red Cross Services 3:00 Team Building Ideas 4:30 Dinner 6:00 USS Programs & Services 7:00 Swimming Visualization Drills 9:00 Social/Raffle</p>	<p style="text-align: center;">Saturday</p> <p>8:30 Games & Gimmicks 9:30 Abuse Prevention Skills 10:30 Olympians Strokes/Strategy 11:30 Q & A Strokes/Strategy 12:00 Lunch 1:30 Team Administration 3:00 Nutrition for Goodtimes 5:00 Dinner 6:30 Training Demonstration 7:00 Motor Learning and Teaching 7:30 Stroke Building/Drills</p>	<p style="text-align: center;">Sunday</p> <p>8:30 Dryland Programs 9:00 Sample Practices 10:00 Basic Physiology 10:30 Age Considerations 11:00 Season's Training Plans 12:30 Computer Workshop</p>
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Tuition: USS members \$20 / Non-USS members \$45 (includes USS non-athlete membership/benefits)
Includes: Handbook, polo shirt, photo, awards (certificate), raffles....
Credit: ASCA certification (8 units)

Registration: Return the form to U.S. Swimming by April 15, 1994. Hosts do not handle registration. All questions should be directed to USS. Thirty coaches are needed to conduct each college, maximum of 100.

Housing: Make reservations ASAP. Ask for the U.S. Swimming room block. The room block is released one month out. After that take your chances. The rate is per room (1 to 4).

COACHES COLLEGE REGISTRATION
INCLUDE FULL PAYMENT WITH REGISTRATION

NAME _____	SHIRT SIZE L XL XXL
ADDRESS _____	FEE ENCLOSED \$ _____
CITY _____	DAY PHONE () _____
	ZONE C.C. SITE _____
	STATE _____ ZIP _____

SEND TO: United States Swimming, Coaches College, 1 Olympic Plaza, Colorado Springs, CO 80909

CLUBS REGISTERED WITH NEW ENGLAND SWIMMING, FEBRUARY 1994:

ATTLEBORO BLUE FISH

Lou Gambale
255 Pratt Street
Mansfield, MA 02048

ABF**ANDOVER-NO. ANDOVER YMCA**

Andover-No. Andover YMCA
165 Haverhill Street
Andover, MA 01810

ANA**BOYS CLUB OF NASHUA**

Kim Smith
47 Grand Avenue
Nashua, NH 03060

BCN**BRUIN SWIM CLUB**

Box 1874
Brown U Athletic Dept.
Providence, RI 02912

BSC**BURLINGTON YMCA DYNAMOS**

Danita Pokorny
266 College Street
Burlington, VT 05401

BYD**CARTER COMMUNITY HLDG.**

Sandy Hertzberg SW-FISH
1 Taylor St. POBox 386
Lebanon, NH 03766

CCBS**CUMBERLAND-LINCOLN PEN-**

Beverly A. Bloomer
PO Box 7505
Cumberland, RI 02864

CLBC**CENTRAL VERMONT WAVEMAKERS**

Arthur Hildebrandt
10 Parkside Drive
Montpelier, VT 05602

CVWM**EASTHAMPTON BARRACUDAS**

Kathy Stewart
126 Strong Street
Easthampton, MA 01027

EB**EASTON MARLINS**

Michael Fogaren
42 Peterson Road
Easton, MA 02375

EM**NANTUCKET DOLPHINS SWIM**

Hank Varona TEAM
10 Surfside Road
Nantucket, MA 02125

ACK**AMHERST TRITONS SWIM TEAM**

Ellen Carey
32 Old Town Road
Amherst, MA 01002

ATST**BENNINGTON MARAUDERS**

Nancy Leake
Woodford Road
Bennington, VT 05201

BENN**BELCHERTOWN STINGRAYS**

Gloria Gould
25 Sherwood Drive
Belchertown, MA 01007

BSST**CUMBERLAND AREA SWIM TEAM**

Sue Livesey
PO Box 7668
Cumberland, RI 02864

CAST**CAPE COD SWIM CLUB**

Marc Solomon
PO Box 966
Pocasset, MA 02559

CCSC**CONCORD YMCA SAILFISH**

Hugh Emerson
5 Spaulding Street
Concord, NH 03301

CONY**DIVERSIFIED AQUATICS RENE-**

Reid Christen GADES
72 Hull Street #2
Belmont, MA 02178

DARE**EAST BAY AQUATIC CLUB**

John S. Gorham
101 Holland Avenue
Riverside, RI 02915

EBAC**EAST PROVIDENCE BOYS CLUB**

Laurea Pansa
115 Williams Avenue
E. Providence, RI 02914

EPBC**AQUAMAIDS/AQUAMEN OF WOR-**

Paul Parenteau CESTER
128 Brookline Street
Worcester, MA 01603

AMW**BELMONT AQUATICS**

Abby Hurlbut
10 Wildwood Street
Winchester, MA 01890

BAT**BERNAL'S GATOR SWIM CLUB**

Carol Mitchell
14 Sunset Road
Stoneham, MA 02180

BGSC**BEVERLY/CAPE ANN Y BARRA-**

Dan Warner CUDAS
71 Middle Street
Gloucester, MA 01930

BYCA**CEDARDALE BASS SWIMMING**

Barb Toohey
931 Boston Road
Haverhill, MA 01835

CBS**CHICOPEE AMBERJACKS**

Frank Ferreira
239 Casey Drive
Chicopee, MA 01020

CHA**CLARK SWIM CLUB**

Kevin Salisbury
950 Main St. Dept./Athl.
Worcester, MA 01610

CSC**DANVERS YMCA DOLPHINS**

Barbara E. Damon
25 Central Avenue
Danvers, MA 01923

DYD**EAST BRIDGEWATER YMCA**

Brian Cameron STINGRAYS
635 Plymouth Street
E. Bridgewater, MA 02333

EBYS**EXETER SWIM TEAM**

Maureen Heaps
PO Box 766
Exeter, NH 03833

EST

continued....

FALL RIVER YMCA

Sally D. Smith
450 Rock Street #12
Fall River, MA 02720

FRY**HANSCOM SEAHAWKS**

Dan Russell
1 Colonial Place
Hanscom ABF, MA 01731

HAFB**HAVERHILL YMCA**

Paul Memont
PO Box 961
Haverhill, MA 01831

HYST**LOWELL BOYS CLUB**

Richard C. Dion
657 Middlesex Street
Lowell, MA 01851

LOBC**MASSACHUSETTS BAY MARLINS**

Michael Chasson
PO Box 383048
Cambridge, MA 02238

MEM**MARBLEHEAD/SWAMPSCOTT**

Susan Guertin **YMCA**
104 Pleasant Street
Marblehead, MA 01945

MSY**NASHUA YMCA**

Greg Derderian
17 Prospect Street
Nashua, NH 03060

NASY**NEW ENGLAND BARRACUDAS**

Erick Lans
PO Box 462
Weston, MA 02193-0462

NEB**NORWOOD STING RAYS**

Alice Kane-Welch
246 Sunnyside Road
Norwood, MA 02062

NSP**OLD COLONY YMCA**

Darlene McGrath
45 Truman Drive
Randolph, MA 02368

OCY**GREATER BOSTON SWIM CLUB**

Steven M. Callander
12 Alban Street
Dorchester, MA 02124

GBSC**HOCKOMOCK YMCA SWIM TEAM**

Noreen Foley
300 Elmwood Street
No. Attleboro, MA 02760

HAY**HOLYOKE YMCA VIKINGS**

Doug Gross
171 Pine Street
Holyoke, MA 01040

HYV**LAKES REGION WAVEMAKERS**

Cindy J. Cole
240 Sheridan Street
Laconia, NH 03246

LRW**MIDDLEBURY SWIM TEAM**

Mary ST. Peter
PO Box 325
Middlebury, VT 05753

MMST**MERRIMACK VALLEY PIRATES**

Dena LeMoine
706 Foster Street
No. Andover, MA 01845

MVP**NEW BEDFORD YMCA AQUA-**

Trix Whalen **IANS**
66 Sherman Street
New Bedford, MA 02740

NBYW**NEWPORT NAVY BLUES**

Christin M. Hague
Camp Varnum
Narragansett, RI 02882

NNB**NORTH SUBURBAN YMCA**

Ruth Clark **VIKINGS**
7 Hillcrest Road
Reading, MA 01867

NSYV**GREENWOOD MEMORIAL SWIM**

Don Lemieux **CLUB**
69 Park Street
Gardner, MA 01440

GMSC**HAMPSHIRE REGIONAL YMCA**

Sharon Ryder
130 Sugar Hill Road
Williamsburg, MA 01096

HRY**LEVIATHAN AQUATICS**

R. Tucker Gilman
8 Victor Place
Rutland, VT 05701

LEVI**MALDEN YMCA**

Michele Pittman
34 Quincy Street
Medford, MA 02155

MALY**MANCHESTER SUNFISH SWIM**

Molly Whitcomb **TEAM**
76 Lowell Street
Manchester, NH 03101

MSSC**MIDDLEBORO YMCA SEA**

Everett Clark **DEVILS**
61 E. Grove St. Box 1363
Middleboro, MA 02346

MYSO**NORTH COUNTRY AQUATIC**

Libby Bolster **CLUB**
PO Box 601
Hanover, NH 03755

NCAC**NORTH SHORE PIRANHAS**

A. Meyers/H. Chervits
JCC 4 Community Road
Marblehead, MA 01945

NSP**NEW WAVE SWIM CLUB**

Frank Sampson
50 Mill Street, Apt. 6
Woburn, MA 01801

NWSC**PROVIDENCE AQUATIC CLUB**

John O'Neill
28 Quincy Street
Providence, RI 02908

PAC

continued....

PATRIOT SWIM CLUB

Jeff Johnson
158 Jamestown Road
Leominster, MA 01453

PSC**PETERBOROUGH SWIM TEAM**

Beth Corwin
2 Vine Street
Peterborough, NH 03458

PWST**ROWELL'S RAIDERS SWIM CLUB**

Missy Rowell
130½ East Broadway
Derry, NH 03038

RRSC**STING-RA**

Rosemarie Caratelli
8 Peach Avenue
Billerica, MA 01821

SRA**SALEM SWIM TEAM**

John Dickerson
3 Geremonty Drive
Salem, NH 03079

SST**TRITON AQUATIC CLUB**

Jean Fedak
9 Kent Avenue
Northborough, MA 01532

TRAC**WORCESTER AQUATIC CLUB**

Nancy Palmer
125 Providence Street
Worcester, MA 01604

WAC**WORCESTER SWIM CLUB**

Coralie O'Connor
30 Walworth Street
Worcester, MA 01602

WSC**WEDGEWOOD WATER RATS**

Laurie Robinson
RD5 Box 650
Montpelier, VT 05602

WWR**YMCA SOUTH SHORE**

Bill Edward
79 Coddington Street
Quincy, MA 02169

PITTSFIELD BOYS & GIRLS

Todd Fugman CLUB
16 Melville Street
Pittsfield, MA 01201

PTBC**PITTSFIELD YMCA SWIM TEAM**

Judy O'Brien
1 Meadow Ridge Drive
Pittsfield, MA 01201

PYST**SHAMMUT AQUATIC CLUB**

Sara Groden
401 East Street
Walpole, MA 02081

SAC**STERLING SWIMMERS**

Doris T. Florig
RRI Box 6125
Morrisville, VT 05661

SS**SEVEN SEAS SWIM CLUB**

Richard Cheney
PO Box 692
Medford, MA 02155

SSSC**TRI-Y SWIM CLUB**

Jackie Woolhouse
43 Everett Street
Southbridge, MA 01550

TRIV**WHITINSVILLE BLUE DOLPHINS**

Whitin Community Center
60 Main Street
Whitinsville, MA 01588

WBD**WALPOLE SWIM TEAM**

Trudy Schran dt
483 High Street
Walpole, MA 02081

WST**WATERTOWN WAVEMAKERS SWIM**

Matt Laramie TEAM
25 White's Avenue
Watertown, MA 02172

WWST**PIONEER VALLEY AQUATIC CLUB**

Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106

PVAC**RAM SWIM CLUB**

Barbara Crowder
100 High Meadow Lane
Wakefield, RI 02879

RAMS**SEEKONK DOLPHINS**

Ellis Mayers
223 Newman Avenue
Rumford, RI 02916

SD**SEACOAST SWIMMING ASSOCIA-**

Bruce Mohl TION
PO Box 272
Dover, NH 03820

SSA**TWIN OAKS SWIM TEAM**

Jim Donoghue
63 Main Street
Essex Junction, VT 05452

TOST**VALLEY GATOR SWIM CLUB**

Carol St. Pierre
RFD #2 Box 247
Claremont, NH 03743

VGST**WOONSOCKET YMCA WHALERS**

Laurel Mayben
18 Federal Street
Woonsocket, RI 02895

WNSY**THE WEYMOUTH WAVES**

Catherine Vaughn
75 Finnell Drive
Weymouth, MA 02188

WW**WESTFIELD YMCA SWIM TEAM**

Frank Bachteler
31 Paul Street
Lee, MA 01238

WYST**NEW ENGLAND SWIMMING OFFICE**

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

1994 ZONE DISTANCE CAMP APPLICATION

SWIMMERS APPLICATION: Duplicate as needed for swimmers and return to the camp director by April 18, 1994. Do Not return to United States Swimming. All applicants must be High School students or ages 13-18 on May 1, 1994 and must meet time standards to apply. The NCAA rules do permit High School Seniors to attend these camps because they are National Training Camps. Each swimmer provides their own housing, meals and transportation. These camps are for U.S. citizens only. All LSC senior level and faster USS distance swimmers are encouraged to attend.

Please consider me as a participant in the 1994 Zone Distance camp. If selected, I agree to attend and be physically ready to practice hard. Practices are between 7,000 and 8,000 meters. There will also be test sets consisting of 20 x 100's/12 x 400's/3000 time trial. If you are injured it is recommended that you do not attend the camps.

NAME _____
 USS REGISTRATION _____
 TEAM _____
 ADDRESS _____
 CITY _____
 STATE, ZIP _____
 PHONE() _____
 BIRTHDATE _____
 CIRCLE ONE: M F _____
 SHIRT SIZE M L XL _____
 CAMP CHOICE 1. _____
 2. _____

SKILL HELP FOR SWIMMER: Y N _____

TIME STANDARDS:

Either yards or meters time standards are needed to apply.

	1500m	1650yd
WOMEN	19:20	18:45
MEN	18:20	17:50

BEST TIME _____

PLEASE ATTACH PROOF OF TIMES

COACH'S SIGNATURE _____

SITES AND CAMP DIRECTORS

DO NOT SEND APPLICATION TO U.S. SWIMMING SEND TO DIRECTOR OF NEAREST SITE

ORLANDO
 MAY 20-22nd, 1994
 DIRECTOR: JULIE SUNDSTROM
 YMCA AQUATIC CENTER
 PHONE: (407)657-7946
 FAX: (407)657-1911
 MAIL APPLICATION TO:
 2525 CODY WAY
 WINTER PARK FLORIDA 32792

WASHINGTON DC
 MAY 27-29th, 1994
 DIRECTOR: WARD FOLEY
 SITE: LEE DISTRICT POOL
 PHONE: (703)358-4754
 FAX: (703)358-4757
 MAIL APPLICATION TO:
 DPCRCR SPORTS DIVISION
 300 NORTH PARK DRIVE
 ARLINGTON VA 22203

PORTLAND
 JUNE 10-12th, 1994
 DIRECTOR: JIM PULEO
 SITE: MT. HOOD COMMUNITY
 COLLEGE
 PHONE: (503)669-8967
 MAIL APPLICATION TO:
 PO BOX 125
 GRESHAM OR 97030

DALLAS
 JUNE 3-5th, 1994
 DIRECTOR: JOHN IVONEN
 SITE: UT ARLINGTON, TX
 PHONE: 817-548-7827
 MAIL APPLICATION TO:
 UT ARLINGTON
 1333 SOUTH PECAN
 ARLINGTON TX 76010

INDIANAPOLIS
 JUNE 3-5th, 1994
 DIRECTOR: TOM AVISCHIOUS
 SITE: IUPUI NATATORIUM
 PHONE: (317)251-1657
 FAX: (317)575-8244
 MAIL APPLICATION TO:
 300 E MAIN SUITE E
 CARMEL IN 46032

MISSION VIEJO
 JUNE 3-5th, 1994
 DIRECTOR: JACK SIMON
 SITE: MARGURITE POOL
 PHONE: (714)380-2550
 FAX: (714)380-2011
 MAIL APPLICATION TO:
 PO BOX 2000 B-73
 MISSION VIEJO CA 92690

BOSTON
 JUNE 3-5th, 1994
 DIRECTOR: MIKE CHASSON
 SITE: BLODGETT POOL
 HARVARD UNIVERSITY
 PHONE: (617)495-2268
 FAX: (617)496-8296
 MAIL APPLICATION TO:
 60 JFK STREET
 CAMBRIDGE, MA 02138

COACH APPLICATION-RETURN TO CAMP DIRECTOR

PLEASE ACCEPT MY APPLICATION FOR ASSISTANT COACH FOR THE 1994 ZONE DISTANCE CAMPS. I WILL BE AVAILABLE ON THE DATES LISTED ABOVE AND IF ACCEPTED, I UNDERSTAND I WILL RECEIVE TRANSPORTATION, LODGING, MEALS, STIPEND AND A CAMP JACKET. DEADLINE APRIL 18, 1994. HEAD COACHES AND OLYMPIANS ANNOUNCED LATER.

NAME _____ TEAM _____
 ADDRESS _____
 CITY, STATE, ZIP _____
 PHONE H() _____ W() _____
 CAMP REQUESTED _____ JACKET SIZE L XL XXL _____

SEMINAR FOR NEW ENGLAND COACHES

All New England coaches are invited to attend a one-day meeting which will include panel discussions, a coaches' meeting and a "Safety Training for Swim Coaches" update.

DATE : SATURDAY, APRIL 16, 1994

LOCATION : HAMPSHIRE HILLS SPORT & FITNESS CLUB, MILFORD, NH



8:30 am-- 9:15 am: COFFEE & REGISTRATION

9:15 am--12:15 pm: AGE GROUP PANEL DISCUSSION: Presentation and questions and answers with a panel of coaches from some of New England's successful Age Group programs--what makes their programs work

12:15 pm-- 1:15 pm: LUNCH, COACHES' MEETING and "THINK TANK" (Lunch will be available in the restaurant at the club.)

1:15 pm-- 4:00 pm: SENIOR PANEL DISCUSSION: Presentation and questions and answers with a panel of New England coaches who have coached swimmers at the national level--how to get your swimmers to the national level

4:15 pm-- 8:15 pm: SAFETY TRAINING FOR SWIM COACHES RECERTIFICATION. You must be currently certified. Please bring your training manual. There will be a charge if you need a new one.

FEES : New England registered non-athletes: pre-registration \$ 5.00* at door 10.00 Others : pre-registration 10.00 at door 15.00

The fee covers all sessions of the seminar and also the "Safety Training for Swim Coaches" recertification. Lunch and the training manual (if needed) will be extra.

* New England registered non-athletes who pre-register will have their checks returned at the door. Please bring your USS membership card to show.

DIRECTIONS: Hampshire Hills Sport and Fitness Club, Milford, NH (603-673-7123) FROM THE SOUTH: Take Route 3 north to exit 7W (Route 101). Follow 101 to Milford. Look for the White Horse Inn which is on the right after Shaw's Plaza. Across from the White Horse Inn is the sign for Hampshire Hills. Turn left (Ponemah Hill Road). Turn right at the first road on the right (Emerson). The club will be on the left. FROM THE NORTH: Take Route 93 south to Route 101 to the first Milford exit (Route 101A). This brings you to Shaw's Plaza. Follow from the above directions.

NAME TO: Amy Parratto, 14 Back Street, Dover, NH 03820 (603-749-2869)

NAME: _____ PHONE: _____

ADDRESS: _____

TEAM: _____ NEW ENGLAND REGISTERED NON-ATHLETE? _____

Do you plan to stay for "Safety Training for Swim Coaches" recertification? _____

Fee enclosed: _____ (Checks should be made out to: New England Swimming)

SEED CARDS: Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

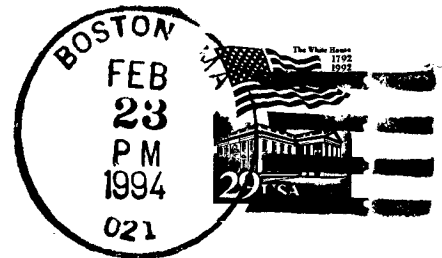
If you want initials on the cards, the price for 1,000 cards is \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. 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 \$10 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registration.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



FIRST CLASS

SANCTION CHAIRMAN

Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

MARCH 1994

IN THIS ISSUE: NEW ENGLAND LONG COURSE CALENDAR; HIGH POINT WINNERS--
NE CHAMPIONSHIP MEETS; USS AGE GROUP CAMP; REIMBURSE-
MENT FORM....

A NOTE OF THANKS!

New England Swimming would like to thank the parents of Easthampton Barracudas, Hampshire Regional YMCA, Attleboro Bluefish, Cumberland Area Swim Team, Massachusetts Bay Marlins and North Country Aquatic Club for their efforts in running New England's Classic and Championship meets. Thank you also to the many parents who volunteered to officiate and to the many parents who timed without complaint. The meets would not have existed without all of your hard work and cooperation!

New England has heard many complaints about the crowded spectator space at Attleboro for the Ten and under Championships and the inconvenience of using two pools at two different locations for Age Groups.

We hope that everyone realizes that the sessions at the Ten and under meet were well within the four-hour guidelines. The meet was very well organized by the Attleboro Bluefish and ran without delays. The swimmers were all individually recognized by the announcer, and the top eight swimmers in each event were honored in an award ceremony. However, no one anticipated the huge numbers of spectators who would attend the meet and overtax the facility. We're sorry for any inconvenience.

New England asked ABF to run the Ten & under Championships and also asked CAST to run Age Groups. We knew that running Age Groups in two different pools would be inconvenient, but the meet, as it is currently structured, is too large for one eight-lane course. It also was inconvenient for the host team, but CAST worked very hard to run a meet that would be a good experience for the swimmers. Without their efforts, there would have been no Age Group Championships.

We are now looking at our "end of season" meets for next year. Coaches and parents who have constructive suggestions are encouraged to direct their ideas to the New England office or to Anne Hawkins who chairs the long range planning committee.

The Board of New England Swimming will meet at 7 pm on Monday, April 11, 1994 at the Nashua Country Club, Nashua, NH.

A FEW MORE NOTES ABOUT MEETS.....

Judging from the appearance of the facilities at the end of sessions at the championship meets, trash continues to be a problem. Please remember that food is not allowed on the deck at most facilities, although some allow drinks in plastic containers. Many teams left large amounts of trash in their areas when they left the pool, and spectators were guilty, too. We are guests in these facilities and need to treat them with respect if we want to be invited again.

We also need to treat with respect the officials and parents who are volunteering to run meets for the swimmers of New England. There were reports of parents and coaches who were not acting in a mannerly way toward the officials and parents working at the meets.

Coaches and officials are reminded that they must display their USS membership cards while on deck at all New England meets.

Your cooperation in these matters would be greatly appreciated!

COACHES: All registered US coaches have recently received a mailing from New England.

Save these dates: APRIL 16 : NE SEMINAR, HAMPSHIRE HILLS, MILFORD, NH
MAY 13--15: USS ZONE COACHES COLLEGE, YALE UNIVERSITY

PANEL DISCUSSION PARTICIPANTS AT THE NEW ENGLAND SEMINAR:

AGE GROUP PANEL: Steve Ostapower, MEM
Donna Brown, BGSC
Meg Nickerson, SSA
Isabelle Fraser/Maureen O'Connell, PVAC
Mike Spring/Patty Fitzgerald, MVP
staff member, BYB/CAY

SENIOR PANEL : Mike Chasson, MEM
Mike Parratto, SSA
Marc Solomon, CCSC
Matt Connery, EBAC

STAY IN SHAPE IN APRIL: Diversified Aquatics is offering a series of water polo and synchronized swimming clinics in April.

***WATER POLO:** Saturday mornings 9:00 to 12:00 on April 2, 9, 16, 23, 30.

***SYNCHRONIZED SWIMMING:** Tuesday and Thursday evenings from 5:00 pm to 7:00 pm from March 29 to April 21.

***SCHOOL VACATION SYNCHRO CLINIC:** April 18 to 22 from 5:00 pm to 8:00 pm.

***LIFEGUARD TRAINING COURSE:** Saturdays 8:00 am to 3:00 pm.

All programs will be run at the Fessenden School pool, 250 Waltham Street, Newton, MA. Call Reid Christen for more information at 617-489-6708.

SWIM TEAM COACH: The Woonsocket YMCA is looking for a YMCA/USS swim team coach for age groupers. The position will be available from September, 1994 through March 1995 for short course and April--August, 1995 for long course. For further information contact Laurel Mayben, Aquatic Director at 401-769-0791.

HIGH POINT WINNERS (continued):

AGE GROUP CHAMPIONSHIPS:

INDIVIDUAL HIGH POINT:

11 and 12	:	1.	KRISTY MARTIN	GMSC	1.	NICHOLAS BRUNELLI	ABF
		2.	LAUREN TRACY	BGSC	2.	CHRIS FERNANDES	CAST
		3.	MAURISSA RILEY	BGSC	3.	DARREN JOHNSON	SSA
		4.	ALLISON MESSIER	SSA	4.	THOMAS DURKIN	NWSC
		5.	KATE MOODY	GMSC	5.	EDWARD BRYAN	HYST
		6.	RYAN CESARE	BGSC		PATRICK FEI	LOBC
		7.	SAMANTHA ARSENAULT	BYB	7.	MATTHEW MUSIAK	WYST
		8.	BETHANY DAVID	BYD	8.	MARK DILLON	CAST
13 and 14	:	1.	KERRIANNE KALEKO	BGSC	1.	ZEB JENKINS	PVAC
		2.	WENDY BROWN	BGSC	2.	TIM GRIMES	GMSC
		3.	JENELLE BRYAN	HYST	3.	JEFF RICHARDS	CAST
		4.	ABBY BRETHAUER	MSSC	4.	KEVIN RILEY	UN
		5.	KATINA MAISTRELLIS	BGSC	5.	DANIEL BAZYLEWICZ	BYB
			ERICA ALLEN	SSA	6.	JOSH OSTERBERG	NEB
		7.	CHRISTIN DONAHUE	NWSC	7.	TIM GALE	PVAC
		8.	MELINDA ANTONUCI	UN	8.	MATTHEW O'DONNELL	NEB
					KYLE LITTLEFIELD	BGSC	
15 and 16	:	1.	SUE TRAINER	BGSC	1.	DAVID GREEN	HYST
		2.	JULIE LAPINSKY	BGSC	2.	SAM PECK	EBAC
		3.	ALLISON WHITNEY	GMSC	3.	ANDREW CARDILLO	CAST
		4.	SARAH WATTS	BGSC	4.	ADAM PORTER	PSC
		5.	ANNA CHRISTIANSEN	HYST	5.	JEFF KOSIOREK	HYV
		6.	MELISSA SALINGER	GMSC	6.	BRYAN GRIMES	GMSC
		7.	AUDREY COUTO	EBAC	7.	DOUG SHEA	SAC
		8.	JENNY MOONEY	EBAC	8.	JOHN MITCHELL	BGSC
		GINA DUFF	NEB				
COMBINED TEAM:		1.	BERNAL'S GATOR SWIM CLUB				
		2.	GREENWOOD MEMORIAL SWIM CLUB				
		3.	BEVERLY YMCA BARRACUDAS				
		4.	EAST BAY AQUATIC CLUB				
		5.	NEW ENGLAND BARRACUDAS				
		6.	CUMBERLAND AREA SWIM TEAM				
		7.	HAVERHILL YMCA SWIM TEAM				
		8.	SHAWMET AQUATIC CLUB				

ADDITIONAL NEW & RENEWING CLUBS FOR 1994:

BROWN UNIVERSITY

Matt Kredich

Brown U, PO Box 1874

Providence, RI 02912

BRN

OYSTER RIVER OTTERS

A. S. H. Blitzer

61 Canney Road

Durham, NH 03824

ORO

HOGAN SPORT CENTER

Nancy German-Brook

Colby-Sawyer College, 100 Main St.

New London, NH 03257

HSC

PORTSMOUTH SWIM TEAM

Greg St. Lawrence

11 Clark Road

Eliot, ME 03903

PST

CONGRATULATIONS to the following HIGH POINT WINNERS:

TEN and under CHAMPIONSHIPS:

INDIVIDUAL HIGH POINT:

8 AND UNDER:	1.	ANNIE GOLDSTEIN	BSC	1.	BRIAN FISKE	HYST
	2.	KELLYANN SCHMIDT	PVAC	2.	RICHE CROWDER	RAMS
	3.	JENNIE KNOTT	WBD	3.	CRAIG SHEPHERD	NCAC
	4.	JESSICA DAVIDSON	BYB	4.	STEVEN COX	HRY
	5.	KARA LENTZ	BYB	5.	JAMES BAILEY	MEM
	6.	KATE O'BRIEN	YSS		EVAN SWISHER	BENN
	7.	MARY BAZYLEWICZ	BYB	7.	TIMOTHY McGLASTON	ABF
	8.	SARAH KEARNS	WBD	8.	RYAN ST. LAWRENCE	NASY
9 and 10 :	1.	TERESA McRANN		1.	CASEY CRONIN	ABF
	2.	CONNIE BROWN	MVP	2.	BOBBY CROWDER	RAMS
	3.	BROOKE BONCHER	HYST	3.	ROBERT SCHOTTER	CAST
	4.	NOELLE PULOMENA	SSA	4.	LAWRENCE McGLASTON	ABF
	5.	ANGELA GROCCIA	TRAC	5.	MATTHEW ENGLEHARDT	MEM
	6.	MEGHAN BINDER	NEB	6.	ALEX GORSKI	HYST
	7.	C B FELLOW-SWENSON	BENN	7.	NILES MADISON	MEM
	8.	SUSIE WILSON	MVP	8.	DAVID COOPER	ABF
		CHRISTINA MUCCI	PSC			

COMBINED TEAM:	1.	BEVERLY YMCA BARRACUDAS
	2.	ATTLEBORO BLUEFISH
	3.	MASSACHUSETTS BAY MARLINS
	4.	BERNAL'S GATOR SWIM CLUB
	5.	NEW ENGLAND BARRACUDAS
	6.	CUMBERLAND AREA SWIM CLUB
	7.	MERRIMACK VALLEY PIRATES
	8.	HAVERHILL YMCA SWIM TEAM

SENIOR CHAMPIONSHIPS

INDIVIDUAL HIGH POINT:

1.	JESSICA TUCKER-MOHL	SSA	1.	TAD KREMEN	MEM
2.	MICHELE LABRIE	SSA	2.	DENIS STIRRINGHAUS	BGSC
3.	AMANDA HALL	BGSC	3.	MATT GULLEDGE	MEM
4.	CAROLINE PALMER	SSA	4.	CARL ERIKSON	MEM
5.	DEDE TRIMBLE	MEM	5.	ALEX KURMAKOV	MEM
6.	KATHERINE YOUNG	EBAC	6.	MIKE GUSTAFSON	GMSC
7.	EMILY DEPPE	SSA	7.	SCOTT HLOEMEN	BGSC
8.	SUE TRAINER	BGSC	8.	KURT LESLIE	BGSC

COMBINED TEAM:	1.	SEACOAST SWIMMING ASSOCIATION
	2.	MASSACHUSETTS BAY MARLINS
	3.	BERNAL'S GATOR SWIM CLUB
	4.	GREENWOOD MEMORIAL SWIM CLUB
	5.	EAST BAY AQUATIC CLUB
	6.	NEW ENGLAND BARRACUDAS
	7.	MERRIMACK VALLEY PIRATES
	8.	HAVERHILL YMCA SWIM TEAM

CONTINUED.....

NEW ENGLAND SWIMMING LONG COURSE CALENDAR, 1994

MAY

- 14—15: CAY/BYB TEAM SPECIALTY
Cape Ann YMCA (25 yard, 6 lane)
Gloucester, MA
Dan Warner
508-283-0470
- 20—22: CCSC TEAM SPECIALTY (1650, 500 offered)
Mass Maritime Academy (25 yard, 6 lane)
Buzzards Bay, MA
Jim Murphy
508-759-3298
- 28—29: CAST TEAM SPECIALTY
McDermott Pool (50 meter, 6 lanes)
Warwick, RI
David Cardillo
401-231-0637
- 27—29: PVAC "A" INVITATIONAL
Springfield College (50 meter, 6 lane)
Springfield, MA
Isabelle Fraser
413-567-3415

JUNE

- 4—5 : NCAC TEAM SPECIALTY (500, 400 IM offered)
Dartmouth College (25 yard, 6 lanes)
Hanover, NH
Marilyn Vasil
603-632-5022
- 11—12: BAT TEAM SPECIALTY (400 IM offered)
McDermott Pool (50 meter, 6 lanes)
Warwick, RI
Abby Hurlbut
617-729-4216
- 12: SSA TEAM SPECIALTY (sprints)
Guppy Park (50 meter, 6 lanes, outdoors)
Dover, NH
Bruce Mohl
603-868-7249
- 18—19: GMSC 12 & under TEAM SPECIALTY
Greenwood Memorial Pool (25 yard, 5 lane)
Gardner, MA
Steve Landry
508-632-5326
- 25 : SAC SPRINT SPECIALTY (400 free & medley
U/Connecticut (50 meter, 6 lane) relays)
Storrs, CT
Charlotte Peterson
508-881-3987
- 25—26: CAST TEAM SPECIALTY
McDermott Pool (50 meter, 6 lane)
Warwick, RI
David Cardillo
401-231-0637
- 26: SSA TEAM SPECIALTY (100's 12 & under
200's 13 & over)
Guppy Park (50 meter, 6 lane, outdoors)
Dover, NH
Bruce Mohl
603-868-7249

JULY

- 1—3 : MSSC TEAM SPECIALTY (1500, relays offered)
Raco Pool (50 meter, 8 lane, outdoors)
Manchester, NH
Elliot Lasky
603-888-5557
- 8—10: SSA AGE GROUP QUALIFIER
Guppy Park (50 meter, 6 lane, outdoors)
Dover, NH
Bruce Mohl
603-868-7249
- 16—17: PVAC TEN & UNDER CHAMPIONSHIPS
Springfield College (50 meter, 6 lanes)
Springfield, MA
Isabelle Fraser
413-567-3415

continued....

NEW ENGLAND SWIMMING LONG COURSE CALENDAR, 1994 (continued)

JULY

- 16--17: OCY LAST CHANCE AGE GROUP QUALIFIER (am's) Richard Iawler
Brockton, MA (50 meter, 6 lane, outdoors) 508-238-1669
- 21--24: NEW ENGLAND SENIOR CHAMPIONSHIPS
to be determined
- 22--24: GMSC C through AGE GROUP CUT MEET Steve Landry
Gardner (25 yard, 8 lane, outdoor) 508-632-5326
- 28--31: NEW ENGLAND SENIOR CHAMPIONSHIP (MEM) Kim Kredich
Harvard University (50 meter, 8 lane) 401-751-2249
Allston, MA

AUGUST

- 2--6 : JUNIOR NATIONALS, Buffalo, NY
- 14--19: SENIOR NATIONALS, Indianapolis, IN

New England also will be offering several one session meets featuring distance events for older swimmers; more details will come shortly.

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

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

STROKE & TURN CLINIC: APRIL 25, 1994, BELMONT HIGH SCHOOL, Concord Avenue, Belmont (enter through gym entrance, far end of building), 7--9 pm. The facilitator will be Ken Cunha. Bring your current USS card or a check for \$22 (made out to New England Swimming) to pay for a USS membership. To register, call Abby Hurlbut 617-729-4216 or Ken Cunha 508-443-3180

SWIM CLINIC FEATURING MIKE BARROWMAN: Providence Aquatics will present a Swim Clinic featuring Olympic Gold Medalist Mike Barrowman on Saturday, May 14, from 11:00 am to 4:00 pm at the Providence College Taylor Natatorium, Providence, RI. The cost per camper is \$45.

For more information contact the Clinic Director, John O'Neill at 401-865-2268.

MARCH 1994

TO: ALL NEW ENGLAND COACHES

FROM: NEW ENGLAND SWIMMING



Included in this mailing are several items of interest to New England coaches--USS ZONE COACHES COLLEGE; SEMINAR FOR NEW ENGLAND COACHES; USS AGE GROUP CAMP INFORMATION; REGISTRATION INFORMATION...

NEW COACHES REPRESENTATIVE: The term of Bob Pyatt (TRAC) as Senior Coaches Representative will be up this fall; Mike Parratto (SSA) will move from Junior Coaches Representative to Senior Coaches Representative. Mike is interested in hearing from coaches who are interested in being on the ballot for the new Junior Rep. The Coaches Representatives represent the coaches at the New England Board meetings and also serve on the Calendar and Technical Committees. The Board meets on the second Monday of each month, usually in Nashua, NH. ~~A few meetings this year were held in Wallesley. Ballots will be available this summer at Age Groups.~~ If you will not be at Age Groups, contact the office for a ballot.

MIKE PARRATTO, 14 Back Road, Dover, NH 03820 (603-749-2869).

REGISTRATION: There is still some confusion concerning requirements for registering as a coach. Required are: current CPR, current First Aid, current Safety Training for Swim Coaches. There are not alternatives for this course. Note that if you have a current card, you may take the shorter update course which is being offered as part of the New England coaches seminar.

New England policy requires that all coaches and officials display their membership cards when they are on deck at meets. Please remember to take your cards when you go to meets. If you don't want to wear your card, you may display it on your clipboard, attach it to your stop watch, or what ever. If you need a "replacement" card, notify the office.



ASCA: several coaches have asked about ASCA (The American Swimming Coaches Association). For further information, the number is 1-800-356-ASCA or contact Kevin Salisbury at 508-793-7170.

UNITED STATES SWIMMING
National Age Group Camp



ATHLETE APPLICATION

Name:	Male	Female
Street Address:		
City, State & Zip:		
Phone:		
LSC:		
Date of birth:		Age:
USS Registration #:		
Club Name:		
Club Coach:		Phone:
Street Address:		
City, State & Zip:		
MEDICAL AND/OR DIETARY CONSIDERATIONS:		
*Please note if these times are in yards or meters.		
<u>Event</u>	<u>Times</u>	<u>Event</u>
<u>Times</u>		<u>Times</u>
I attest to the best of my knowledge that these times are correct:		
SIGNATURE CLUB COACH		
Will your parents be attending the parents meeting?		YES NO
Please return to:		
<p>AMY PARRATTO, Camp Director 14 Back Street Dover, NH 03820</p>		
APPLICATIONS MUST BE RECEIVED BY MAY 6, 1994		

SEMINAR FOR NEW ENGLAND COACHES

All New England coaches are invited to attend a one-day meeting which will include panel discussions, a coaches' meeting and a "Safety Training for Swim Coaches" update.

DATE : SATURDAY, APRIL 16, 1994

LOCATION : HAMPSHIRE HILLS SPORT & FITNESS CLUB, MILFORD, NH



8:30 am-- 9:15 am: COFFEE & REGISTRATION

9:15 am--12:15 pm: AGE GROUP PANEL DISCUSSION: Presentation and questions and answers with a panel of coaches from some of New England's successful Age Group programs--what makes their programs work

12:15 pm-- 1:15 pm: LUNCH, COACHES' MEETING and "THINK TANK" (Lunch will be available in the restaurant at the club.)

1:15 pm-- 4:00 pm: SENIOR PANEL DISCUSSION: Presentation and questions and answers with a panel of New England coaches who have coached swimmers at the national level--how to get your swimmers to the national level

4:15 pm-- 8:15 pm: SAFETY TRAINING FOR SWIM COACHES RECERTIFICATION. You must be currently certified. Please bring your training manual. There will be a charge if you need a new one.

FEES : New England registered non-athletes: pre-registration \$ 5.00*
at door 10.00
Others : pre-registration 10.00
at door 15.00

The fee covers all sessions of the seminar and also the "Safety Training for Swim Coaches" recertification. Lunch and the training manual (if needed) will be extra.

*New England registered non-athletes who pre-register (received by April 14) will have their checks returned at the door. Please bring your USS card to show.

OVER.....

NAME: TO: Amy Parratto, 14 Back Street, Dover, NH 03820 (603-749-2869)

NAME: _____ PHONE: _____

ADDRESS: _____

TEAM: _____ NEW ENGLAND REGISTERED NON-ATHLETE? _____

Do you plan to stay for "Safety Training for Swim Coaches" recertification? _____

Fee enclosed: _____ (Checks should be made out to: New England Swimming)

PANEL DISCUSSION PARTICIPANTS:

AGE GROUP PANEL: Steve Ostapower, MEM
Donna Brown, BGSC
Meg Nickerson, SSA
Isabelle Fraser/Maureen O'Connell, PVAC
Mike Spring/Patty Fitzgerald, MVP
staff member, BYB/CAY

SENIOR PANEL : Mike Chasson, MEM
Mike Parratto, SSA
Marc Solomon, CCSC
Matt Connery, KBAC

POSSIBLE TOPICS FOR DISCUSSION AT THE COACHES MEETING/THINK TANK:

1. How to have a better awards ceremony at Seniors and other championship meets.
2. Discussion of possibility of bonus heat at Seniors is Maine swimmers participate.
3. How to promote distance events and distance swimming in NE.
4. Other? Call Amy Parratto (603-749-2869) with suggestions or send them with your registration form.

DIRECTIONS: Hampshire Hills Sport and Fitness Club, Milford, NH (603-673-7123)
FROM THE SOUTH: Take Route 3 north to exit 7W (Route 101). Follow 101 to Milford. Look for the White Horse Inn which is on the right after Shaw's Plaza. Across from the White Horse Inn is the sign for Hampshire Hills. Turn left (Ponemah Hill Road). Turn right at the first road on the right (Emerson). The club will be on the left. **FROM THE NORTH:** Take Route 93 south to Route 101 to the first Milford exit (Route 101A). This brings you to Shaw's Plaza. Follow from the above directions.

United States Swimming
presents 5th Annual
ZONE COACHES COLLEGE
Smart Coaches - Fast Swimmers

Objective: Clinic presentations of the latest scientific information and team building ideas for coaches of summer, age group, YMCA, club and high school swimmers. **BRING YOUR WHOLE STAFF!**
Ideas and answers from America's finest swimming researchers and coaches for all levels of coaches, of all levels of swimmers.

NEW HAVEN
Yale University
May 13-15
Holiday Inn - \$50
w/breakfast
(1-91/95 - Exit)
(203)777-6221
Airport Shuttle

COACH
Kevin Thornton
Florida Gators

SAN ANTONIO
Palo Alto C.C.
May 20-22
La Quinta/S. Park - \$54
w/breakfast
(1-35(s) Exit Military)
(210)922-2111

COACH
Terry Stoddard
Pasadena S.C.

NASHVILLE
Caulkins Natatorium
April 29 - May 1
Holiday Inn - \$75
(1-65 Exit 209)
(615)327-4707
Grayline Shuttle

COACH
Greg Troy
Bolles School

SAN MATEO
Sarah H.S.
May 5-7
Dunfey Hotel - \$42
(1-92(s) to Delaware
to Concord)
(415)573-7661
Airport Shuttle

COACH
Charlie Cunningham
Glendale Gouchos

- FORMAT -

Friday
11:00 Registration
12:30 Orientation
1:00 Goal Setting
2:00 Red Cross Services
3:00 Team Building Ideas
4:30 Dinner
6:00 USS Programs & Services
7:00 Swimming Visualization Drills
9:00 Social/Raffle

Saturday
8:30 Games & Gimmicks
9:30 Abuse Prevention Skills
10:30 Olympians Strokes/Strategy
11:30 Q & A Strokes/Strategy
12:00 Lunch
1:30 Team Administration
3:00 Nutrition for Goodtimes
5:00 Dinner
6:30 Training Demonstration
7:00 Motor Learning and Teaching
7:30 Stroke Building/Drills

Sunday
8:30 Dryland Programs
9:00 Sample Practices
10:00 Basic Physiology
10:30 Age Considerations
11:00 Season's Training Plans
12:30 Computer Workshop

Tuition: USS members \$20 / Non-USS members \$45 (includes USS non-athlete membership/benefits)
Includes: Handbook, polo shirt, photo, awards (certificate), raffles....
Credit: ASCA certification (8 units)

Registration: Return the form to U.S. Swimming by April 15, 1994. Hosts do not handle registration. All questions should be directed to USS. Thirty coaches are needed to conduct each college, maximum of 100.

Housing: Make reservations ASAP. Ask for the U.S. Swimming room block. The room block is released one month out. After that take your chances. The rate is per room (1 to 4).

COACHES COLLEGE REGISTRATION
INCLUDE FULL PAYMENT WITH REGISTRATION

NAME _____ SHIRT SIZE L XL XXL
FEE ENCLOSED \$ _____
ADDRESS _____ DAY PHONE () _____
CITY _____ ZONE C.C. SITE _____
STATE _____ ZIP _____

SEND TO: United States Swimming, Coaches College, 1 Olympic Plaza, Colorado Springs, CO 80909

FOR YOUR FILES:

MARC ALLEN, chairman	603-888-4873
BOB PYATT, senior coaches' rep	508-264-9412
MIKE PARRATTO, junior coaches' rep	603-749-2869
JIM MCCOMBS, senior chairman	603-889-8002
ANNE HAWKINS, age group chairman	603-465-2550
ROY COATES, technical chairman	617-373-2676
CAROL MITCHELL, OVC's	617-665-7439
ANNE KOTCH, OVC's	508-222-7063
KEVIN SALISBURY, ASCA information	508-793-7170
UNITED STATES SWIMMING	719-578-4578
NEW ENGLAND SWIMMING	617-449-0270

NEWSLETTER PLUS subscriptions are available through the New England office for \$10 per year. Each team receives one free subscription, but many teams find it helpful for each coach to have a subscription.

Handwritten signature

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**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192



FIRST CLASS

74
ISABELLE C FRASER
125 FRANKLIN ROAD
LONGMEADOW MA

01106

NEW ENGLAND SWIMMING REQUEST FOR REIMBURSEMENT

MEET: _____ DATE: _____

NAME: _____ CLUB: _____

DATE OF FIRST REGISTRATION IN NEW ENGLAND: _____
(Include year only if registered for more than one year.)

INDIVIDUAL EVENT(S) SWUM: _____ PLACE: _____

THREE NEW ENGLAND CALENDAR MEETS SWUM IN DURING THE SEASON:

MEET: _____ DATE: _____

(If the swimmer has not swum in three New England calendar meets during the season, but has swum in three New England calendar meets during the other season, the swimmer may request a waiver from the three meet requirement. Please include an explanation and a request for a waiver with this form.)

MAKE CHECK PAYABLE TO: _____

MAIL CHECK TO: _____

SIGNED: _____

TEAM REPRESENTATIVE

PARENT (or swimmer if over 18)

DATE: _____

(Requests must be made within 8 weeks.)

MAIL completed forms to; New England Swimming
20 Cleveland Road
Needham, MA .02192



NOTE: Requests for reimbursement cannot be considered by the Board of New England Swimming until after the results have been received in the office.

FOR OFFICE USE ONLY:

Verification: Registration: _____ Meet Results: _____ New England Meets: _____

Approved by Board: _____ Amount of Check: _____

UNITED STATES SWIMMING

National Age Group Camp

United States Swimming and New England Swimming will be sponsoring a National Age Group Camp for New England swimmers ages 11 through 13 on June 11 and 12, 1994 at Clark University, Worcester, MA. It is expected that 25 boys and 25 girls will attend the camp.

OBJECTIVES: Objectives are to enhance physical and psychological development for the individual participant.

The following are GOALS that relate to these objectives;

1. Retention of athletes at a critical age: boys and girls 11-13.
2. Leadership and the transfer of information by each participant back to the home club, thus spreading the effectiveness of the camp.
3. To promote educational awareness of the USS national program.
4. Provide a national team training experience and raise the level of expectation for each participating swimmer.
5. Collection of data on developing athletes that will be evaluated by ICAR, for future development and improvement of USS programs.
6. Improvement of swimmer's self image.
7. Promote loyalty to swimmer's home club and strengthen their home coaches' image.
8. Provide an opportunity for education, observation, communication and motivation to coaches.
9. Educate swimming parents about their role in their child's success.

DEPOSIT: A deposit of \$25 is to be sent to the camp director by May 6, 1994 to reserve a spot in the camp. Make checks payable to New England Swimming and mail to: Amy Parratto, 14 Back Street, Dover, NH 03820.

REGISTRATION: Registration will be Saturday, June 11, 1994 from 8:00 am to 9:00 am at the Clark University pool. Please eat breakfast before you come.

COST: \$25.00 plus the \$25.00 deposit. This includes one night's lodging, meals from Saturday lunch through lunch on Sunday, linens, towels, and a facilities use fee.

CAMP STAFF: Camp Director : Amy Parratto, SSA
 Assistant Director: Kevin Salisbury, CSC
 Head Coach : Meg Nickerson, SSA
 Assistant Coaches : Maureen O'Connell, PVAC
 Carl Cederquist, CAST
 Donna Brown, BGSC
 one additional male coach to be named

CAMP CONCLUSION: The camp will conclude at 5:00 pm on Sunday, June 12, 1994.

MEDICAL FORM AND ADDITIONAL INFORMATION; Will be sent to each camper when the camper is accepted. In the case of too many applications, campers will be selected according to times.

COUNSELORS: The camp coaches will reside in the dormitories with the swimmers on Saturday night as chaperons/counselors. Lights out will be at 10:00 pm.

T-SHIRT AND SWIM CAP: Each swimmer will be given a USS National Age Group Camp T-Shirt and Swim Cap at registration.

PARENTS' MEETING: Each swimmer's parent(s) are invited to attend the parents' meeting Sunday at 3 pm and to participate in the camp wrap-up at 4 pm.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

APRIL 1994

IN THIS ISSUE: 1994 NATIONAL MOTIVATIONAL TIMES; NATIONAL AGE GROUP CAMP INFO & APPLICATION; EASTERN ZONE TEAM; NEW ENGLAND SWIMMERS AT SENIOR NATIONALS & JUNIOR NATIONALS; BAY STATE GAMES; LONG COURSE CALENDAR UPDATE.....

COMING NEXT MONTH: TIME STANDARDS FOR NEW ENGLAND LONG COURSE SENIOR, AGE GROUP AND TEN & UNDER CHAMPIONSHIPS
UPDATED LISTING OF NEW ENGLAND BOARD MEMBERS

NEW ENGLAND SWIMMING VISITS COLORADO SPRINGS:

Several members of New England Swimming have attended camps and meetings at the Olympic Training Center in Colorado Springs in the past weeks.

Four athletes from New England were selected to participate in the OUTREACH CAMP:

JABULA BUTLER	BGSC
KAREN CHING	SAC
KEVIN RILEY	BGSC
HENRY TURNER	SSSC

CONGRATULATIONS to these swimmers!!

MARY RIDDELL represented New England at the Registration Workshop.
COACH JOSEPH BERNAL attended a meeting of the Senior Swimming Committee.
STEVE BURKE and FRANK CHING will be representing New England at the Officials' Workshop to be held in May.

INSURANCE INFORMATION: In addition to Liability Insurance, USS registered non-athletes are now covered by Secondary Accident Insurance.

The Board of New England Swimming will meet at 7 pm on Monday, May 9, 1994 at the Wellesley Community Center, Washington Street (Route 16), Wellesley, MA.

BAY STATE GAMES:

ELIGIBILITY: Open to residents of Massachusetts, full time student or military in Massachusetts, members of swimming clubs in Massachusetts*

DIVISIONS: (ages as of June 1, 1994) JUNIOR : age 12 to 14
 SCHOLASTIC: age 15 to 17
 OPEN : age 18 and older

TRYOUTS: June 10 and 11, 1994 (short course yards)*

Bently College, Waltham
 Scott Pohlman (617-527-7177)

Salem State College, Salem
 John Lazar (617-599-7362)

Wheaton College, Norton
 Rob Garon (617-545-9736)

UMASS/Amherst, Amherst
 Frank Bachteler (413-243-0709)

FINALS: July 15--17, 1994, Harvard University (long course meters)

*For more information concerning eligibility, areas for tryouts, order of events and a registration form, contact Bay State Games, PO Box 8336, Boston, MA 02114

Massachusetts USS teams also have received information and entry booklets.

FAST TIMES AT ZONES!!!!

The Eastern Zone Meet this spring featured some fast times—

604 TOP 16 REPORTABLE TIMES
 4 NEW NATIONAL AGE GROUP RECORDS
 94 JUNIOR NATIONAL QUALIFYING TIMES
 32 NEW ZONE RECORDS

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

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

VASA TRAINER FOR SALE: 1½ years old, never stored on deck.
 \$350 or best offer. Contact Abby Huribut, 617-729-4216.

NORTHEASTERN UNIVERSITY SWIM CAMP will be held from June 27 to July 1 from 9 am to 3:30 pm (day camp only). The concentration will be on techniques, strokes, starts, turns, finishes, as well as overall conditioning. Two water workouts per day plus lectures and dryland.
 Contact: Roy Coates at 617-373-2676

JUNIOR NATIONAL CHAMPIONSHIPS:

CONGRATULATIONS to the New England Swimmers who participated in the spring
JUNIOR NATIONAL CHAMPIONSHIPS in Ann Arbor, Michigan.

BERNAL'S GATOR SWIM CLUB placed SECOND in the women's team scoring.
MASSACHUSETTS BAY MARLINS placed SECOND in the men's team scoring.
SEACOAST SWIMMING ASSOCIATION placed NINTH in the women's team scoring.

In the INDIVIDUAL HIGH POINT scoring; SUSAN TRAINER (BGSC) was 15th.
CARL ERIKSSON (MEM) was 4th.
ALEX KURMAKOV (MEM) was 7th.

KATINA MAISTRELLIS (BGSC) won the 50 yard freestyle.
SUSAN TRAINER (BGSC) won the 200 yard freestyle.
ALEX KURMAKOV (MEM) won the 100 yard freestyle.
BGSC (HOLT, PELUSO, TRAINER, MAISTRELLIS) won the 400 yard medley relay.
MEM (ERIKSSON, KURMAKOV, KREMEN, GULLEDGE) won the 400 yard free relay.

New England Swimmers placing in FINALS:

KATINA MAISTRELLIS	BGSC	ALEX KURMAKOV	MEM
SUSAN TRAINER	BGSC	CARL ERIKSSON	MEM
DIANA LIBERTY	SSA	TAD KREMEN	MEM
EMILY DEPPE	SSA	CHUCK BARNES	MEM
JENNY MOONEY	EBAC	KRISTEN LOZEAU	GMSC

New England Swimmers placing in CONSOLATIONS:

KATHERINE YOUNG	EBAC	AMY HOLT	BGSC
KIRSTIN NAGLE	SSA	SARA GREENBAUM	BGSC
KARRI CHARPENTIER	GMSC	MATT GULLEDGE	MEM

New England Swimmers swimming in INDIVIDUAL EVENTS:

MELISSA FRECHETTE	SSA	DENIS SIRRINGHAUS	BGSC
LEA DELICIO	SSA	DANIELLE PELUSO	BGSC
ELISA LANCIAULT	SSA	RACHEL ENOS	BGSC
KATE SANDERS	SSA	JEN SCHMID	BGSC
KELLY FLYNN	SSA	JULIE LAPINSKY	BGSC
KAREN ANDERSON	SSA	MELISSA SESSOMS	BGSC
BRITTANY WILSON	SSA	JULIE MITCHELL	BGSC
KENDRA DEPPE	SSA	KERRIANNE KALEKO	BGSC
JAMIE CAIL	SSA	LINDSEY SULLIVAN	CCSC
KIM BILLEN	UN	SHANE RAYMOND	CCSC
MELINDA ANTONUCCI	UN	LAUREL NAVERSEN	BRN
SPENCER HAWKINS	MEM	HEIDI SCHAMBRA	BRN
MIKE SCARBO	MEM	CHRISTINE JENSEN	BRN
ANNA CHRISTIANSEN	HYST	BETH ELIE	PVAC
WENDY THORPE	EBAC	AMANDA KIROUAC	GMSC
AUDREY COUTO	EBAC	RYAN PARKINSON	GMSC
ALETHA HOLMES	BSC	MIKE GUSTAFSON	GMSC
EVE ROSSI	BSC	MATT CRAVEN	BSC

New England Swimmers swimming in RELAYS only:

BGSC: KELLY GOULDSON
BSC: CATHLYN LANG, KAITLIN LAWSON
MEM: TODD MCDERMOTT

NEW ENGLAND SWIMMING EASTERN ZONE TEAM:

CONGRATULATIONS to the Zone Team which represented New England at the Eastern Zone meet in Princeton, NJ.

OUTSTANDING SWIMS included: CHRIS FERNANDES (CAST) who won the 11 & 12 100 fly
ERIKA ALLEN (SSA) who won the 13 & 14 1000 free-
style, 1650 freestyle and qualified for
Junior Nationals in the 400 IM.

TEAM MEMBERS included:

10 and unders:

*CHELSEA FELLOWS-SWENSON	BENN	KEIL FLETCHER	BYD
MEGHAN BINDER	NEB	RYAN BERG	NEB
*TERESA MCRANN	UN	*BOBBY CROWDER	RAMS
NOELLE PULOMENA	SSA	EDDIE OQUENDO	LEVI
LESLIE ST. LAWRENCE	HYV	*ROBERT SCHOTTER	CAST
CHRISTINA MUCCI	PSC	ALEX LAWTON	NEB
*ERIN DWYER-FRAZIER	PAC		
TESS TOMLINSON	NEB		

11 and 12:

CHELSEA SINGLEY	BYD	*PATRICK FEI	LOBC
MAYA MARK	ATST	JOE SABINA	OCY
*RYAN CESARE	BGSC	*NICK BRONELLI	ABF
BETHANY DAVID	BYD	*CHRIS FERNANDES	CAST
*ALLISON MESSIER	SSA	*TIM CARTER	AMW
KAREN CHING	SAC	THOMAS DURKIN	NWSC
*MAURISA RILEY	BGSC		

13 and 14:

KARA BRENNAN	ABF	ROB LEWIS	EBAC
JESSE QUILLIAN	HYV	TIM GALE	PVAC
WENDY BROWN	BGSC	MIKE SABINA	OCY
JACKIE ERRECART	BYD	COREY BLAKELY	EBAC
SARAH HUMPHREY	SAC	JEFF MARJAMAA	TRTY
*SARAH MOONEY	EBAC	*ZEB JENKINS	PVAC
REGAN FLYNN	HYV	SEAN MEEHAN	HYV
*ERIKA ALLEN	SSA	SEAN RAFFILE	EBAC
ANDREA KURRLE	ABF		
MORGAN BARENSE	EBAC		

15--18:

KATE YELLE	HYV	TONY FONSECA	ABF
AGATHA DOROBISZ	HYV	ANTHONY SAKAKENY	MVP
*MEGAN CASSIDY	HYV	SAM PECK	EBAC
DARA PRISTAW	NCAC	D. J. SINGLEY	BYD
		*HENRY TURNER	SSSE
MICHAEL PINK	HYV	ADAM THIVIERGE	ABF
MIKE LEAKE	BENN		

* swam in finals of an individual event

Teams listed are the teams that the swimmers represented at the time they were selected. At the meet all swimmers represent New England.

COACHES:	ISABELLE FRASER	PVAC	MATT CONNERY	EBAC
	SCOTT WOOLSEY	BYD	DANITA POLORNY	BYD
	BRIDGET BURKOT	BGSC	MARTIN EDWARDS	BGSC
	BILL VEVIER	ATST		

SENIOR NATIONAL CHAMPIONSHIPS:

CONGRATULATIONS to the New England Swimmers who participated in the spring
SENIOR NATIONAL CHAMPIONSHIPS in Federal Way, Washington.

MASSACHUSETTS BAY MARLINS placed THIRD in the men's team scoring and
SIXTH in the combined team scoring.

BERNAL's GATOR SWIM CLUB placed 16th in the women's team scoring.

New England Swimmers placing in FINALS:

DEDE TRIMELE	MEM	TIM CARVER	MEM
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New England Swimmers placing in CONSOLATIONS:

KEVIN WILLIAMS	MEM	DAVE SCHWARTZ	MEM
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New England Swimmers swimming in INDIVIDUAL EVENTS:

SUSAN TRAINER	BGSC	CHIP HABERSTROH	MEM
KATINA MAISTRELLIS	BGSC	SPENCER HAWKINS	MEM
DENIS SIRRINGHAUS	BGSC	ED WAGNER	MEM
JULIE MITCHELL	BGSC	CARL ERIKSSON	MEM
MELISSA SESSOMS	BGSC	ALEX KURMAKOV	MEM
AMANDA HALL	BGSC	ALLISON VENDT	MEM
JULIE MITCHELL	BGSC	JESSICA TUCKER-MOHL	SSA
CORRINE MURPHY	NCAC	CAROLINE PALMER	SSA
ANNE IACOBUCCI	BSC	MICHELE LABRIE	SSA

New England Swimmers swimming in RELAYS only:

BGSC: SARA GREENBAUM, DANIELLE PELUSO

SSA: EMILY DEPPE

CALENDAR CORRECTIONS AND UPDATES:

JULY

21—24: NEW ENGLAND SENIOR CHAMPIONSHIPS
to be determined

28—31: NEW ENGLAND AGE GROUP CHAMPIONSHIPS
Harvard University

One-session distance specialty meets which have been schedules as of now:

JUNE 11 (pm) SSA (Guppy Pool) 400 free, 400 IM, 800 free
Contact: Bruce Mohl 603-868-7249

JUNE 12 (am) BRN (Brown University) 800 free

JUNE 25 (am) BRN (Brown University) 400 free, 400 IM

Contact: Matt Kredich 401-863-1919

UNITED STATES SWIMMING
National Age Group Camp

United States Swimming and New England Swimming will be sponsoring a National Age Group Camp for New England swimmers ages 11 through 13 on June 11 and 12, 1994 at Clark University, Worcester, MA. It is expected that 25 boys and 25 girls will attend the camp.

OBJECTIVES: Objectives are to enhance physical and psychological development for the individual participant.

The following are GOALS that relate to these objectives;

1. Retention of athletes at a critical age: boys and girls 11-13.
2. Leadership and the transfer of information by each participant back to the home club, thus spreading the effectiveness of the camp.
3. To promote educational awareness of the USS national program.
4. Provide a national team training experience and raise the level of expectation for each participating swimmer.
5. Collection of data on developing athletes that will be evaluated by ICAR, for future development and improvement of USS programs.
6. Improvement of swimmer's self image.
7. Promote loyalty to swimmer's home club and strengthen their home coaches' image.
8. Provide an opportunity for education, observation, communication and motivation to coaches.
9. Educate swimming parents about their role in their child's success.

DEPOSIT: A deposit of \$25¹⁰ is to be sent to the camp director by May 6²⁷, 1994 to reserve a spot in the camp. Make checks payable to New England Swimming and mail to: Amy Parratto, 14 Back Street, Dover, NH 03820.

REGISTRATION: Registration will be Saturday, June 11, 1994 from 8:00 am to 9:00 am at the Clark University pool. Please eat breakfast before you come.

COST: \$25.00 plus the \$25.00 deposit. This includes one night's lodging, meals from Saturday lunch through lunch on Sunday, linens, towels, and a facilities use fee.

CAMP STAFF: Camp Director : Amy Parratto, SSA
 Assistant Director: Kevin Salisbury, CSC
 Head Coach : Meg Nickerson, SSA
 Assistant Coaches : Maureen O'Connell, PVAC
 Carl Cederquist, CAST
 Donna Brown, BGSC
 one additional male coach to be named

Deanne Leverington BLS
Gary Adams AWA
Scott Woodrow BVA

CAMP CONCLUSION: The camp will conclude at 5:00 pm on Sunday, June 12, 1994.

MEDICAL FORM AND ADDITIONAL INFORMATION: Will be sent to each camper when the camper is accepted. In the case of too many applications, campers will be selected according to times.

COUNSELORS: The camp coaches will reside in the dormitories with the swimmers on Saturday night as chaperons/counselors. Lights out will be at 10:00 pm.

T-SHIRT AND SWIM CAP: Each swimmer will be given a USS National Age Group Camp T-Shirt and Swim Cap at registration.

PARENTS' MEETING: Each swimmer's parent(s) are invited to attend the parents' meeting Sunday at 3 pm and to participate in the camp wrap-up at 4 pm.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

MAY 1994

IN THIS ISSUE: TIMES FOR LONG COURSE CHAMPIONSHIP MEETS;
PROPOSED SHORT COURSE CALENDAR AND BID FORM;
ZONE INFO; 1994 NEW ENGLAND BOARD,...

DISTRICT CHAMPIONSHIPS

In the 1994-1995 Short Course Season, District Championships will be added to the New England End-of-Season Meet Calendar for swimmers aged eleven and older. These District Championships will be held prior to New England Senior Championships and New England Age Group Championships, so that qualified swimmers may progress to the next higher level of championship competition.

The New England LSC will be split into districts. At this time, four districts are being considered, although more or fewer may be appropriate after further study of the New England LSC's swimming population. Every effort would be made to assign teams to the facility closest to them. In the event of oversubscription of one district and undersubscription of another, border teams might be reassigned.

The minimum time standards for District Championships will be no harder than the current Silver Classic time standards, and, in some cases, they will be made easier. There will be no maximum time standards or "cut out" times. District Championships are being designed as a team meet for **ALL** qualified athletes. Swimmers may enter a maximum of seven events.

District Championships will follow a two and one half day, timed finals format (Friday evening, Saturday, and Sunday). All events will be offered for all age groups with the possible exception of the 1000 yard freestyle. A distance session (1650 yard freestyle) may be scheduled as a separate evening session on Saturday or as part of the Friday evening session. Relays will be offered for all age groups.

Bids will be solicited from teams with access to competition pools. Quality six lane pools will be appropriate for this meet, as well as eight lane facilities. Shawmut Aquatic Club and North Country Aquatic Club will be given preference in hosting a District Championship, since Age Group Qualifier and Silver Classic will be superseded by this meet.

District Championships will be further explained and discussed at the Annual Meeting of New England Swimming in October. At that time, all New England teams will be asked to participate in a survey to assist in the planning of these meets.

The Board of New England Swimming will meet on Monday, June 13, 1994 at 7 pm at the Nashua Country Club, Nashua, NH.

FORMAT FOR MEET ENTRIES

Name of Meet
Type of Meet
Date of Meet



Sanctioned by New England Swimming (include sanction number)

Presented by: (Name of Team)

Information from: (Name, Address, and Phone Number of Information Director)

Dates: (Day of week and date)

Times: (Warm-up and Starting Times for all Sessions)

Facility and Site: (Name and Address of Complex, Number of Lanes and Length of Course, Type of Lane Lines and Timing System, Spectator Space and any other special instructions)

Entry Information: Entry forms must be completed and received by (Day and Date). All entries must be on standard New England seed cards (or No seed cards are needed) and mailed with your entry form, summary form and check to: (Name and Address).

Entry fees: (cost) per individual event; (cost) per relay; (cost) per distance event.

Checks payable to: (Name)

Eligibility: All swimmers must be 199- registered swimmers with USS. New England Swimmers may register with: (Name and Address of NE Office)

Procedure for Cutting Meet: If necessary, the meet will be cut by the meet director in the following manner;

Awards: (State Awards and for what Places)

Admission: \$1 per session (or less)

Program: (State Cost)

Refreshments: (Will or will not be available)

Format: (State if Timed Finals or Trials and Finals with details if necessary)

Rules: 199 US Swimming rules will govern all competition and decisions by the Meet Referee will be final, unless a written protest is lodged within 30 minutes of the swim heat being protested.

Special Instructions: There will be absolutely no diving in any part of the pool during warm-ups, except in specially designated sprint lanes.

Shaving policy: There will be no shaving in the showers or elsewhere in the swimming venue.

Directions: (Give directions to the pool from major highway. Include special parking instructions if necessary.)

Local Accommodations: (List with phone numbers)

Please include the following on the meet entry summary sheet:

Any swimmer whose entry is accepted will, for himself, his heirs, executors and administrators, waive and release any and all rights and claims for damages he may have against United States Swimming, New England Swimming, (Name of Team), (Name of Facility) for any and all injuries suffered by him at said meet.

In addition to the above information, please include an event and financial summary sheet and the numbered events set up by session with the cut-on and cut-off times. An entry form also should be included.

NEW ENGLAND SWIMMING, BOARD MEMBERS

MAY 1994

MARC ALLEN Chairman	2 Colony Way, Nashua, NH 03062	(H) 603-888-4873 (O) 603-432-2210
KEN CUNHA Vice Chairman	33 Ronald Road Sudbury, MA 01776	(H) 508-443-3180 (O) 508-922-2850
GLENN HERRICK Treasurer	36 Mayflower Drive Wenham, MA 01984	(H) 508-468-2548
KATHLEEN MILLOY Secretary	Brown University Box 1874 Providence, RI 02912	(O) 401-863-1188
JIM McCOMBS Senior Chairman	16 Milk Street Nashua, NH 03060	(H) 603-889-8002 (O) 603-673-7123 x 279
JOSEPH BERNAL Senior Committee	8 Woodchester Circle Waltham, MA 02154	(H) 617-890-6955
ANNE HAWKINS Age Group Chairman New England Records NAG Top 16	PO Box 397 Hollis, NH 03049	(H) 603-465-2550
DONNA BROWN Age Group Committee	66 Craigie Street Somerville, MA 02143	(H) 617-776-4531
ROY COATES Technical Chairman	Northeastern University 219 Cabot Gym Boston, MA 02115	(O) 617-373-2676
MARY RIDDELL Registration Administrative Assistant	20 Cleveland Road Needham, MA 02192	(O) 617-449-0270 (H) 617-444-2590
ELLIOT LASKY Officials Chairman	15 Masefield Road Nashua, NH 03062	(H) 603-888-5557
ABBY HURLEBT Officials Committee	10 Wildwood Street Winchester, MA 01890	(H) 617-729-4216
ISABELLE FRASER Sanction Chairman Zone Representative	125 Franklin Road Longmeadow, MA 01106	(H) 413-567-3415 (O) 413-567-2239
PRISCILLA DAVIS Safety Officer Adaptive Swimming Review Board Chairman	205 Woodbury Street South Hamilton, MA 01982	(H) 508-468-3786
BOB PYATT Coach Representative	58 Spencer Road #22K Boxborough, MA 01719	(H) 508-264-9412 (O) 508-393-3893
MIKE PARRATTO Coach Representative	14 Back Street Dover, NH 03820	(H) 603-749-2869
KAIT McLAUGHLIN Athlete Representative	8 Drexel Drive Chelmsford, MA 01863	(H) 508-251-7191
THOMAS O'DONNELL Athlete Representative	75 Bayberry Road Canton, MA 02021	(H) 617-821-2220

HAROLD FIGUEIRA Swim-a-Thon	30 Blanding Road Rehoboth, MA 02769	(H) 508-336-5400 (O) 508-336-4258
GERARD ZIMMER Meet Evaluation	PO Box 534 Amherst, NH 03031	(H) 603-673-0676 (O) 617-377-3138
CAROL MITCHELL OVC's	14 Sunset Road Stoneham, MA 02180	(H) 617-665-7439
JIM MURPHY Special Projects	56 Cleveland Way Buzzards Bay, MA	(H) 508-759-3298
BRUCE MOHL At Large	24 Newmarket Road Durham, NH 03824	(H) 603-868-7249

OTHER:

ANNE KOTCH OVC's	128 South Street Attleboro, MA 027 03	(H) 508-222-7063
AMY PARRATTO Camps	14 Back Street Dover, NH 03820	(H) 603-749-2869
UNITED STATES SWIMMING	One Olympic Plaza Colorado Springs, CO 80909	719-578-4578 FAX 719-578-4761
JARDINE INSURANCE	US Swimming Coordinator PO Box 370 Phoenix, AZ 85001-0370	602-256-1599 1-800-777-4980 FAX 602-254-4272

REVIEW SECTION:

Priscilla Davis
Bruce Mohl
Isabelle Fraser
Joe Bernal
Roy Coates
Jim Murphy
Kait McLaughlin



NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL
20 Cleveland Road
Needham, MA 02192
617-449-0270

OFFICE HOURS: Monday : 8 a.m.—2 p.m.; 7:30 p.m.—10 p.m.
Thursday: 8 a.m.—2 p.m.

ZEB JENKINS (PVAC) will be attending a camp from June 6—12 at the United States Olympic Training Center in Colorado Springs. The camp will be sponsored by the United States Aquatic Association for the Deaf. The team manager will be Ken Gouldston, a former New England swimmer who now resides in Sherman Oaks, CA.

NEW ENGLAND TEN & UNDER CHAMPIONSHIP TIME STANDARDS

1994

WOMEN		8&U	MEN	
LCM	YDS	EVENTS	YDS	LCM
	18.29	25 FR	18.59	
46.39	42.39	50 FR	42.49	47.29
152.69	138.39	100 FR	140.49	151.99
	22.99	25 BK	23.29	
100.59	51.59	50 BK	51.59	101.69
	25.99	25 BR	26.69	
105.69	58.99	50 BR	58.99	106.19
	22.99	25 FL	23.99	
103.49	100.79	50 FL	102.19	114.29
	148.99	100 IM	154.39	

WOMEN		9-10	MEN	
LCM	YDS	EVENTS	YDS	LCM
39.89	34.99	50 FR	34.99	39.89
128.19	117.39	100 FR	118.99	129.99
309.49	246.19	200 FR	246.19	309.49
47.09	41.29	50 BK	41.69	47.59
144.69	131.99	100 BK	132.99	145.99
53.39	46.79	50 BR	47.49	54.19
155.79	141.59	100 BR	143.99	158.59
47.09	41.29	50 FL	41.29	47.09
149.49	135.99	100 FL	135.99	149.49
	127.29	100 IM	128.99	
336.59	309.99	200 IM	312.99	339.99

All times must be achieved after September 1, 1993.

LONG COURSE ZONE INFORMATION:

The Long Course Eastern Zone Meet will be held from August 10—13, 1994 at Trees Hall Swimming Pool, University of Pittsburgh, Pittsburgh, PA.

New England Swimming has reserved a block of rooms at the meet headquarters, Holiday Inn, Parkway East, 915 Brinton Road, Pittsburgh, PA 15221. The rooms include a king bed, pullout sofa bed and a cot for \$59 plus 12% tax. Breakfast begins at 6 am. For reservations call 412-247-2700 x 433 and ask for the New England Swimming rooms. (You will need a credit card.) The rooms will be available until July 19 or until all are reserved.

NEW ENGLAND SENIOR CHAMPIONSHIP TIME STANDARDS

1994

WOMEN		SR BONUS	MEN	
LCM	YDS	EVENTS	YDS	LCM
29.99	26.49	50 FR	23.79	27.69
104.99	57.19	100 FR	52.19	100.19
218.89	202.99	200 FR	153.79	210.29
453.19	528.19	500 / 400 FR	507.99	437.09
1019.89	1122.49	1000 / 800 FR	1044.19	952.29
1933.89	1850.29	1650 / 1500 FR	1821.19	1849.69
116.09	105.09	100 BK	100.59	109.89
239.99	220.69	200 BK	211.69	230.29
126.69	114.39	100 BR	107.49	117.79
306.99	240.19	200 BR	227.79	251.19
111.79	103.89	100 FL	58.49	106.89
241.79	223.39	200 FL	211.29	233.09
238.79	218.99	200 IM	210.19	228.59
541.99	455.19	400 IM	441.49	520.49

WOMEN		SENIORS	MEN	
LCM	YDS	EVENTS	YDS	LCM
29.79	25.89	50 FR	22.99	26.99
104.29	56.09	100 FR	50.89	58.59
216.99	200.49	200 FR	150.59	206.99
447.49	522.99	500 / 400 FR	459.89	433.09
1005.99	1111.99	1000 / 800 FR	1029.99	939.99
1929.99	1840.59	1650 / 1500 FR	1759.99	1839.99
113.99	103.49	100 BK	58.49	108.69
236.99	217.29	200 BK	207.09	225.79
124.89	112.99	100 BR	104.99	115.99
302.79	237.69	200 BR	223.29	247.89
110.49	102.39	100 FL	56.09	104.79
238.19	219.39	200 FL	207.59	225.89
235.59	215.99	200 IM	206.79	224.79
537.99	450.29	400 IM	432.99	515.99

LONG COURSE METER TIMES for SENIORS may date from July 22, 1993; SHORT COURSE YARD TIMES for SENIORS may date from September 1, 1993; the 800 and 1500 freestyles may date from May 1, 1993.

NEW ENGLAND AGE GROUP CHAMPIONSHIP TIME STANDARDS

1994

WOMEN		11-12	MEN	
LCM	YDS	EVENTS	YDS	LCM
32.79	28.79	50 FR	28.89	33.19
111.99	102.59	100 FR	103.19	113.79
234.19	214.79	200 FR	217.29	236.99
520.89	556.79	500 / 400 FR	608.29	539.99
38.49	33.69	50 BK	34.09	40.99
123.99	113.19	100 BK	115.29	125.99
43.69	37.89	50 BR	38.39	45.99
135.29	122.59	100 BR	124.89	141.89
36.19	31.99	50 FL	32.99	38.99
123.99	111.99	100 FL	115.69	132.09
	112.19	100 IM	112.79	
256.99	234.99	200 IM	238.09	304.49

WOMEN		13-14	MEN	
LCM	YDS	EVENTS	YDS	LCM
30.89	27.19	50 FR	26.09	29.99
107.79	58.99	100 FR	56.59	106.59
225.49	207.09	200 FR	203.79	224.09
505.49	538.99	500 / 400 FR	532.99	459.99
1040.09	1145.99	1000 / 800 FR	1122.99	1031.39
1940.29	1911.69	1650 / 1500 FR	1850.29	1907.89
118.59	107.59	100 BK	106.49	118.99
247.99	225.99	200 BK	223.99	243.99
130.49	117.59	100 BR	113.29	126.19
313.29	246.99	200 BR	241.99	309.99
116.49	106.99	100 FL	104.39	115.09
249.59	230.99	200 FL	231.99	253.99
244.59	224.99	200 IM	221.99	245.69
549.99	506.99	400 IM	506.29	551.29

All times must be achieved after September 1, 1993 with the exception of the 800 and 1500 freestyle which may be achieved after May 1, 1993.

NEW ENGLAND AGE GROUP CHAMPIONSHIP TIME STANDARDS

1994

WOMEN		15-16 / 15-18	MEN	
LCM	YDS	EVENTS	YDS	LCM
30.19	26.99	50 FR	24.49	28.29
105.59	58.19	100 FR	53.49	101.69
220.69	205.49	200 FR	156.99	213.49
458.79	533.39	500 / 400 FR	515.69	441.09
1033.69	1132.99	1000 / 800 FR	1058.39	1004.59
1937.79	1859.99	1650 / 1500 FR	1822.39	1859.39
118.09	106.59	100 BK	102.59	110.99
242.99	223.99	200 BK	216.19	234.79
128.39	115.79	100 BR	109.89	119.59
309.99	242.69	200 BR	232.29	254.39
112.99	105.29	100 FL	100.79	108.99
245.39	227.29	200 FL	214.99	240.19
241.99	221.99	200 IM	213.59	232.29
545.99	459.99	400 IM	449.99	524.89

All times must be achieved after September 1, 1993 with the exception of the 800 and 1500 freestyle which may be achieved after May 1, 1993.

COMING IN JUNE: ZONE TEAM TIMES & APPLICATION
INFORMATION FOR OFFICIALS

COMMUNITY POOL AQUATIC PROGRAM COORDINATOR: Year round position, excellent benefits. The Aquatic Coordinator duties include program management, instruction, supervision and lifeguarding. Strong organizational skills are a must. This is a 40 hour per week position, working hours will reflect scheduling needs of the pool programs. All applicants must have current CPR, First Aid, and WSI certificates. Water fitness certificates desired, but not mandatory. Related Bachelor degree and/or work experience in the field of aquatics is required. Salary: \$21,000--\$26,000. Mail resume to: Hank Varona, Aquatic Director, Nantucket Community Pool, 10 Surfside Road, Nantucket, MA 02554.

AGE GROUP COACH: The New England Barracudas have a position for a swim coach in their age-group program. We are looking for an enthusiastic and knowledgeable individual to work with 10--14 year old swimmers. The position will begin as soon as an interested and qualified individual is found. Please direct inquiries and replies to: New England Barracudas, PO Box 462, Weston, MA 02193 or call Erick Lans at 508 -399-8736.

PROPOSED NEW ENGLAND SWIMMING SHORT COURSE CALENDAR:

November: 13 : Introductory distance clinic for 9-12 swimmers
 December: 9-11: 11-12, 13-14 "A" trials & finals; (10 & u in middle
 16-18: Senior level "AA" trials & finals session?)
 February: 3-5 : 10 & under mini-meet; Senior trials & finals
 10-12: Bronze Classic (9-10, 11-12, 13-14, 15-18)
 17-19: Ten & under Championships (8 & under, 9-10)
 24-26: District Championships (11-12, 13-14, 15 & over)
 March : 2-5 : New England Senior Championships
 9-12: Age Group Championships (11-12, 13-14)
 14-19: Senior Nationals, Minneapolis
 21-25: Junior Nationals, Buffalo

Other weekends are open for meets of your choice. One-session distance meets are encouraged.

REQUEST FOR MEET:

DATE(S) of meet bid: _____

Please PRINT and fill in all information.

CLUB NAME: _____

MEET DIRECTOR: _____ PHONE: _____

ADDRESS: _____

MEET you are bidding for: _____

DATE(S): 1st choice: _____ 2nd choice: _____ 3rd choice: _____

FACILITY: _____ LOCATION: _____

DEPTH OF POOL AT STARTING END: _____ TURNING END: _____

HEIGHT OF BLOCKS ABOVE WATER: _____

PARKING: _____ COST: _____

PERSON TO CONTACT TO DISCUSS BID: _____ PHONE: _____

Please send this form WITH A COMPLETE MEET INVITATION (the format is included in this newsletter) to each of the following by JULY 15, 1994:

CALENDAR CHAIRMAN
 Ken Cunha
 33 Ronald Road
 Sudbury, MA 01776

TECHNICAL CHAIRMAN
 Roy Coates
 Northeastern U Swimming
 219 Cabot Gym
 360 Huntington Avenue
 Boston, MA 02115

SANCTION CHAIRMAN
 Isabelle Fraser
 125 Franklin Street
 Longmeadow, MA 01106

SEED CARDS: Seed cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

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 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registration.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192

FIRST CLASS



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

JUNE 1994

IN THIS ISSUE: ZONE CUTS, APPLICATION, HOTEL; OFFICIALS' CERTIFICATION, FACILITATORS, CLINICS; ATHLETE REP APPLICATION; USS NATIONAL AGE GROUP CAMP....

CONGRATULATIONS to the New England Swimmers who attended the Olympic Development Camp in Colorado Springs:

EMILY DEPPE	SSA	CAROLINE PALMER	SSA
SPENCER HAWKINS	MEM	JESSICA TUCKER-MOHL	SSA
MICHELE LABRIE	SSA	KATHERINE YOUNG	KBAC

CHAMPIONSHIP MEETS:

TEN & UNDER CHAMPIONSHIPS (July 15—17): In addition to a single session on Saturday and also on Sunday for 8 & unders and 9 & 10, there will be a session late Friday afternoon for 9 & 10 only.

SENIOR CHAMPIONSHIPS (July 21—24): The meet will be held at Springfield College, Springfield, MA, sponsored by New England Swimming with the cooperation of PVAC. Anyone who would like to help with the meet should contact the New England office. Qualified Maine swimmers will be invited to swim in the meet.

AGE GROUP CHAMPIONSHIPS (July 28—31): The meet will be trials and finals for 11 & 12, 13 & 14, and 15—18. Teams will be limited to 2 relays for each 800 freestyle. The 1500M freestyle and 800M freestyle will not be offered as regular events for the 15—18 age group. Instead, a time trial will be offered with a maximum of one heat of boys and one heat of girls per event. These time trials will be held after the evening finals session on the days when the events are regularly held for 13—14 swimmers (Thursday for the 1500m freestyle and Sunday for the 800M freestyle). Preference will be given to swimmers who are close to a Junior or Senior National cut time. These time trials will not be scored, nor will they count as one of the seven events which a swimmer may regularly enter in the meet. Swimmers and coaches should remember, however, they may swim a maximum of three events per day. The three event per day limitation includes these and other time trials. Time trial are at the discretion of the meet referee.

REMINDERS!!! BIDS FOR SHORT COURSE MEETS ARE DUE JULY 15

COACHES WHO ARE INTERESTED IN THE COACH REP POSITION SHOULD CONTACT MIKE PARRATTO (603-749-2869)

The Board of New England Swimming will meet on Monday, July 11, 1994 at 7 pm at the Wellesley Community Center, Wellesley, MA.

NEW TEAM: MANCHESTER YMCA TIGER SHARKS

Jon Luby
30 Mechanic Street
Manchester, NH 03101
MYTS

OFFICIALS' CLINICS:

Stroke and Turn: Tuesday, June 21 at 6 pm at the Manchester, NH YMCA;
Hosted by MYTS.

Thursday, June 23 at 6 pm at the Carter Community Center,
LEBANON, NH. Hosted by CCBS.

Tuesday, June 28 at 6:30 pm at the Nashua Country Club,
Nashua, NH. Hosted by Nashua Country Club Whalers.

Wednesday, June 29 at 6 pm at New Hampshire College,
Manchester, NH. Hosted by MSSC.

Starter : Wednesday, July 6 at 6:30 pm at New Hampshire College,
Manchester, NH. Hosted by MSSC.

For more information of to register, contact Jerry Zimmer:

business: 617-377-3138

home : 603-673-0676

WATER POLO: HAFB, an AG Water Polo team, will be sponsoring scrimmages and other water polo activities during August. For more information, contact Kelly Kemp at 617-274-0635.

SWIM TEAM COACH for Hockomock Area YMCA/USS Swim Team season (mid-August, 1994 through mid-April, 1995). Qualified candidate must have current certifications: 1. YMCA Swim Coach; 2. A.R.C. Safety Training for Swim Coaches; 3. CPR and Standard First Aid. Excellent wages and benefits. Please call or write to: David Schultz, Aquatics Director
Hockomock Area YMCA
300 Elmwood Street
North Attleboro, MA 02760

Phone: 800-439-2370 NYNEX Relay Operator or 508-695-7001, main office

WATER POLO: DIVERSIFIED AQUATICS (DARE) is now also a registered US Water Polo team. They are offering water polo training Saturday mornings from 10:30 to 12:00. The water polo coach, Anatoly Galperin, is the former national team coach of Moldova, a former Soviet republic. Several of Galperin's players went on to play on the Soviet and Unified Olympic teams in Barcelona and Seoul. Call Reid Christen for more information at (617) 894-2261.

LAGUNAMAR SWIM CAMP: For Masters and USS Swimmers and their families on the Caribbean island of Margarita, 12-26-94 to 1-2-95. Head Coach Mike Parratto, coach of Olympian Jenny Thompson; beachfront resort with 9 pools including ten lane 50 meter competition pool, wave pool, giant waterslides, kiddie pool; land only \$400 for swimmers, \$300 for family members; non-stop flight from JFK \$356 roundtrip. Call Bob Crowder at 401-783-0917.

ANOTHER MEET: New England has sanctioned a long course sprint meet (50M only) on July 23—24 at Hanscom Air Force Base Pool. The meet will be sponsored by HAFB and is intended for swimmers who have already qualified for Age Groups. Contact Kelly Kemp at 617-274-0635.

HEAD SWIM COACH: Concord NH YMCA seeks a YMCA/USS Swin Team Head Coach; 100 swimmers and 3 assistant coaches. Contact Hugh Emerson, 603-224-5741.

UNITED STATES SWIMMING 1994 NATIONAL AGE GROUP CAMP ROSTER:

The following New England Swimmers attended the USS National Age Group Camp at Clark University, Worcester, MA:

Angela Caprigno	Megan Parisi	Carlton Cronin
Janice Chu	Noelle Pulomona	Joe Howard
Lindsey Clark	Scarlette Quigley	Darren Johnson
Amie Corron	Laura Reis	Kevin McGunnigle
Janna Erickson	Brooke Simpson	Daniel Moran
Amie Gingras	Kimberly Sullivan	Justin Mortimer
Nicole Hendrickson	Katie Toebbe	Wes Peck
Susan Hollenkamp	Lauren Rose Whitney	Russell Peterson
Sarah Labrie	Lyndsay Wrightson	Todd Schwaner
Alitia LaChance	Sara Zombek	Tad Sayce
Melissa Lague		Skip Bryan
Sara McLaughlin	Kyle Barbary	Sean Sinay
Noel Methot	Peter Belleville	Tony TenHaagen
Devin Murphy	Jason Boire	Jarrood Zwirko
Caitlin O'Connor	Zach Cayer	

LONG COURSE ZONE INFORMATION:

The Long Course Eastern Zone Meet will be held from August 10—13, 1994 at Trees Hall Swimming Pool, University of Pittsburgh, Pittsburgh, PA.

New England Swimming has reserved a block of rooms at the meet headquarters, Holiday Inn, Parkway East, 915 Brinton Road, Pittsburgh, PA 15221. The rooms include a king bed, pullout sofa bed and a cot for \$59 plus 12% tax. Breakfast begins at 6 am. For reservations call 412-247-2700 x 433 and ask for the New England Swimming rooms. (You will need a credit card.) The rooms will be available until July 19 or until all are reserved.

APPLICATION FOR COACHES INTERESTED IN ATTENDING THE ZONE MEET:

Eastern Zone Meet, August 10—13, University of Pittsburgh.

.....

Return to: Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106.

NAME: _____ CLUB: _____

ADDRESS: _____ PHONE: _____

ATHLETES ATHLETES ATHLETES ATHLETES ATHLETES ATHLETES ATHLETES ATHLETES

There will be a brief ATHLETES MEETING at Age Groups on Sunday morning between warm-ups and the meet.

ATHLETES



"OPPORTUNITY KNOCKS"



IF YOU WANT YOUR PROBLEMS SOLVED—GET INVOLVED!

WANTED: ONE INTERESTED SWIMMER

The Board of New England Swimming is looking for an interested and dedicated swimmer to fill the vacancy of Junior Representative. Kait McLaughlin has successfully served and completed her two years as Athlete Representative. Thomas O'Donnell has successfully completed one year and is looking forward to her second year. Because Kait has completed her term, a new Athlete Representative is needed.

It is both an important and interesting position; you will learn a great deal about United States Swimming. You will travel to the national convention which has been held in Minneapolis, Los Angeles, and this year, Kansas City.

If you are interested in this position, please complete the form at the bottom of this page and submit it with a brief essay stating why you deserve this position.

MAIL TO: THOMAS O'DONNELL
75 Bayberry Road
Canton, MA 02021

(617-821-2220)

by September 1, 1994, please

NAME: _____ CLUB: _____

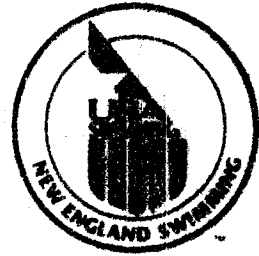
ADDRESS: _____

PHONE: _____

AGE: _____ YEAR IN SCHOOL IN SEPTEMBER: _____



NEW ENGLAND SWIMMING
OFFICIALS' CERTIFICATION PROCESS



Prospective officials must:

1. Attend the appropriate training clinic, pass the tests for each position, and register with USS or bring proof of USS registration.
2. Bring the blue "Certification Card" to USS/NRS calendar meets to apprentice with more experienced officials. Have the meet referee sign for each complete session at which they worked at the appropriate position.
3. Send a photocopy of both sides of the blue card when four (4) apprentice sessions in at least two (2) different calendar meets have been completed to the New England Swimming office. A revised USS registration card with the "Official" notation on it will be sent out by return mail along with a "New England Certified Official" patch.

Current certified officials must:

1. Obtain annual renewal by sending a photocopy of both sides of the blue card indicating service in a minimum of four (4) sessions in at least two (2) USS/NES calendar meets in the past twelve (12) months to the New England Swimming along with the appropriate registration fee. (N.B.—Apprentice sessions do not fulfill this annual renewal requirement.) A new USS registration card with the "Official" notation on it will be sent out by return mail.
2. Attend an appropriate training clinic within two (2) years of their original or last training clinic and pass the tests for each certified position.

Current certified Stroke and Turn Officials may apply for the Starter's Training Clinic after two (2) years of service or at the discretion of the Officials' Chairman

Current certified Starters may apply for the Referee's Training Clinic after two (2) years of service as a Starter or at the discretion of the Officials' Chairman.

NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL
20 Cleveland Road
Needham, MA 02192

617-449-0270

OFFICE HOURS: Monday : 8 a.m.—2 p.m.; 7:30 p.m.—10 p.m.
Thursday: 8 a.m.—2 p.m.

NEW ENGLAND SWIMMING FACILITATORS:

STEVE BURKE
25½ Tweed Street
Pawtucket, RI 02861-1711
401-728-2142

KEN CUNHA
33 Ronald Road
Sudbury, MA 01776
508-443-3180

HAROLD FIGUEIRA
30 Blanding Road
Rehoboth, MA 02769
508-336-5400

JED GRAEF
PO Box 880
Shelburne, VT 05482
802-985-2282

***ANDREW HALL**
Sandy Pond Road
Lincoln, MA 01773
617-259-8969

FRANK MIKUSZEWSKI
32 Mountain Brook Road
Wilbraham, MA 01095
413-596-8269

JACK PERKINS
45 Brooks Village Road
Phillipston, MA 01331
508-249-2333

BILL WHITMAN
117 Abbott Road
Wellesley Hills, MA 02181
617-237-4584

FRANK CHING
25 Ranger Road
Natick, MA 01760
508-655-4169

PRISCILLA DAVIS
205 Woodbury Street
South Hamilton, MA 01982
508-468-3786

BOB FREDETTE
2 Wallingford Street
Dover, NH 03820
603-742-5153

DENNIS GAGNE
31 Lancaster Farm Road
Salem, NH 03079
603-893-2516

CHAIRMAN: ELLIOT LASKY
15 Masefield Road
Nashua, NH 03062
603-888-5557

CARLOS PEREIRA
102 Willett Avenue
Riverside, RI 02915
401-437-0747

HANK WEECH
59 Kenney Lane
Concord, MA 01741
508-369-8836

JERRY ZIMMER
PO Box 534
Amherst, NH 03031
603-673-0676

ADMINISTRATOR: ABBY HURLEBT
10 Wildwood Street
Winchester, MA 01890
617-729-4216

***Stroke & Turn and Starter only**

Teams that would like to sponsor a clinic for Stroke and Turn Officials, Starters, or Referees should contact one of the facilitators to set up a clinic. The New England Office should be notified of all clinics so that a notice can be put in the newsletter and so we can see what clinics need to be offered in which areas.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

JULY 1994

**IN THIS ISSUE: HIGH POINT WINNERS—10 & UNDER and SENIOR CHAMPIONSHIPS;
UPDATED NEW ENGLAND BOARD; REGISTRATION FOR 1995;
ANNUAL MEETING; SWIM-A-THON INFO.....**

OLYMPIC FESTIVAL:

CONGRATULATIONS to New England's representatives at the 1994 Olympic Festival in St. Louis:

SPENCER HAWKINS (MEM) and JESSICA TUCKER-MOEL (SSA)

Spencer earned the bronze medal in the 200 meter individual medley.

DATES TO REMEMBER:

**SATURDAY, OCTOBER 15: ANNUAL MEETING, Wellesley Community Center,
Wellesley, MA**

**SUNDAY, OCTOBER 23: TOP TEN BANQUET, Windsor Mills Restaurant,
Dracut, MA**

THANK YOU! THANK YOU! THANK YOU! to **ROY CORTES**, Meet Director of New England Seniors! Thank you also to **ISABELLE FRASER**, Head Coach of PVAC and to her assistant coaches, **MURKIN O'CONNELL** and **KATHY MCNEHARA**. Without their help there would have been no meet. Another thank you to the computer operators, **SCOTT JACKSON** and **HAROLD WHITNEY**, and a final thank you to **FRISCILLA DAVIS**, referee, and to all the parents, coaches and swimmers who helped with timing, the office and refreshments. We appreciate all that you did!!!!

COACHES: All registered coaches recently received a mailing from the New England Office. Please remember to return your ballot for Junior Coaches Rep to Mike Parratto and your ballot for ASCA Coach of the Year to Kevin Salisbury.

ATHLETES: Kait McLaughlin and Thomas O'Donnell will conduct a brief meeting for athletes at Age Groups after the morning warm-up.

Any swimmer who is interested in being considered for the position of Junior Athlete Representative should get his/her application to Kait or Thomas as soon as possible.

The Board of New England Swimming will not meet in August. The Board will meet on September 12, 1994. Please call the office to confirm the date and location.

TEN and UNDER CHAMPIONSHIPS:

Congratulations to all the swimmers who worked so hard and swam so fast at the recent Ten & under Championships at Springfield College!!!!

HIGH POINT WINNERS:**Eight and under:**

1. MARY BAZYLEWICZ	BYCA	1. BRIAN FISKE	HYST
2. SARAH KEARNS	WED	2. JAMES BAILEY	MEM
3. CRISTA CARDILLO	BGSC	3. TIM BOIRE	NASY
4. SACHA SOLOMON	CCSC	4. TIM ANDERMAN	BYCA
5. JESSICA AIELLO	MEM	5. BRAD YATES	RAMS
6. AMY CARON	ANA	6. JEFF WILGA	EB

9 and 10:

1. CONNIE BROWN	MVP	1. LAWRENCE MCGLASTON	ABF
2. ELIZABETH GACOMO	BGSC	2. ALEX GORSKI	HYST
3. KERI SULLIVAN	WAC	3. ALEX LAWTON	NEB
4. STEPHANIE CHANG	UN	4. RYAN BERG	NEB
5. LESLIE ST. LAWRENCE	HYV	5. GREG FORREST	EBYS
6. ERIN DWYER-FRAZIER	PAC	6. SEAN RILEY	BGSC

Combined Team:

1. BERNAL'S GATOR SWIM CLUB	4. NEW ENGLAND BARRACUDAS
2. MASS BAY MARLINS	5. BEVERLY/CAPE ANN YWCA
3. MERRIMACK VALLEY PIRATES	6. CUMBERLAND AREA SWIM TEAM

A special thank you to the coaches, parents and older swimmers of PVAC and to the parents from other teams who all cooperated to have a wonderful meet for our youngest swimmers!!!

NEW ENGLAND SENIOR CHAMPIONSHIPS:

Congratulations to the swimmers who swam at New England Seniors at Springfield College. There were many great swims, including 18 new national cuts.

INDIVIDUAL HIGH POINT WINNERS:

1. JESSICA TUCKER-MOHL	SSA	1. ERIC WILLIAMS	SSA
2. JAMIE CAIL	SSA	2. MIKE JORDAN	BYCA
3. KIRSTIN NAGLE	SSA	3. WILL MAHER	UN
4. MICHELE LABRIE	SSA	4. ROBERT LEY	PPSC (ME)
5. CAROLINE PALMER	SSA	5. RYAN PARKINSON	GMSC
6. ANNA CHRISTIANSEN	HYST	6. AARON ROHDE	SSA

TEAM HIGH POINT

1. SEACOAST SWIMMING ASSOCIATION
2. GREENWOOD MEMORIAL SWIM CLUB
3. BRUIN SWIM CLUB
4. BEVERLY YMCA SWIM TEAM
5. PIONEER VALLEY AQUATIC CLUB
6. HAVERHILL YMCA SWIM TEAM

REGISTRATION FOR 1995:

It is not too early to think about registration for 1995! In August each USS team will receive a form and be asked to indicate their registration chairman for 1995. When the office receives that name, registration information will be sent to that person. Remember that current 1994 registrations are good until December 31, 1994. Clubs, athletes and non-athletes who register after September 1, 1994 will receive registrations good until December 31, 1995.

FEES: Fees for athletes and non-athletes will remain the same for 1995:

Athletes:	\$ 25	(\$ 20 to USS; \$ 5 to NES)
Non-athletes: Individual:	\$ 22	(\$ 20 to USS; \$ 2 to NES)
Family :	\$ 37	(\$ 35 to USS; \$ 2 to NES)

There will be a change in the club membership fee. The club membership fee for 1995 will include the registration for two non-athletes--the head coach and an additional non-athlete, the Safety Coordinator

1994 Club	:	\$100	(\$ 70 to USS; \$ 30 to NES)
1995 Club (before 12/1)	:	\$125*	(\$110 to USS; \$ 15 to NES)
1995 Club (after 12/1)	:	\$150*	(\$110 to USS; \$ 40 to NES)

*includes the registration fee for two non-athletes.

NOTE: As you can see, there is a financial incentive for those teams who register early. However, a NEW club will pay \$125 before or after December 1, 1994.

Please take some time now to select a registration chairman and put your registration procedures in place. All registrations should go through the team registration chairman, and we would prefer one check if at all possible. NEW swimmers should be registered in a timely fashion, definitely before their first meet. There is a \$100 fine for swimmers entered in meets but unregistered, and all meets will be checked to make sure all swimmers are registered at the time they swim.

HEAD SWIM COACH WANTED

The Peterborough Wave Swim team, which draws its members from a wide region in southern New Hampshire, is currently seeking applicants for the position of Head Coach. PWST is a well-established year round team numbering 75 swimmers in the winter and 100+ in the summer ranging from novice to senior level. PWST competes in both league and USS meets. The position will begin in the fall of 1994.

Please send a letter of interest listing qualifications to:

Jim Morash
P.O. Box 302
Greenfield, New Hampshire 03047

SWIMMERS CAN TRAVEL TO USOTC

Would you like to take an all expense paid trip to the U.S. Olympic Training Center and new USOC swimming pool in Colorado Springs? This is your chance to eat, sleep, workout, and be video taped where America's best athletes prepare for Olympic competition.

Be among the top money earners in the 1994 USS Swim-a-thon or one of two other randomly drawn swimmers that earned over \$1000.00 dollars and you could be on your way to Colorado! This needs to be submitted on the SAT financial report filed with United States Swimming. Monies may not be combined.

United States Swimming will pick up the airfare, food, lodging and Colorado ground transportation cost for trip winners. Additionally winners will receive a "Swim-a-thon Champs" Weekend T-shirt.

Swimmers must be at least 12 years of age (USOTC requirement), and members of United States Swimming. Athletes will need to raise a minimum of \$1,000.00 to be eligible for the 2 spots selected by random drawing.

The trip will be scheduled on a weekend in 1995 that will be based on USOTC training center and pool availability. If a swimmer is unable to attend, their trip will be awarded to the next highest money earner, if notification time exists.

If your swim team has already completed it's 1994 Swim-a-thon and you would like to add to the amount you collected, contact your team's coach or Swim-a-thon chairperson. United States Swimming will accept 1994 contributions thru January 30, 1995. Teams need to complete an additional financial form with corrected data on top individual earners. This can be obtained from United States Swimming at 719/578-4578, Age Group Program Department.

TWO AGE GROUP COACHES are needed by the South Shore Strypers. If interested, please call Bill Edward at 617-479-8500. x 142.

HEAD SWIM COACH: The Concord, NH YMCA seeks a YMCA/USS Swim Team Head Coach; 100 swimmers and 3 assistant coaches. Please send a resume to Hugh Emerson, 5 Spaulding Street, Concord, NH 03301 or call 603-224-5747.

ASSISTANT SWIM COACH NEEDED: JCCNS Swim Team, North Shore Piranhas who just started to participate in US Swimming is looking for mature and knowledgeable coach. Job responsibilities include: coaching (at least twice/week); be responsible for entries to USS meets; attend meets with USS team. For more information, call Helen Chervits, 617-731-8330 x117.

NEW ENGLAND SWIMMING, BOARD MEMBERS

JULY 1994

MARC ALLEN Chairman	2 Colony Way, Nashua, NH 03062	(H) 603-888-4873 (O) 603-432-2210
KEN CONEA Vice Chairman	33 Ronald Road Sudbury, MA 01776	(H) 508-443-3180 (O) 508-922-2850
GLENN HERRICK Treasurer	36 Mayflower Drive Wenham, MA 01984	(H) 508-468-2548
KATHLEEN MILLOY Secretary	Brown University Box 1874 Providence, RI 02912	(O) 401-863-1188
JIM McCOMBS Senior Chairman	16 Milk Street Nashua, NH 03060	(H) 603-889-8002 (O) 603-673-7123 x 279
JOSEPH BERNAL Senior Committee	8 Woodchester Circle Waltham, MA 02154	(H) 617-890-6955
ANNE HAWKINS Age Group Chairman New England Records NAG Top 16	PO Box 397 Rollis, NH 03049	(H) 603-465-2550
DONNA BROWN Age Group Committee	66 Craigie Street Somerville, MA 02143	(H) 617-776-4531
ROY COATES Technical Chairman	Northeastern University 219 Cabot Gym Boston, MA 02115	(O) 617-373-2676
MARY RIDDELL Registration Administrative Assistant	20 Cleveland Road Needham, MA 02192	(O) 617-449-0270 (H) 617-444-2590 FAX 617-449-7903
ELLIOT LASKY Officials Chairman	15 Masefield Road Nashua, NH 03062	(H) 603-888-5557
ABBY HURLBUT Officials Committee	10 Wildwood Street Winchester, MA 01890	(H) 617-729-4216
ISABELLE FRASER Sanction Chairman Zone Representative	125 Franklin Road Longmeadow, MA 01106	(H) 413-567-3415 (O) 413-567-2239
PRISCILLA DAVIS Safety Officer Adaptive Swimming Review Board Chairman	205 Woodbury Street South Hamilton, MA 01982	(H) 508-468-3786
BOB PYATT Coach Representative	58 Spencer Road #22K Boxborough, MA 01719	(H) 508-264-9412 (O) 508-393-3893
MIKE PARRATTO Coach Representative	14 Back Street Dover, NH 03820	(H) 603-749-2869
KAIT McLAUGHLIN Athlete Representative	8 Drexel Drive Chelmsford, MA 01863	(H) 508-251-7191
THOMAS O'DONNELL Athlete Representative	75 Bayberry Road Canton, MA 02021	(H) 617-821-2220

HAROLD FIGUEIRA Swim-a-Thon	30 Blanding Road Rehoboth, MA 02769	(H) 508-336-5400 (O) 508-336-4258
GERARD ZIMMER Meet Evaluation	PO Box 534 Amherst, NH 03031	(H) 603-673-0676 (O) 617-377-3138
CAROL MITCHELL OVC's	14 Sunset Road Stoneham, MA 02180	(H) 617-665-7439
JIM MURPHY Special Projects	56 Cleveland Way Buzzards Bay, MA 02532	(H) 508-759-3298
BRUCE MOHL At Large	24 Newmarket Road Durham, NH 03824	(H) 603-868-7249

OTHER:

ANNE KOTCH OVC's	128 South Street Attleboro, MA 027 03	(H) 508-222-7063
AMY PARRATTO Camps	14 Back Street Dover, NH 03820	(H) 603-749-2869
UNITED STATES SWIMMING	One Olympic Plaza Colorado Springs, CO 80909	719-578-4578 FAX 719-578-4761
JARDINE INSURANCE	US Swimming Coordinator PO Box 370 Phoenix, AZ 85001-0370	602-254-4272 1-800-777-4930 FAX 602-256-1599

REVIEW SECTION:

Priscilla Davis
Bruce Mohl
Isabelle Fraser
Joe Bernal
Roy Coates
Jim Murphy
Kait McLaughlin



*
* **NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL** *
* 20 Cleveland Road *
* Needham, MA 02192 *
* 617-449-0270 *
* * FAX 617-449-7903 *
*
* **OFFICE HOURS: Monday : 8 a.m.—2 p.m.; 7:30 p.m.—10 p.m.** *
* **Thursday: 8 a.m.—2 p.m.** *
* * Please do not send registration by FAX; registration is not *
* possible without payment of the registration fee. *



ANNUAL MEETING

SATURDAY, OCTOBER 15, 1994



The Annual Meeting of New England Swimming will be held on Saturday, October 15, 1994 at the Wellesley Community Center, Wellesley, MA. (A map is located elsewhere in this newsletter.) Please encourage your team to be well-represented. Each team and each board member has one vote, but others are encouraged to attend.

- ANNUAL MEETING:**
- 9:00 Coffee and Registration
 - 9:30 General Meeting
 - 11:15 Parents' Video and Stroke Video
 - 11:45 Joint Meeting--Officials and Coaches
 - 12:00 Coaches Meeting
 - Officials Meeting
 - Meet Managers Meeting

The videos are for the viewing pleasure of anyone who wishes to watch. The Parents' Video is a short video explaining United States Swimming, strokes, meets, etc. to parents, especially new parents. It was produced by Kevin Salisbury (CSC) and John O'Neill (PAC) and is presently being marketed nationally. The Stroke Video covers backstroke, butterfly and breaststroke and is directed at officials but is of interest to coaches and parents, also.

Teams running swim meets during the short course or long course season must send a representative to the Meet Managers Meeting.

Anyone who has an item for discussion at the General Meeting should contact Marc Allen (603-888-4873); anyone who has a topic for discussion at the joint meeting for coaches and officials or the officials meeting, should contact Elliot Lasky (603-888-5557); anyone who has an item for discussion at the coaches meeting should contact Mike Parratto (603-749-2869).

If you plan to spend the day, please bring a lunch. New England will provide coffee and soda. The coaches usually order pizza for their meeting.

Please put this meeting on your calendar and keep the day free for coaches and parents to attend the meeting. If you have any suggestions or concerns about New England Swimming, please save the day and also call the appropriate person so that your concern can be on the agenda!!!!

CLINICS FOR OFFICIALS:

STROKE & TURN: Saturday, August 20 at 9 am at Kendbrin Swim & Tennis Club, 25 Hospital Road, East Providence, RI.

STARTER : Saturday, August 20 at 2 pm at Kendbrin Swim & Tennis Club, 25 Hospital Road, East Providence, RI.

RSVP for above clinics by August 15 to Carlos Pereira or Harold Figueira.

STROKE & TURN: Saturday, September 17 at 9 am at the East Providence Boys & Girls Club, 115 Williams Street, East Providence, RI.

RSVP for this clinic by September 12 to:

Carlos Pereira
102 Willett Avenue
East Providence, RI 02915
401-437-0747

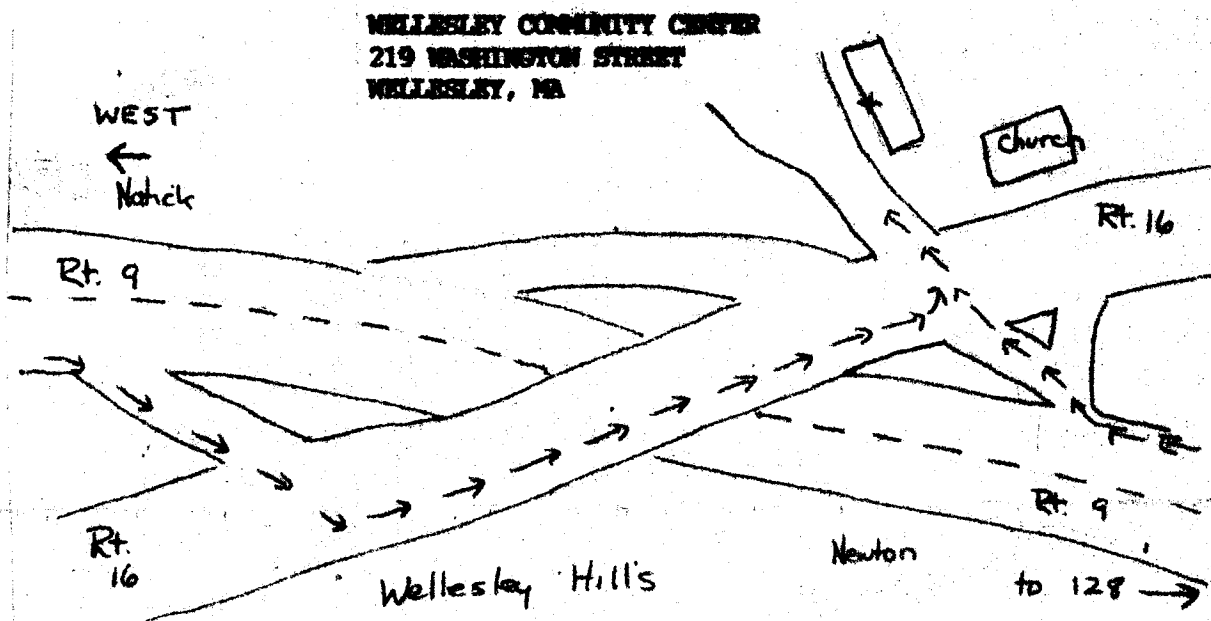
or

Harold Figueira
30 Blanding Road
Rehoboth, MA 02769
508-336-5400
508-336-4258

DIRECTIONS TO WELLESLEY COMMUNITY CENTER: 219 Washington Street (Route 16), Wellesley Hills, MA

From Route 128 take Route 9 west. After the second set of lights, turn right at the blinker (the sign says Route 16). At the light at the end of the ramp, stay to the right and cross Route 16 into the parking lot. Be careful. Cars on Route 16 are not necessarily expecting you!

From the west, take Route 9 east. Exit at Wellesley Hills, Route 16. At the lights at the end of the ramp, turn left, cross back over Route 9 and turn left into the driveway which is just beyond the ramp to Route 9 (and a sign that says no left turn onto the ramp).





NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

AUGUST 1994

IN THIS ISSUE: 1994 SELECT CAMP TIME STANDARDS & APPLICATION;
HIGH POINT WINNERS AT NEW ENGLAND AGE GROUPS;
APPLICATION FOR NEW ATHLETE REPRESENTATIVE;
NEW ENGLAND SWIMMERS OFF TO COLLEGE.....

DATES TO REMEMBER:

SATURDAY, OCTOBER 15: ANNUAL MEETING, Wellesley Community Center,
Wellesley, MA

SUNDAY, OCTOBER 23: TOP TEN BANQUET, Windsor Mills Restaurant,
Dracut, MA

TOP TEN:

Several questions have been asked about the results used for Top Ten Times. All New England calendar meets are used to compile Top Ten times. Also automatically included are results from Zones, Junior Nationals and Senior Nationals. "Closed" meets which are not open to any New England swimmers who have the time qualifications (league meets, YMCA meets, high school meets, etc.) are not included. Time Trials and dual meets also are not included. Out-of-district sanctioned meets which are "open" (any New England swimmer who meets the time standard could attend) will be included if the results are sent to the New England Office. If we do not receive the results, they are not included.

Any team that has short course results to be included in Top Ten should send those results to the office IMMEDIATELY (by August 20). Teams that have long course results should send them to the office by September 1.

If you have any questions, please call the New England Office.

ATHLETES—IT'S NOT TOO LATE!!!

Included in this newsletter is another copy of the application for the new Athlete Representative. Please consider applying. New England needs the input from active, interested athletes.

The Board of New England Swimming will meet on Monday, September 12, 1994 at 7 pm at the Wellesley Community Center, Wellesley, MA.

THANK YOU to the Massachusetts Bay Marlins who hosted a well-run Age Group Championships. Thank you also to the timers and officials from MEM and from other teams who cooperated to help the swimmers do their best.

COMING SOON: The 1994--1995 New England Calendar; Outstanding Swimmers and Top Ten Swimmers; the Reservation form for the Top Ten Banquet.

 *
 * **NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL** *
 * 20 Cleveland Road *
 * Needham, MA 02192 *
 * 617-449-0270 *
 * * FAX 617-449-7903 *
 * **OFFICE HOURS: Monday : 8 a.m.—2 p.m.; 7:30 p.m.—10 p.m.** *
 * **Thursday: 8 a.m.—2 p.m.** *
 * * Please do not send registration by FAX; registration is not *
 * possible without payment of the registration fee. *

BELMONT AQUATIC TEAM, a relatively small team with 25--45 swimmers, is seeking a Head Coach. Practice is 4--6 pm weekdays and 7--9 am on Saturday at Belmont High School. Applicants must have the following current certifications: Red Cross First Aid, Water Safety Instruction, Life Saving and Safety Training for Swim Coaches and CPR. For more information, please call: Gail Bucher (evenings) at 617-489-4388 or Martha Devereaux at 617-861-1592.

NEW WAVE SWIM CLUB will be adding two Age Group coaches to its staff, one full-time and one part-time. NWSC trains at the new Lowell High School pool. Facility includes weight room, indoor track, and stadium stairs. ASCA preferred. Contact Rick Battistini at 508-373-7408.

SWIM TEAM HEAD COACH/ASSISTANT AQUATICS DIRECTOR: BS degree with two years aquatic and coaching experience. Seeking a dynamic individual to work year round with one of the North Shore's finest swim teams, programs/facility. Hands-on recruitment, development, coaching of the North Shore Piranhas Swim Team. Teaching of classes, supervising indoor and outdoor pool activities and knowledge of pool maintenance a must. Send resume to: Gary Bernstein, JCC, 4 Community Road, Marblehead, MA 01945.

ASSISTANT SWIM COACH for the Marblehead/Swampscott YMCA/USS Swim team with a season of September--March, 1995. This is a part-time position for a responsible, qualified candidate. Must have competitive swim experience, like working with swimmers 6--16, and be able to attend away meets. Would like candidate to have lifeguard training. For more information, please call Susan Guertin at 617-631-0870.

NEW ENGLAND AGE GROUP CHAMPIONSHIPS:

CONGRATULATIONS to the HIGH POINT WINNERS at Age Group Championships!!

11 and 12:

1. LINDSAY HOBAN	MEM	1. NICHOLAS BRUNELLI	MEM
1. SAMANTHA ARSENAULT	BYCA	2. MATTHEW MUSIAK	WYST
3. MAURISA RILEY	BGSC	3. SCOTT OSGOOD	GMSC
4. KATE MOODY	GMSC	4. JIMMY HIGHER	MEM
5. ALLISON MESSIER	SSA	5. DARREN JOHNSON	SSA
6. CHANTAL MENARD	BGSC	6. CARLTON CRONIN	HYST
7. KRISTIN LANDRY	GMSC	7. NATHAN BAGNASCHI	BGSC
8. MELISSA LAGUE	HYST	8. BRIAN MICHALSKI	BYCA

13 and 14:

1. WENDY BROWN	BGSC	1. JON KISSIDA	MEM
2. KRISTY MARTIN	GMSC	2. KEVIN RILEY	BGSC
3. LARA ALLARD	SAC	3. KYLE LITTLEFIELD	BGSC
4. SUZY RILEY	MEM	4. KEVIN MULGREW	MEM
5. CAITLIN BOTTOMLEY	ABF	5. MATTHEW O'DONNELL	NEB
6. SARAH HUMPHREY	SAC	6. ERIK VENDT	MEM
7. ELIZABETH ACKLEY	BGSC	7. TIM GALE	PVAC
8. JENNIFER TRAFICANTE	CCSC	8. STEPHEN MAHER	BSC
		GREG BILTON	MEM

15 through 18:

1. MELISSA SCHOFIELD	BGSC	1. MICHAEL DOWLING	MEM
2. AMY ALLEN	SSA	2. CHRIS BLONGIEWICZ	MVP
3. CLEWIS KINNETT	MVP	3. CARL ERIKSSON	MEM
4. KELLY GITTLEIN	SSA	4. ZEB JENKINS	PVAC
5. AMANDA WATTS	BGSC	5. BRIAN YOUNGER	UN
6. KASEY OSGOOD	SSA	6. SAM PECK	EBAC
7. ALISON WHITNEY	GMSC	7. ADAM PORTER	PSC
8. LINDSAY GRIMM	SAC	8. ANDREW CARDILLO	CAST

TEAM HIGH POINT:

1. MASSACHUSETTS BAY MARLINS
2. BERNAL'S GATOR SWIM CLUB
3. SEACOAST SWIMMING ASSOCIATION
4. GREENWOOD MEMORIAL SWIM CLUB
5. NEW ENGLAND BARRACUDAS
6. SHAWMUT AQUATIC CLUB
7. MERRIMACK VALLEY PIRATES
8. CAPE COD SWIM CLUB



GRADUATING SWIMMERS HONORED AT SENIOR CHAMPIONSHIPS:

At Senior Championships the Graduating Seniors in attendance were recognized:

BSC: MATT CRAVEN	OLD DOMINION
EVE ROSSI	UNIVERSITY OF MARYLAND
EBAC: TRINA YOUNG	CORNELL UNIVERSITY
GMSC: MIKE GUSTAFSON	COLUMBIA UNIVERSITY
MVP: KRISTEN PERRAULT	GENESE STATE
KEVIN EPPIG	CASE WESTERN RESERVE
NEB: JUSTINE FAGERLUND	FORDHAM UNIVERSITY
ANDY NANNIS	GEORGE WASHINGTON UNIVERSITY
SAC: STACEY PANAGOTOPULOS	OHIO WESLEYAN
SSA: KIM BILLEN	PITTSBURGH
MELISSA BURNS	PITTSBURGH
MICHELE LABRIE	PURDUE
BRITTANY WILSON	UNIVERSITY OF INDIANA
LEA DELICIO	NORTH CAROLINA STATE
HILARY JACOBSON	UNIVERSITY OF NEW HAMPSHIRE
MIKE BARONI	UNIVERSITY OF CONNECTICUT
GLEN RICE	HAMILTON COLLEGE
AMY ALLEN	BOSTON COLLEGE

Other Graduating Seniors who were not at the meet include:

BSC: LISA MCNAMARA	UNIVERSITY OF NORTH CAROLINA/WILMINGTON
EBAC: WENDY THORPE	UNIVERSITY OF CONNECTICUT
KEVIN FUSI	UNIVERSITY OF NEW HAMPSHIRE
MIKE MACOMBER	UNION COLLEGE
ELLEN STANLEY	WHEATON COLLEGE
NEB: TAL ZAMIR	UNIVERSITY OF PENNSYLVANIA
JOSH PLATI	HAMILTON COLLEGE
ROB DORSHNER	CARNEGIE MELLON UNIVERSITY
KRISTIN DWYER	DARTMOUTH COLLEGE
COURTNEY PATTERSON	SMITH COLLEGE
KATIE O'DONNELL	ST. JOSEPH'S COLLEGE
SHANNON MCCARTHY	WEST POINT
TIFFANY JOST	PENN STATE
SAC: BRIAN POLIMENO	BRADLEY UNIVERSITY
SARAH MCLEAN	BRIDGEWATER STATE COLLEGE
CARMEN TROMBINI	FRANKLIN AND MARSHALL
SSA: ELISA LANCIAULT	ANNAPOLIS
KENDRA DEPPE	ANNAPOLIS
SSSC: ROBERT BENNETT	HOLY CROSS
VGST: CHRIS MCLERNON	UNIVERSITY OF VERMONT
YSS: KRISTIN DZIERGOWSKI	VILLANOVA

Graduating Seniors who have not been listed are invited to send their post-high school plans to the office to be included in the newsletter at a later date.





NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

SEPTEMBER 1994

IN THIS ISSUE: NEW ENGLAND 1994—1995 SHORT COURSE CALENDAR; OVC'S & HIGH SCHOOL SWIMMING; TOP TEN BANQUET; ANNUAL MEETING; NE SWIMMERS AT ZONES, JUNIOR NATIONALS & SENIOR NATIONALS; COURSES FOR COACHES & OFFICIALS...

CONGRATULATIONS to **JULIE LAPINSKY (EGSC)** who is the new Junior Athlete Rep.
THOMAS O'DONNELL (NEB) is the new Senior Athlete Rep.

DATES TO REMEMBER: **SATURDAY, OCTOBER 15:** ANNUAL MEETING, Wellesley Community Center, Wellesley, MA
SUNDAY, OCTOBER 23: TOP TEN BANQUET, FRANCISCAN CENTER, Andover, MA

The NEW ENGLAND SWIMMING OFFICE will be closed from Tuesday, September 27 through Monday, October 3 because of the USS convention.

TOP TEN BANQUET:

Yes, there will be a banquet on October 23!!!! If you had not heard, the Windsor Mills closed its doors this summer, but we were able to reschedule the banquet for the same day.

The banquet will be at the FRANCISCAN CENTER, 475 River Street, Andover, MA with catering by Bill Muser. The cost will be \$15.75 per person for a buffet featuring Breast of Chicken Supreme, Lasagna with Meat Sauce, and Cheese Tortellini Alfredo. The buffet will be served at 1 pm.

Reservation forms and Top Ten and Outstanding Swimmer information will be out as soon as possible.

Thank you to everyone who took time to help us find a new location. Special thanks to Denis Gagne and Carlton Cronin who suggested the Franciscan Center and Catering by Bill Muser.

The Board of New England Swimming will meet on Monday, October 9, 1994 at 7 pm. The location will be announced. Please check the October newsletter or call the New England office for the location.



ANNUAL MEETING

SATURDAY, OCTOBER 15, 1994



The Annual Meeting of new England Swimming will be held on Saturday, October 15, 1994 at the Wellesley Community Center, Wellesley, MA. (A map was in the July newsletter.) Please encourage your team to be well-represented. Each team and each board member has one vote, but others are encouraged to attend.

ANNUAL MEETING: 9:00 Coffee and Registration
 9:30 General Meeting
 11:15 Parents' Video and Stroke Video
 11:45 Joint Meeting--Officials and Coaches
 12:00 Coaches Meeting
 Officials Meeting (recertification)
 Meet Managers Meeting;
 District Meets Meet Managers

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NEW ENGLAND SWIMMING, 1994—1995 SHORT COURSE CALENDAR

Date	Meet	Contact
Oct 16, 94	HAVERHILL Y DISTANCE SPECIALTY MEET, ANA YMCA, Andover, MA	Carlton Cronin (508) 521-4751
Oct 22, 94	South Shore Strypers 12 and under mini meet, Lincoln Hancock School, Quincy, MA	Marybeth McCaffrey (617) 828-6225
Oct. 29-30, 94	CAST Senior Startup Meet (A or better 13-14 times), Community Collge of RI, Lincoln, RI	David Cardillo (401) 231-0637
Oct 29, 94	ATTLEBORO BLUEFISH, PENTATHLON MEET, Attleboro High School, Attleboro, MA	George Piggott (508) 226-2636
Oct. 30, 1994	MARLIN DISTANCE MEET, Blodgett Pool, Harvard Univ., Cambridge, MA (1000,1650)	Kim Kredich (401) 751-2249
Nov. 5-6, 94	Greg Lawson Memorial Meet, (Team Specialty), Attleboro HS, Attleboro, MA	J. Lawson (508) 291-2704
Nov. 6, 94	Hampshire Regional Swim Club, Senior Development Meet, Smith College,	Sharon Ryder (413) 296-4058
Nov. 12-13, 94	HYST Team Specialty, Pentathlon and Relay Meet, Charles White Pool, Haverhill, MA	Paul Memont (508) 373-7094
Nov. 11-13, 94	CAPE COD SWIM CLUB, TEAM SPECIALTY MEET, Mass. Maritime Academy, Buzzards Bay, MA	John Whittaker (508) 759-7586
Nov. 18-20, 94	MVP Team Specialty Meet, Greater Lawrence Tech, Andover, MA	Kathleen Howe (508) 256-8522
Nov. 18-20, 94	Beverly Y Team Specialty Meet. (10 and unders, swim own age, 11 and overs swim age group) Cape Ann Y, Gloucester, MA	Dan Warner (508) 283-0470
Nov. 19-20, 94	EAST BAY AQUATIC CLUB TEAM SPECIALTY MEET, East Providence H.S., East Providence, RI	Roger Mooney (401) 433-3545
Nov. 25, 94	SHAWMUT AQUATIC CLUB, 12 & UNDER MINI MEET, Keefe Voc. Tech., Framingham, MA	Mariella Allard (508) 655-7012
Nov. 25-27, 94	Hampshire Regional Swim club "A-B" meet, Smith College, Northhampton, MA	Sharon Ryder (413) 296-4058
Nov 26-27, 94	SSA TEAM SPECIALTY MEET, Exeter Academy, Exeter, NH	Bruce Mohl (603) 868-7249

NEW ENGLAND SWIMMING, 1994—1995 SHORT COURSE CALENDAR

(continued)

Dec. 2-4, 94	NCAC WINTER CLASSIC TEAM SPECIALTY MEET, Dartmouth College, Hanover, NH	Marilyn Vasil (603) 632-5022
Dec. 3-4, 94	SOUTH SHORE STRYPERS TEAM SPECIALTY MEET, Lincoln Hancock School, Quincy MA	Marybeth McCaffrey (617) 828-6225
Dec. 16-18, 94	1994 MARLIN CHRISTMAS COUNTDOWN. "AA" meet, trials and finals for Seniors, timed finals for 10 & under and 11-12	Kim Kredich (401) 751-2249
Dec. 17-18, 94	EXETER SPRINTS, Exeter Academy, Exeter, NH	Gil Gelineau (603) 772-6641
Jan 6-8	MVP Team Specialty Meet, Greater Lawrence Tech, Andover, MA	Kathleen Howe (508) 256-8522
Jan 7-8, 95	Greenwood Memorial Swim Club "B-C" Meet, Greenwood Pool, Gardner, MA	Steve Landry (508) 632-5326
Jan 7, 1995	SHAWMUT AQUATIC CLUB, TEAM SPECIALTY MEET, Keefe Voc. Tech., Framingham, MA	Jane Robichaud (508) 653-4692
Jan 7, 95	PVAC SENIOR DEVELOPMENT MEET, Springfield College, Springfield, MA	Isabelle Fraser (413) 567-2239
Jan 8, 95	PVAC PENTATHLON MEET, Springfield College, Springfield, MA	Isabelle Fraser (413) 567-2239
Jan 13-15, 95	NEW WAVE Specialty Meet (plus 1 day distance), UMASS Lowell, Lowell, MA	Ed Sullivan (508) 256-3997
Jan 14-15, 95	CAST Senior Startup Meet (A or better 13-14 times), Community Collge of RI, Lincoln, RI	David Cardillo (401) 231-0637
Jan 14-15, 95	EAST BAY AQUATIC CLUB TEAM SPECIALTY MEET, East Providence H.S., East Providence, RI	Roger Mooney (401) 433-3545
Jan. 20-22	BELMONT AQUATICS TEAM SPECIALTY MEET, Wheaton College, Norton, MA	Kate Shea (617) 489-1593
Jan. 21-22	Haverhill Y Team Specialty Meet, Charles White Pool, Haverhill, MA	Paul Memont (508) 323-7094
Jan. 21-22	Easthampton Barracudas Age Group and Senior "B-C" Meet, White Brook Middle School, Easthamptom, MA	Brenda Levine (413) 527-7357

OFFICIAL VERIFICATION OF HIGH SCHOOL TIMES

Official times achieved by USS registered athletes at High School swim meets will be acceptable for Official Verification (OVC) consideration only if all the following conditions are met:

1. The meet must be of championship caliber between three (3) or more school teams; i.e. League, Conference, Sectional or State Championship.
2. There must be automatic timing with a backup system in use at the meet.
3. There must be two (2) USS observers present on deck, one at each end of the pool to verify compliance of the swim with USS rules. Arrangements for the USS observers must be made by the swimmer or their High School Coach. They must be USS certified stroke and turn judges.
4. Notification of this OVC request should be made to the LSC Chairman or OVC Chairman at least two (2) weeks prior to the swim. At this time a form can be obtained from the NE office to be signed by the observers at the time of the swim.

Questions regarding this procedure should be directed to Carol Mitchell NE OVC Chairman at 617-665-7439.

OFFICIAL'S CLINICS:

October 1 , 9:00 am: STROKE & TURN CLINIC

October 1 , 12:30 pm: STARTER CLINIC

Boys & Girls Club of Cumberland-Lincoln, RI. Please call Steve Burke, Facilitator, to register and for directions 401-728-2142.

October 22 , 9:30 am: STARTER'S CLINIC

October 22 , 1:30 pm: REFEREE'S CLINIC

ChingCorp, 29 Crafts Street, Suite 407, Newton, MA. Please call Frank Ching, Facilitator, for information and to register, 508-655-4169 (H) or 617-965-0955 (W). These clinics will also be updates for National Certification.

October 22 , 9:30 am: STROKE & TURN CLINIC

October 22 , 12:00 pm: STARTER'S CLINIC

Concord (NH) YMCA. The facilitator will be Jerry Zimmer. For information please contact Hugh Emerson (CONY) at 603-224-5747.

October 26 , 6:00 pm: STROKE & TURN CLINIC

Lebanon, NH Carter Community Building, sponsored by CCBS. The facilitator will be Jerry Zimmer. For information contact Jerry Zimmer at 603-673-0676 (H) or 508-796-6368 (W).

COACHES' RECERTIFICATION CLINICS: Bernal's Gator Swim Club will sponsor a recertification clinic for coaches in CPR, First Aid, and Safety Training for Swim Coaches at Bentley College, Waltham, MA on October 8 and 9. The cost will be \$35. Please call Jeanne White (508-692-4820) for times and to register.

NEW ENGLAND SWIMMING, 1994—1995 SHORT COURSE CALENDAR (continued)

Jan. 27-29, 95	ATTLEBORO BLUEFISH TEAM SPECIALTY MEET, Attleboro High School, Attleboro, MA	George Piggott (508) 226-2636
Jan. 27-29, 95	Beverly YMCA, Team Specialty Meet, Cape Ann Y(Fri. eve); Beverly Y, (Sat.&Sun)	Dave LeBlanc (508) 744-4202
Feb 4-5, 95	GREENWOOD MEMORIAL 12 & Under mini meet, Greenwood Pool, Gardner, MA	Steve Landry (508) 632-5326
Feb 10-12, 95	BRONZE CLASSIC, EASTHAMPTON BARRACUDAS, White Brook Middle School, Easthampton, MA	Brenda Levine (413) 527-7357
Feb 17-19, 95	TEN & UNDER CHAMPIONSHIPS,	
Feb 24-26, 95	DISTRICT CHAMPIONSHIPS: Shawmut, Keefe Tech NEB, UMASS Boston NCAC, Dartmouth College Cape Cod Swim Club, Mass. Maritime Acad.	Jane Robichaud Jan Harris Marilyn Vasil Jim Murphy
Mar 2-5, 95	NEW ENGLAND SENIOR CHAMPIONSHIPS, Blodgett Pool, Harvard University, Cambridge, MA	Kim Kredich (401) 751-2249
Mar 9-12, 95	NEW ENGLAND AGE GROUP CHAMPS., 11 & 12, 13 & 14 swimmers only	
Mar 14-19	SENIOR NATIONALS, Minneapolis	
Mar 21-25	JUNIOR NATIONALS, Buffalo	

Mar 30--Apr 1 Eastern Zone Meet (site to be announced)

The following meet is not a New England calendar meet, but the information is included for your convenience.

Dec. 9--11 Bowdoin Open, Senior Invitational Meet
trials & finals, qualifying times
Bowdoin College, Brunswick, ME

Charlie Butt
207-725-3527

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26 27 28 29 30 31
9 2 3 4

NEW ENGLAND ZONE TEAM:

CONGRATULATIONS to the swimmers who represented New England at the Eastern Zone Championship Meet in Pittsburgh on August 10--13, 1994.

10 & under:	*ERIN DWYER-FRAZIER	PAC	*KERI SULLIVAN	WAC
	*CHELSEA FELLOWS-SWENSON	BENN	JENNIFER BRICKETT	BYCA
	RACHAEL DILLON	CAST		
	ELIZABETH LOPEZ	NEB	ALEX LAWTON	NEB
	LINDSAY PHILLIPS	LEVI	CHRISTIAN WARNER	BGSC
	LAURA BLACKWELL	BGSC	JOHN KELLEHER	OCY
			JEFF BROWN	BYCA
11 & 12	: MAYA MARK	ATST	ASHLEY MARLENGA	PSC
	*KATE MOODY	GMSC	ALITIA LACHANCE	HYST
	ALLISON GARCEAU	RAMS		
	JENNIFER MCCAFFREY	YSS	TODD ANDERMAN	BYCA
			SCOTT FEDAK	TRAC
13 & 14	: *BRIANNA GRAY-HALLOCK	ATST	*SARAH HUMPHREY	SAC
	LARA ALLARD	SAC	ANNE MAYALL	PSC
	KAREN CHING	SAC		
15--18	: KIMI CHING	SAC	*LINDSAY GRIMM	SAC
	*JULIE HARRINGTON	NEB		

* Swimmers who scored points for New England in individual events.

Teams listed are the teams that the swimmers represented at championships. At the Zone Meet all swimmers represented New England.

COACHES:	CATHY MCNAMARA	PVAC	SHAWN MASEFIELD	YSS
	STEPHANIE CADWELL	OCY	TUCKER GILMAN	LEVI

SAFETY TRAINING FOR SWIM COACHES: Steve Quimby will offer two courses at the Dorchester YMCA, 776 Washington Street, Dorchester, MA 02124.

SUNDAY, OCTOBER 2, 10 am to 2 pm: Review Course for those with current cards. Cost: \$40.

SUNDAY, OCTOBER 9, 10 am to 5 pm: Full Course for those without current cards. Cost: \$50.

Register by mail at the above address, attention Steve Quimby. If you have any questions, please call Steve at 617-436-7750.

HEAD COACH: The Old Colony Y Swim Team is seeking a dedicated part-time Head Coach with coaching or collegiate swimming experience. OCY is a year-round team serving southeaster Massachusetts with indoor and outdoor facilities, competing within both the Y and USS. Contact Mark O'Reilly, Old Colony YMCA, Youth Division, 465 Main Street, Brockton, MA 02401. Phone 508-587-4242 or FAX 508-587-4276.

SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS—EAST:

CONGRATULATIONS to the swimmers who represented New England at Junior Nationals in Buffalo on August 2--6, 1994.

New England Swimmers in **FINALS** included:

ERIN HOWARTH	GMSC	AMY HOLT	BGSC
KARRI CHARPENTIER	GMSC	ALEX KURMAKOV	MEM
KRISTIN LOZEAU	GMSC	SPENCER HAWKINS	MEM
MATT CRAVEN	BSC	MATT GULLEDGE	MEM

New England Swimmers in **CONSOLATIONS** included;

BRIAN LUCEY	SSA	AMANDA KIROUAC	GMSC
EMILY DEPPE	SSA	TAD KREMEN	MEM
JAMIE CAIL	SSA	JULIE LAPINSKY	BGSC
BRITTANY WILSON	SSA	MICHELLE THOMAS	BGSC
KIRSTIN NAGLE	SSA	WILL MAHER	BSC
		EVE ROSSI	BSC

New England Swimmers participating in **INDIVIDUAL EVENTS** included:

MIKE GUSTAFSON	GMSC	ERICA ALLEN	SSA
RYAN PARKINSON	GMSC	KIM BILLEN	SSA
MATT BUHTS	GMSC	LEA DELICIO	SSA
BETH ELIE	PVAC	KATE SANDERS	SSA
MELINDA ANTONUCCI	BYD	MELISSA FRECHETTE	SSA
JENNY MOONEY	EBAC	KELLY FLYNN	SSA
ANNA CHRISTIANSEN	HYST	MIKE O'CONNOR	SSA
SIOBHAN CROPPER	MEM	JOHN MITCHELL	BGSC
ALISON VENDT	MEM	JEN SCHMID	BGSC
KATIE ZIMBONE	MEM	KRISTEN FRASER	BGSC
DENYSE MONTROSE	MEM	KATINA MAISTRELLIS	BGSC
MIKE ZAMBARANO	MEM	RACHEL ENOS	BGSC
JULIE COWGILL	CCSC	DANIELLE PELUSO	BGSC
LINDSAY SULLIVAN	CCSC	KERRIANNE KALBKO	BGSC
SHANE RAYMOND	CCSC	ALETHA HOLMES	BSC

New England Swimmers participating in **RELAYS** included:

MEM: Stephan Ottley
 BGSC: Wendy Brown, Melissa Schofiled, Amanda Watts, Kevin Riley, Kyle Littlefield, Eric Thomas, Arthur Bowman
 HYST: Kristen Latourelle, Angela Caprigno, Jessica Laque
 GMSC: Caralyn Menne
 BSC: Kate Breslin, Kaitlin Lawson; Mark Sowa, Stephen Maher, Jay Rosenquest
 SSA: Justin Pudloski, Eric Williams, Mike Lewis

In the **TEAM SCORING**, MEM placed 4th for men; BGSC placed 4th and GMSC placed 7th for women.

NATIONAL SWIMMING CHAMPIONSHIPS:

CONGRATULATIONS to the New England Swimmers who participated in the 1994 Phillips 66 National Swimming Championships on August 14--20, 1994 in Indianapolis, IN.

Swimming in **FINALS:**

JEAN TODISCO	BSC	BOB NOE	MEM
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Swimming in **CONSOLATIONS:**

DEDE TRIMBLE	MEM	CHIP HABERSTROH	MEM
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Swimming in **INDIVIDUAL EVENTS:**

SUE TRAINER	BGSC	ALLISON VENDT	MEM
KATINA MAISTRELLIS	BGSC	LESLIE REPETTO	MEM
MELISSA SESSOMS	BGSC	ED WAGNER	MEM
AMANDA HALL	BGSC	SPENCER HAWKINS	MEM
FLETCHER CALLAHAN	BGSC	JOEL GUSTAFSON	MEM
GENE SUTHERLAND	BGSC	JOE SHEEHAN	MEM
MICHELE LABRIE	SSA	MATT GULLEDGE	MEM
JESSICA TUCKER-MOHL	SSA	ALEX CUNHA	MEM
EMILY DEPPE	SSA	LISA MARTIN	UN
LARISSA HEROLD	SSA	ANNE IACOBUCCI	BSC
CAROLINE PALMER	SSA	KRISTIN LOZEAU	GMSC

Because this was a National Team selection meet, there was no team scoring and also no relays.

Three long-time New England Swimmers who are now swimming outside of New England will be members of the National Team representing USS at the FINA World Championships in Rome in September.

JENNY THOMPSON (formerly SSA) qualified in the 100 meter freestyle and 100 meter butterfly.
 RAY CAREY (formerly BGSC) qualified in the 200 meter butterfly.
 BJ BEDFORD (formerly NCAC) qualified in the 100 meter backstroke and 200 meter backstroke.

 * **NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL** *
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 * **Thursday: 8 a.m.--2 p.m.** *
 * * Please do not send registration by FAX; registration is not *
 * possible without payment of the registration fee. *

SEED CARDS: Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 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 \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. 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 \$10 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registrations.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192

FIRST CLASS



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

OCTOBER 1994

IN THIS ISSUE: **SHORT COURSE AND LONG COURSE OUTSTANDING SWIMMERS AND TOP TEN SWIMMERS; BANQUET INFORMATION AND RESERVATION FORM:.....**

DATES TO REMEMBER: SATURDAY, OCTOBER 15: ANNUAL MEETING, Wellesley Community Center, Wellesley, MA.
SUNDAY , OCTOBER 23: TOP TEN BANQUET, FRANCISCAN CENTER, Andover, MA.

The NEW ENGLAND SWIMMING OFFICE will be closed from Tuesday, September 27 through October 3 because of the USS convention.

ANNUAL MEETING:

New England Swimming encourages all New England teams to send at least one representative to the Annual Meeting. Each team has one vote, but we encourage others to participate. Each New England Swimming Board member also has a vote.

Coaches are encouraged to attend the General Meeting and the Coaches Meeting which will be held following the General Meeting. Teams that are running meets are reminded that they are required to send a representative to the Meet Manager's meeting.

TOP TEN:

Please share the Top Ten information in this newsletter with your team as soon as possible. Note the change of location and also encourage your team members to make reservations as soon as possible. In the past we have filled up before the deadline.'

Top Ten Times are compiled using results from New England meets held during the past year. Short course times are from meets from June 1, 1993 to May 31, 1994; long course times are from meets from October 1, 1993 to September 30, 1994.

Only USS sanctioned calendar meets are used. Out of district USS sanctioned meets are used when the office has been sent the results. Time trials and "closed" meets (Y meets, league meets, etc.) are not included. Lead-off splits are included if they are in the results.

TOP TEN BOOKS will be sent to all New England teams as soon as they are ready. Books will be available for purchase at the banquet for \$2.50 for each season. Books may be ordered through the office for \$3 each, including postage.

The Board of New England Swimming will meet on Monday, October 10 at 7 pm at the Wellesley Community Center, Washington Street, Wellesley, MA.

NEW ENGLAND SWIMMING TOP TEN SWIMMERS, LONG COURSE, 1993—1994:

ABF: Lawrence McGlaston, Meghan Thomas, Andrea Kurrle, Caitlin Bottomly, Kara Brennan, Claire Maker, Tara Cronin, Courtney Gould, Elizabeth Cooper, Antonio Fonseca, Adam Thiverge, Kyle Vandenberghe

AMW: Tim Carter

ANA: Amy Caron

ATST: Johwan Yee, Brianna Gray-Hallock, Katie Zacarian, Maya Marx

BEW: Chelsea Fellows-Swenson

BYD: Melinda Antonucci

CGSC: Chris Catalano, PJ Biggs, David Kormushoff, Anthony Dececca, Christian Warner, Derek Castellana, Sean Riley, Adam Tam, Doug Heller, Nathan Bagnaschi, Joe Almlof, Elizabeth Gacomo, Laura Blackwell, Crista Cardillo, Justine Whipple, Katina Maistrellis, Wendy Brown, Kerriane Kalbko, Michelle Thomas, Elizabeth Ackley, Lauren Tracy, Julie Lapinsky, Kim Pinch, Sue Trainer, Amanda Watts, Cara Curtis, Amy Ryan, Siobhan Ayoub, Danielle Peluso, Jill Alexy, Wendy Rowe, Jen Schmid, Rachel Enos, Amanda Hall, Sara Greenbaum, Melissa Schofield, Julie Mitchell, Carolyn Arpe, Jen Berg, Amy Holt, Melissa Sessoms, Kerrin McDonald, Dawn Reppucci, Stephanie Carter, Maurisa Riley, Chantal Menard, Ryan Cesare, Julia Ciampa, Rachel Rosen, Sanet Sirringhaus, Chris Anderson, Scott Bloeman, AJ Bowman, Garrett Burke, Jabula Butler, Fletcher Callahan, Kurt Leslie, Kyle Littlefield, Chris Lucas, Jim McGinnis, John Mitchell, Mike Rest, Kevin Riley, Rob Rindone, Denis Sirringhaus, Gene Sutherland, Eric Thomas, Rob Wiley

EBC: Aletha Holmes, Brooke Darcy, Anne Iacobucci, Julie Breslin, Kate Breslin, Eve Rossi, Jean Todisco, Alison Lee, Christine Jensen, Heidi Schambra, Rudolpho Bulnes, Matt Craven, Gene Folgo, Jim Hennessey, Drew Knutton, Stephen Maher, Will Maher, Pedro Montiero, Jay Rosenquest, Marc Sowa, Jesse Wendell

BYCA: Alex Gambino, David Bazylewicz, Jeff Brown, Mark Ranta, Tim Anderman, Todd Anderman, Brian Michalski, Mary Bazylewicz, Jennifer Brickett, Hannah Dickie, Sue Herrick, Samantha Arsenault, Sara Cook, Chris Arsenault, Ian Doherty, Mike Gallaher, Mike Jordan, Jacob Lindmark

CAST: Robert Schotter, Philip Barr, Joe DePerry, Rachel Dillon, Ellen Livesey, Sara Tribe, Liza Catalozzi, Kyle Black, Andrew Cardillo, Greg Cardillo, Mike Carvalho, Chris Fernandes

CCSC: Jay Dembro, Sacha Solomon, Julie Cowgill, Elizabeth Dean, Jennifer Traficante, Lindsay Sullivan, Sarah Masi, Kathryn Hawley, Daniel Fougere, Shane Raymond

CHA: Kate McLean

CLBC: James Bee

CSC: Brendan Laracy, Erik Scheinfeldt

DARE: J R Killigrew

EB: Jeff Wilga, Laura Hebert

EBYS: Greg Forest

EDAC: Matt Christian, Trina Young, Jen Mooney, Jared Figueira, Rob Lewis, Sam Peck, Sean Raffile

EFT: Curtis Fontaine

GBSC: Nzinga Davis

GMSC: Brandon Menne, Darren Walters, Scott Osgood, Dan Grimes, Katie Cline, Karri Charpentier, Kristen Lozeau, Kristy Martin, Erin Howarth, Alison Whitney, Amanda Kirouac, Caralyn Menne, Melissa Salinger, Kate Moody, Kristin Landry, Matt Buhts, Bryan Grimes, Tim Grimes, Mike Gustafson, Ryan Parkinson, David Paul, Neil Taskila

HYST: Alex Gorski, Brian Fiske, Carlton Cronin, Brook Boncher, Jenelle Bryah, Angela Caprigno, Anna Christiansen, Kristen Latourelle, Melissa Lague, Aitia Lachance, Sarah Ferranti, David Green, Mark Moskal

NEW ENGLAND SWIMMING TOP TEN SWIMMERS, LONG COURSE, 1993—1994 (continued)

HYV: Leslie St. Lawrence, Laura Rose, Caitlin Flynn, Megan Cassidy, Scott Cassidy, Scott Herbert, Sean Meehan

LOBC: Frank Tringale, Patrick Fei

LEVI: Lindsay Phillips

MSSC: Abby Brethauer

MASY: Tim Boire

MEM: James Bailey, Drew Palmieri, Thomas Bailey, Christian Kienzle, Jonny McMahon, Garrick Wong, Nicholas Brunelli, Jimmy Hughes, Joshua Weiner, Mitchell Bokhman, Jessica Aiello, Sofi Madison, Suzy Riley, Catie Lee, Katie Zimbone, Allison Vendt, Kristen Voutselas, Deirdre Dunn, Siobhan Cropper, Libby Halloran, Nancy Hackett, Erika Lazar, Chrissy Riley, Sue Cherwinsky, Nicole Rutkowski, Michelle Hackmer, Rachel Quebec, Lindsay Hoban, Meredith Dunn, Tess Wheelwright, Vanessa Rose, Sheila Conway, Leslie Repetto, Val Gilson, Greta Steffenson, Dede Trimble, Chuck Barnes, Greg Bilton, Sam Brooks, Scott Campea, Tim Carver, Jamie Corbett, Alex Cunha, Michael Dowling, Carl Eriksson, Jason Gray, Joel Gustafson, Matt Gullledge, Chip Haberstroh, Tomohiro Hagiya, Spencer Hawkins, Jamie Hurlbut, Jon Kissida, Tad Kremen, Alex Kurmakov, Jeff Marks, Todd McDermott, Kevin Mulgrew, Bob Noe, Stephan Ottley, Jon Quimby, Mike Scarbo, Michael Schulte, Dave Schwartz, Joe Sheehan, Kerner Smith, Erik Vendt, Ed Wagner, Kevin Williams, Wes Wrightson, Mike Zambarano

MVP: Sean Geary, Steven Girolamo, Jonathan Meltz, Jeff Wilson, Connie Brown, Suzanne Wilson, Sally Brown, Jessica Schoen, Andrea Girolamo, Clewis Kinnett, Kristen Perrault, Jackie Lemoine, Chris Blongiewicz, Scott Campbell, Kevin Eppig, Anthony Sakakeeny, Adam Schoen

NCAC: Diana Smirnova, Laura Schned, Dara Pristaw

NEB: Ryan Berg, Alex Lawton, Teresa McRann, Katie Joyce, Cara D'Innoceno, Megan Binder, Caitlin Murphy, Sarah Bargmann, Justin Fagerland, Emily Evans, Adam Budd, Matt Chardovoyne, Rob Dorschner, James Lunderville, Andy Nannis, Josh Osterberg, Matthew O'Donnell, Thomas O'Donnell, Jason Reichard, Tal Zamir

NWSC: Dara Desmond, Dave Rines

PAC: Erin Dwyer-Frazer

OST: John Kelleher, Abigail Reibman, Jessica Looney, Michael Griffin, Brendan Pike

PSC: Christina Mucci, Melanie Tragash, Susan Whalan, Shauna McHugh, Jeanine Teasel, Anna Fraser, Ashley Marlunga, Mike Larsen, Adam Porter

PVAC: Beth Elie, Kristen Conlin, Brian Donovan, Tim Gale, Zeb Jenkins, Jerome Leslie, Michael Murphy

RAMS: Brad Yates, Richie Crowder, Bobby Crowder, Lara Pezza, Allison Garceau, Jeremy Lisnoff

SAC: John Maden, Lara Allard, Sarah Humphrey, Lindsay Grimm, Greg O'Leary, Ian Redgate

SD: Maribeth Byrne, Gary Jones

FWST: Dan MacEachran

SSA: Darren Johnson, Tony TenHaagen, Zach Cayer, Justin Mortimer, Jamie Cail, Emily Deppe, Jessica Tucker-Mohl, Kelly Gittlein, Erica Allen, Kate Sanders, Melissa Frechette, Jaime Crosscup, Lea Delicio, Kim Billen, Michele Labrie, Brittany Wilson, Kelly Flynn, Caroline Palmer, Kristin Nagle, Amy Allen, Claire O'Reilly, Allison Messier, Scarlett Quigley, Larissa Herold, Mike Baroni, Mark DeSalvo, Tom Dowd, David Lewis, Mike Lewis, Brian Lucey, Mike O'Connor, Justin Pudloski, Andrew Roberts, Aaron Rohde, Eric Williams

SSSC: Chris Guerrin, Jim Martin, Henry Turner

NEW ENGLAND SWIMMING TOP TEN SWIMMERS, LONG COURSE, 1993—1994 (continued)**TRIY:** Tommy Sheehan**WNSY:** Katie Lynch**TRAC:** Brian Porter, Scott Fedak, Christine Tutunjian, Michelle Burnett, Anne Sparacio, Jennifer Baker, Kristen Thistle, Jason Faulconer**UN:** Stephanie Chang, Lisa Martin, Jeff Marjaama, Brian Younger**WED:** Jennifer Knott, Sarah Kearns**WAC:** Keri Sullivan**YSS:** John McGrath, Jill Stonehouse, Meredith Curley, Lauren Gallaher, Jennifer McCaffrey**WYST:** Jeremy Tillman, Matthew Musiak**NEW ENGLAND SWIMMING TOP TEN SWIMMERS, SHORT COURSE, 1993—1994****ABF:** Livia Kelly, Kaitlin Hefner, Timothy McGlaston, Casey Cronin, Lawrence McGlaston, David Cooper, Joel Piggott, Antonio Fonseca, Adam Thiverge, Kyle Vandenberghe, Elizabeth Cooper, Courtney Gould, Andrea Kurrle, Kara Brennan, Nicholas Brunelli**ANA:** Sarah Demers, Colin Higgins**AMN:** Tim Carter**ATST:** Brianna Gray-Hallock, Maya Marx**BAT:** Brittany Sasser**BENN:** Chelsea Fellows-Swenson, Evan Swisher, Sean Sinay, Mike Leake**BGSC:** Crista Cardillo, Jessica Santa-Paul, Bianca Robles, Laura Blackwell, Ryan Mahoney, Christian Warner, Sue Trainer, Julie Lapinsky, Sarah Watts, Jen Berg, Amanda Watts, Danielle Peluso, Sanet Sirringhaus, Jen Schmid, Rachel Enos, Kerrin McDonald, Kelly Gouldson, Sara Greenbaum, Melissa Schofield, Julie Mitchell, Caroline Arpe, Amy Holt, Melissa Sessoms, Amanda Hall, Amy Kellstrand, Scott Bloeman, Jabula Butler, Kurt Leslie, Chad Milner, John Mitchell, Denis Sirringhaus, Kevin Riley, Lauren Tracy, Ryan Cesare, Chantal Menard, Caroline Lindstrom, Katina Maistrellis, Carissa Carter, Kerrienne Kalbko, Wendy Brown, Cara Curtis, Maurissa Riley, Brady Warner**BRN:** Laurel Naverson, Heidi Schambra, Christine Jensen**BSC:** Annie Goldstein, Eve Rossi, Matt Craven, Drew Knutton, Stephen Maher, Jay Rosenquest, Chip Mosher, Jesse Wendel, Aletha Holmes**BYCA:** Jessica Davidson, Kara Lentz, Mary Bazylewicz, Devin Murphy, Jennifer Brickett, Vanessa Kostopoulos, Tim Anderman, Mitchell Bartkiewicz, David Bazylewicz, Susan Herrick, Chris Arsenault, Tim Heffron, Brad Wright, Dan Bazylewicz, Kevin Curry, Brendan Drysdale, Mike Gallaher, Tyler Virden, Steve Caruso, Jacob Lindmark, Samantha Arsenault, Sarah Cook, Rachel O'Beirne, Alexis Kostopoulos, Liz Pizzello, Joe Heffron, Brian Michalski**BYD:** Kiel Fletcher, Bethany Davis, Jackie Errecart, Melinda Antonucci, Chelsea Singley**CAST:** Nicole Mueller, Valerie Grow, Lindsay Marshall, Danny Carvahlo, Robert Schotter, Andrew Cardillo, Gregory Cardillo, Joe Richards, Jeff Richards, Chris

NEW ENGLAND SWIMMING TOP TEN SWIMMERS, SHORT COURSE, 1993—1994 (continued)

Fernandes, Mark Dillon

CCSC: Kelly Hyndman, Gavin Frazier, Sarah Swain, Sarah Masi, Matt Inman, Shane Raymond, Ben Whittaker, Lindsay Sullivan, Jennifer Traficante, Julie Cowgill

CLEC: Jeremy Sullivan, James Bee

CONY: Brian Lucey

CSC: Teresa McRann, Erin Howarth, Erik Scheinfeldt

EB: colby canon, benji borowski, Jeff Wilga

EBAC: Audrey Couto, Jen Mooney, Michaela Whittet, Katherine Young, Wendy Thorpe, Corey Balkely, Rob Lewis, Sam Peck, Sean Raffile, Sarah Mooney

EST: Sam Briggs, Jay Drinker, Geoff Oxnard, Brittany Perkins

GMSC: Kara Taskila, Brandon Menne, Amanda Kirouac, Alison Whitney, Caralyn Menne, Melissa Salinger, Matt Buhts, Ethan Crosby, Bryan Grimes, Tim Grimes, Mike Gustafson, Ryan Parkinson, Neil Taskila, Karri Charpentier, Katie Cline, Kristen Lozeau, Kate Moody, Kristy Martin, Krsiten Landry, David Paul, Scott Osgood, Neil Taskila

HAY: Julie Kitchenka

LEVI: Eddie Oquendo

HRY: Steven Cox, Greg Chartier, Bobby Marval

HYST: Brooke Boncher, Paige Crimmins, Sarah Ferranti, Brian Fiske, Alex Gorski, Carlton, Cronin, Anna Christiansen, Jessica Lague, Kristin Latourelle, David Green, Melissa Lague, Angela Caprigno, Jenelle Bryan, Edward Bryan

HYV: Trish Walker, Leslie St. Lawrence, Megan Cassidy, Jeff Koziorek, Sean Meehan, Lauren Moynihan, Jessica Gaudet, Jesse Quillian

LOBC: Frank Tringale, Patrick Fei

MYSO: Brandon Brower

MALY: Ilya Fishman

MSSC: Abby Brethauer

MEM: Sofi Madison, Tracy True, James Bailey, Matthew Englehardt, Niles Madison, Dierdre Dunn, Libby Halloran, Kristen Voutselas, Kerry Kearn, Chuck Barnes, Greg Bilton, AJ Bowman, Michael Dowling, Carl Eriksson, Matt Gullledge, Tomohiro Hagiya, Spencer Hawkins, Jon Kissida, Tad Kremen, Alex Kurnakov, Todd McDermott, Kevin Mulgrew, Jon Quimby, Mike Scarbo, Michael Schulte, Santiago Tapia, Erik Vendt, Ed Wagner, Todd Westhaus, Kevin Williams, Wes Wrightson, Jason Gray, Jeff Marks, Scott Peterson, Dana Piasecki, Lindsay Hoban, Catie Lee, Katie Zimbone, Allison Vendt, Nancy Hackett, Erika Lazar, Dede Trimble, Tommy Keane, James Hughes

MVP: Connie Brown, Susie Wilson, Sally Brown, Sean Riley, Charles Kinnett, Clewis Kinnett, Chris Blongiewicz, Kevin Eppig, Ray Lemoine, John Newland, Adam Schoen, Jessica Schoen, Anthony Sakakeeny

NASY: Ryan St. Lawrence, Paula Sullivan, Brian Berthelotte

NCAC: Ingrid Hagan, Craig Shepherd, Justin Marcy, Dara Pristaw, Dan MacEachran

NEB: Erin Reilly, Tess Tomlinson, Katie Joyce, Alex Lawton, Ryan Berg, Gina Duff, Chrissy Riley, Julie Harrington, Justine Fagerland, Matt Chardovoyne, Rob Dorschner, Matt O'Donnell, Josh Osterberg, Josh Plati, Tal Zamir, James Colettis, Meghan Binder

NSP: Kimberly Walker, Allegra Parisi, Eugene Preyl

NSSC: Dara Desmond, Thephanie Chang, Josh Donahue, Dave Rines, Cristin Donahue, Bridget Vegina, Thomas Durkin

NEW ENGLAND SWIMMING TOP TEN SWIMMERS, SHORT COURSE, 1993—1994 (continued)

- OCY:** Michael Sabina, Wesley Gardner, Joseph Sabina
- PAC:** Erin Dwyer-Frazier, MaryBeth Wilk **PTST:** Kimmy Huska
- PSC:** Ashley Marlenga, Christina Mucci, Becky Scott, Mike Larsen, Adam Porter, Anna Fraser
- PVAC:** Kellyann Schmidt, James Fortunato, Beth Elie, Kristin Conlin, Tim Gale, Zeb Jenkins, Jerome Leslie, Bryan McFarland, Dan Moran
- RMS:** Richie Crowder, Bobby Crowder, Allison Garceau
- SAC:** Anne Robichaud, Anne Behrens, Carmen Trombini, Doug Shea, Sarah Humphrey, Lara Allard, Karen Ching
- SSA:** Jenna Barbary, Noelle Pulomena, Nicole Hendrickson, Lindsey Clark, Larry Toeble, Susan Cherwinski, Jessica Tucker-Mohl, Kelly Gittlein, Diana Liberty, Caroline Palmer, Karen Anderson, Shelly Jackson, Kirstin Nagle, Melissa Frechette, Claire O'Reilly, Kelly Flynn, Jaime Crosscup, Lea Delicio, Michele Labrie, Kim Billen, Elisa Lanciault, Melissa Burns, Kate Sanders, Amy Allen, Nicole Ciancarelli, Brittany Wilson, Kendra Deppe, Mike Baroni, Mike Lewis, Mike O'Connor, Justin Pudloski, Andrew Roberts, Aaron Rohde, Eric Williams, Jamie Cail, Erica Allen, Emily Deppe, Amy Verrault, Allison Messier, David Lewis, Darren Johnson, Zach Cayer
- SSSC:** Henry Turner **FWST:** Josh Friz
- TOST:** Alex Barker, Kristie Mitchell **TRIV:** Jeff Marjamaa
- TRAC:** Angela Groccia, Scott Fedak, Jason Faulconer
- UN:** Steven Bhardwaj, Eric DiIulio, Stephen Joe, Kyle Laracy, Dawn Reppucci
- WED:** Jennifer Knott, Sarah Kearns **VGST:** Nathan Bowie
- WNSY:** Katie Lynch **WAC:** Keri Sullivan
- WYST:** Matthew Musiak
- YSS:** Kate O'Brien, Erin Keady, Andrew Martorano, Jill Stonehouse

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The SALEM, NH BOYS & GIRLS CLUB is looking for swim instructors and an assistant coach. Apply in person from 6:30 am to 9:00 pm at 3 Geremonty Drive, Salem, NH or phone 603-898-7709. Ask for Andrea Bergdoll.

OUTSTANDING SWIMMERS, SHORT COURSE, 1993-1994

8 & under:	CONNIE BROWN	MVP	JAMES BAILEY	MEM
	JESSICA DAVIDSON	YSS	RICHE CROWDER	RAMS
	ANNIE GOLDSTEIN	BSC	BRIAN FISKE	HYST
	JESSIFER KNOTT	WED	EUGENE PREYL	NSP
	KELLYANN SCHMIDT	PVAC	SEAN RILEY	MVP
9 & 10 :	CONNIE BROWN	MVP	CARLTON CRONIN	HYST
	ANGELA GROCCIA	TRAC	CASEY CRONIN	ABF
	ASHLEY MARLENGA	PSC	BOBBY CROWDER	RAMS
	TERESA McRANN	CSC	LAWRENCE McGLASTON	ABF
	CHRISTINA MUCCI	PSC	ROBERT SCHOTTER	CAST
	NOELLE PULOMENA	SSA		
11 & 12 :	KRISTY MARTIN	BGSC	NICHOLAS BRUNELLI	ABF
	ALLISON MESSIER	SSA	TIM CARTER	AMW
	KATE MOODY	GMSC	JASON COLETTIS	NES
	MAURISSA RILEY	BGSC	CHRIS FERNANDES	CAST
	LAUREN TRACY	BGSC	DARREN JOHNSON	SSA
13 & 14 :	JAMIE CAIL	SSA	MICHAEL DOWLING	MEM
	EMILY DEPPE	SSA	TIM GRIMES	GMSC
	KERRIANNE KALBKO	BGSC	TOMOHIRO HAGIYA	MEM
	KRISTEN LOZEAU	GMSC	ZEB JENKINS	PVAC
	ALLISON VENDT	MEM	JON KISSIDA	MEM
15 & 16 :	AMANDA KIROUAC	GMSC	DAVID GREEN	HYST
	DIANA LIBERTY	SSA	SPENCER HAWKINS	MEM
	CAROLINE PALMER	SSA	JOHN MITCHELL	BGSC
	SUSAN TRAINER	BGSC	SAM PECK	EBAC
	JESSICA TUCKER-MOHL	SSA	JUSTIN PUCLOSKI	SSA
			HENRY TURNER	SSSC
17 & 18 :	SARA GREENBAUM	BGSC	CHUCK BARNES	MEM
	AMANDA HALL	BGSC	CARL ERIKSSON	MEM
	MICHELE LABRIE	SSA	MATT GULLEDGE	MEM
	KIRSTIN NAGLE	SSA	TAD KREMEN	MEM
	KATHERINE YOUNG	EBAC	ALEX KURMAKOV	MEM
OPEN :	AMANDA HALL	BGSC	CARL ERIKSSON	MEM
	MICHELE LABRIE	SSA	SPENCER HAWKINS	MEM
	SUSAN TRAINER	BGSC	TAD KREMEN	MEM
	DEDE TRIMBLE	MEM	ALEX KURMAKOV	MEM
	JESSICA TUCKER-MOHL	SSA	KEVIN WILLIAMS	MEM

OUTSTANDING SWIMMERS are those who have accumulated the most points through their Top Ten standings. The scoring is as follows:

STANDING: 1 2 3 4 5 6 7 8 9 10

POINTS: 12 9 8 7 6 5 4 3 2 1

Note that the scoring is not the same as at Championships. **OUTSTANDING SWIMMERS** are guests of new England Swimming at the banquet and receive a patch in addition to their certificate.

TOP TEN COMMITTEE: New England Swimming thanks Anne Hawkins, Judie Pristaw Mariella Allard, Wayne Chang, Darlene McGrath and Ginny Palmieri for their assistance with compiling Top Ten Times.

OUTSTANDING SWIMMERS, LONG COURSE, 1993—1994

8 & under:	MARY BAZYLEWICZ	BYCA	TIM ANDERMAN	BYCA
	CRISTA CARDILLO	BGSC	JAMES BAILEY	MEM
	SARAH KEARNS	WBD	TIM BOIRE	NASY
	JENNIFER KNOTT	WBD	BRIAN FISKE	HYST
	SACHA SOLOMON	CCSC	BRAD YATES	RAMS
9 & 10 :	CONNIE BROWN	MVP	BOBBY CROWDER	RAMS
	ERIN DWYER-FRAZIER	PAC	ALEX GORSKI	HYST
	TERESA McRANN	NEB	ALEX LAWTON	NEB
	CHRISTINA MUCCI	PSC	LAWRENCE McGLASTON	ABF
	KERI SULLIVAN	WAC	ROBERT SCHOTTER	CAST
11 & 12 :	SAMANTHA ARSENAULT	BYCA	NICHOLAS BRUNELLI	MEM
	LINDSAY HOBAN	MEM	JIMMY HUGHES	MEM
	ALLISON MESSIER	SSA	DARREN JOHNSON	SSA
	KATE MOODY	GMSC	MATTHEW MUSIAK	WYST
	MAURISA RILEY	BGSC	SCOTT OSGOOD	GMSC
13 & 14 :	JAMIE CAIL	SSA	JON KISSIDA	MEM
	EMILY DEPPE	SSA	KYLE LITTLEFIELD	BGSC
	KERRIANNE KALBKO	BGSC	STEPHEN MAHER	BSC
	ALLISON VENDT	MEM	KEVIN MULGREW	MEM
	KATE ZIMBONE	MEM	KEVIN RILEY	BGSC
15 & 16 :	ANNA CHRISTIANSEN	HYST	MICHAEL DOWLING	MEM
	AMANDA KIROUAC	GMSC	BRYAN GRIMES	GMSC
	KRISTEN LOZEAU	GMSC	SPENCER HAWKINS	MEM
	JESSICA TUCKER-MOHL	SSA	ZEB JENKINS	PVAC
	KRISTEN VOUTSELAS	MEM	WILL MAHER	BSC
17 & 18 :	AMANDA HALL	BGSC	TAD KREMEN	MEM
	MICHELE LABRIE	SSA	ALEX KURMAKOV	MEM
	LISA MARTIN	UN	RYAN PARKINSON	GMSC
	KIRSTIN NAGLE	SSA	DENIS SIRRINGHAUS	BGSC
	CAROLINE PALMER	SSA	ERIC WILLIAMS	SSA
OPEN :	LARISSA HEROLD	SSA	MATT GULLEDGE	MEM
	LISA MARTIN	UN	CHIP HABERSTROH	MEM
	SUE TRAINER	BGSC	SPENCER HAWKINS	MEM
	DEDE TRIMBLE	MEM	DENIS SIRRINGHAUS	BGSC
	JESSICA TUCKER-MOHL	SSA	KEVIN WILLIAMS	MEM

DIRECTIONS TO THE FRANCISCAN CENTER, 475 River Road, Andover, MA:

From ROUTE 93 N: Take Exit 45; Bear right off exit for 3.5 miles. Center is on right, River Road.

From ROUTE 93 S: Take Exit 45; Bear left off exit for 3.5 miles. Center is on right, River Road.

From ROUTE 495 N: Take Exit 39, Route 133. Bear left at end of ramp. Take first right after traffic light onto Fiske Street (church on corner). Follow Fiske Street to end. Take right and immediate left.

From ROUTE 495 S: Take Exit 39, Route 133. Bear right at end of ramp. Take first right after traffic light onto Fiske Street (church on corner). Follow Fiske Street to the end. Take right and immediate left.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

NOVEMBER 1994

IN THIS ISSUE: NEW ENGLAND SWIMMING TIME STANDARDS FOR TEN AND UNDER CHAMPIONSHIPS, DISTRICT CHAMPIONSHIPS, AGE GROUP CHAMPIONSHIPS, SENIOR CHAMPIONSHIPS; USS TIME STANDARDS FOR SENIOR NATIONAL AND JUNIOR NATIONAL CHAMPIONSHIPS; USS DEVELOPMENTAL TIME STANDARDS FOR 12 and UNDERS....

COMING IN THE NEXT ISSUE: INFORMATION FROM THE USS CONVENTION & THE NE ANNUAL MEETING

GOOD NEWS CONCERNING TEN AND UNDER CHAMPIONSHIPS!!!

Ten and under Championships will be run by North Country Aquatic Club at Dartmouth College, Hanover, NH on the ~~originally scheduled date of February 17--19, 1995.~~ The facility has plenty of room on deck for swimmers and in the stands for parents, siblings, grandparents, etc. (Yes, NCAC will still be running one of the district meets on the following weekend!)

TOP TEN BANQUET: Nearly 500 top ten swimmers, parents and coaches attended the Top Ten Banquet at the Franciscan Center in Andover, MA where they enjoyed a delicious buffet dinner. The speaker was **DAVID WHARTON** who won a silver medal in the 1988 Olympics and also participated in the 1992 Olympics. Thank you to Isabelle Fraser, Priscilla Davis, Donna Brown, Kait McLaughlin, Thomas O'Donnell and Julie Lapinsky who presented the awards, Harriet Kinnett, who picked up Dave at his hotel, Rich Cheney, who took Dave to the airport, and my daughter, Kate, who helped at the door.

STROKE AND TURN CLINIC: Thursday, November 10 at 6 pm at Acton-Boxborough Regional High School. The facilitator will be Jerry Zimmer. To register contact Wayne Chang at 508-251-1111 (H) or 508-749-5050 (W).

FIRST AID/CPR RECERTIFICATION: Sunday, November 6 in the morning in Dover, NH. For further information, contact Amy Parratto at 603-749-2869.

The **NANTUCKET DOLPHINS SWIM TEAM (ACK)** would like to schedule dual meets in their pool which has a new electronic timing system. For further information, contact Hank Varona at 508-228-7262.

ASSISTANT COACH WANTED: Contact Triton Aquatic Club (Worcester, MA) at 508-393-7601.

ASSISTANT COACH for BAT at Belmont High School weekdays from 4 to 6 pm. Call Ann at 617-484-5808.

The Board of New England Swimming will meet on Monday, November 14 at 7 pm at the Nashua (NH) Country Club, Nashua, NH.

NEW ENGLAND SWIMMING SENIOR CHAMPIONSHIP TIMES

WOMEN		SENIORS	MEN	
LCM	YDS	EVENTS	YDS	LCM
29.79	25.89	50 FR	22.99	26.99
104.29	56.09	100 FR	50.89	58.59
216.99	200.49	200 FR	150.59	206.99
447.49	522.99	500 / 400 FR	459.89	433.09
1005.99	1111.99	1000 / 800 FR	1029.99	939.99
1929.99	1840.59	1650 / 1500 FR	1759.99	1839.99
113.99	103.49	100 BK	58.49	108.69
236.99	217.29	200 BK	207.09	225.79
124.89	112.99	100 BR	104.99	115.99
302.79	237.69	200 BR	223.29	247.89
110.49	102.39	100 FL	56.09	104.79
238.19	219.39	200 FL	207.59	225.89
235.59	215.99	200 IM	206.79	224.79
537.99	450.29	400 IM	432.99	515.99

WOMEN		SR BONUS	MEN	
LCM	YDS	EVENTS	YDS	LCM
29.99	26.49	50 FR	23.79	27.69
104.99	57.19	100 FR	52.19	100.19
218.89	202.99	200 FR	153.79	210.29
453.19	528.19	500 / 400 FR	507.99	437.09
1019.89	1122.49	1000 / 800 FR	1044.19	952.29
1933.89	1850.29	1650 / 1500 FR	1821.19	1849.69
116.09	105.09	100 BK	100.59	109.89
239.99	220.69	200 BK	211.69	230.29
126.69	114.39	100 BR	107.49	117.79
306.99	240.19	200 BR	227.79	251.19
111.79	103.89	100 FL	58.49	106.89
241.79	223.39	200 FL	211.29	233.09
238.79	218.99	200 IM	210.19	228.59
541.99	455.19	400 IM	441.49	520.49

For each event qualified in, a swimmer may swim a "bonus" event, up to three "bonus" events.

All yard times must date from September 1, 1994. All long course meter times must date from July 21, 1994. All distance freestyle events (800 and longer) must date from May 1, 1994.

**NEW ENGLAND SWIMMING
1995 DISTRICT CHAMPIONSHIP QUALIFYING TIMES**

WOMEN		11 and 12	MEN	
Consideration	Automatic	Event	Automatic	Consideration
32.99	30.99	✓ 50 Free	31.29	33.69
112.79	107.79	✓ 100 Free	108.49	113.69
232.79	225.79	✓ 200 Free	228.79	235.99
635.99	615.69	✓ 500 Free	631.39	649.99
40.19	37.19	✓ 50 Back	37.39	40.19
125.99	119.99	✓ 100 Back	121.89	126.99
43.89	41.29	✓ 50 Breast	41.49	44.99
134.99	128.69	✓ 100 Breast	129.29	135.99
37.79	34.79	✓ 50 Fly	35.49	38.59
125.99	119.09	✓ 100 Fly	119.69	126.79
124.19	119.09	✓ 100 IM	119.19	125.49
253.99	245.59	✓ 200 IM	251.29	259.99

WOMEN		13 and 14	MEN	
Consideration	Automatic	Event	Automatic	Consideration
31.29	28.89	✓ 50 Free	28.29	30.99
108.59	103.59	✓ 100 Free	59.99	105.19
219.99	214.99	✓ 200 Free	213.99	218.99
605.99	553.89	✓ 500 Free	549.99	559.99
	20:13.99*	1650 Free	19:59.99*	
118.99	113.99	✓ 100 Back	112.09	117.09
246.99	239.99	✓ 200 Back	236.59	243.99
128.99	124.09	✓ 100 Breast	119.49	125.39
309.99	304.49	✓ 200 Breast	253.69	304.19
117.29	113.29	✓ 100 Fly	109.69	115.09
249.99	242.99	✓ 200 Fly	234.59	245.99
243.99	236.79	✓ 200 IM	234.39	241.99
545.99	521.99	400 IM	530.89	549.99

All times must date from September 1, 1994 except the 1650 which may date from May 1, 1994.

BRONZE CLASSIC TIMES are .01 slower than the **AUTOMATIC** District qualifying times.

**NEW ENGLAND SWIMMING
1995 DISTRICT CHAMPIONSHIP QUALIFYING TIMES**

WOMEN		15 and OVER	MEN	
Consideration	Automatic	Event	Automatic	Consideration
30.99	28.49	✓ 50 Free	27.29	29.79
106.39	102.39	✓ 100 Free	58.49	102.99
217.99	213.19	✓ 200 Free	205.99	210.89
559.99	545.89	✓ 500 Free	525.27	539.99
	19:59.99*	1650 Free	19:29.99*	
114.79	111.19	✓ 100 Back	107.69	111.99
244.99	236.79	✓ 200 Back	225.59	233.99
126.99	121.99	✓ 100 Breast	114.99	119.99
305.99	255.39	200 Breast	242.99	252.99
115.79	111.29	✓ 100 Fly	105.39	109.99
245.59	235.59	✓ 200 Fly	225.19	235.99
237.99	231.99	✓ 200 IM	226.59	232.99
535.99	515.29	400 IM	508.69	528.09

***1650 YARD FREESTYLE:**

Entries in the 1650 yard freestyle may be limited to two heats per sex and age group, or eight heats total. 1650 yard freestyle events may be combined at the discretion of the meet organizer and referee. In the event that swimmers are cut from the 1650 yard freestyle, they may indicate their desire to be placed on the waiting list for that event. Wait-listed swimmers will be given the opportunity to swim if space is available due to scratches.

AUTOMATIC QUALIFYING TIMES:

Automatic qualifying times for 1995 District Championships are the same as qualifying times for the 1994 Silver Classic. All swimmers entering with automatic qualifying times will be guaranteed an opportunity to swim. There are no "cut-out" or maximum qualifying times for District Championships. A swimmer entering District Championships with an automatic qualifying time may not swim the same event at Bronze Classic

CONSIDERATION QUALIFYING TIMES:

We anticipate that most, if not all, swimmers entering with consideration times will have the opportunity to swim at District Championships. If a particular session is oversubscribed, swimmers entering with consideration times may be cut by entry time, slowest to fastest, on a district-by-district basis. **A swimmer entering an event at District Championships with a consideration time MAY ENTER the same event at Bronze Classic**

All times must date from September 1, 1994 except the 1650 which may date from May 1, 1994.

NEW ENGLAND TEN AND UNDER CHAMPIONSHIP TIMES

WOMEN		8&U	MEN	
LCM	YDS	EVENTS	YDS	LCM
	18.29	25 FR	18.59	
46.39	42.39	50 FR	42.49	47.29
152.69	138.39	100 FR	140.49	151.99
	22.99	25 BK	23.29	
100.59	51.59	50 BK	51.59	101.69
	25.99	25 BR	26.69	
105.69	58.99	50 BR	58.99	106.19
	22.99	25 FL	23.99	
103.49	100.79	50 FL	102.19	114.29
	148.99	100 IM	154.39	

WOMEN		9-10	MEN	
LCM	YDS	EVENTS	YDS	LCM
39.89	34.99	50 FR	34.99	39.89
128.19	117.39	100 FR	118.99	129.99
309.49	246.19	200 FR	246.19	309.49
47.09	41.29	50 BK	41.69	47.59
144.69	131.99	100 BK	132.99	145.99
53.39	46.79	50 BR	47.49	54.19
155.79	141.59	100 BR	143.99	158.59
47.09	41.29	50 FL	41.29	47.09
149.49	135.99	100 FL	135.99	149.49
	127.29	100 IM	128.99	
336.59	309.99	200 IM	312.99	339.99

These times are for short course only. All times must date from September 1, 1994. **BRONZE CLASSIC** times for 9 and 10 are .01 slower than the times for 9 and 10 at Ten and under Championships.

 * NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL *
 * 20 Cleveland Road *
 * Needham, MA 02192 *
 * 617-449-0270 *
 * * FAX 617-449-7903 *
 * OFFICE HOURS: Monday : 8 a.m.—2 p.m.; 7:30 p.m.—10 p.m. *
 * Thursday: 8 a.m.—2 p.m. *
 * * Please do not send registration by FAX; registration is not *
 * possible without payment of the registration fee. *

NEW ENGLAND SWIMMING AGE GROUP CHAMPIONSHIP TIMES

1995

WOMEN		11-12	MEN	
LCM	YDS	EVENTS	YDS	LCM
32.79	28.79	50 FR	28.89	33.19
111.99	102.59	100 FR	103.19	113.79
234.19	214.79	200 FR	217.29	236.99
520.89	556.79	500 / 400 FR	608.29	539.99
38.49	33.69	50 BK	34.09	40.99
123.99	113.19	100 BK	115.29	125.99
43.69	37.89	50 BR	38.39	45.99
135.29	122.59	100 BR	124.89	141.89
36.19	31.99	50 FL	32.99	38.99
123.99	111.99	100 FL	115.69	132.09
	112.19	100 IM	112.79	
256.99	234.99	200 IM	238.09	304.49

WOMEN		13-14	MEN	
LCM	YDS	EVENTS	YDS	LCM
30.89	27.19	50 FR	26.09	29.99
107.79	58.99	100 FR	56.59	106.59
225.49	207.09	200 FR	203.79	224.09
505.49	538.99	500 / 400 FR	532.99	459.99
1040.09	1145.99	1000 / 800 FR	1122.99	1031.39
1940.29	1911.69	1650 / 1500 FR	1850.29	1907.89
118.59	107.69	100 BK	106.49	118.99
247.99	225.99	200 BK	223.99	243.99
130.49	117.59	100 BR	113.29	126.19
313.29	246.99	200 BR	241.99	309.99
116.49	106.99	100 FL	104.39	115.09
249.59	230.99	200 FL	231.99	253.99
244.59	224.99	200 IM	221.99	245.69
549.99	506.99	400 IM	506.29	551.29

BOLD PRINT MEANS CHANGE STANDARD

All times must date from September 1, 1994 except the 1650 which may date, from May 1, 1994.

1995 DEVELOPMENTAL TIME STANDARDS

Short Course - Yards 9 & Under

<u>Girls</u>					<u>Boys</u>			
Starfish	Goldfish	Swordfish	Dolphin	Event	Starfish	Goldfish	Swordfish	Dolphin
--	57.19	52.59	47.89	50 Free	--	54.59	50.39	46.19
--	2:15.89	2:03.89	1:51.89	100 Free	--	2:10.59	1:59.39	1:48.19
--	4:59.59	4:32.59	4:05.59	200 Free	--	4:33.19	4:10.39	3:47.59
--	1:15.19	1:08.39	1:01.59	50 Back	--	1:14.99	1:08.29	1:01.59
--	2:39.89	2:25.49	2:11.09	100 Back	--	2:34.19	2:20.99	2:07.69
--	1:21.69	1:14.39	1:07.19	50 Breast	--	1:18.79	1:11.99	1:05.19
--	3:03.69	2:47.09	2:30.49	100 Breast	--	2:51.19	2:36.69	2:22.19
--	1:15.99	1:08.69	1:01.29	50 Fly	--	1:10.89	1:04.49	58.09
--	3:10.79	2:51.29	2:31.69	100 Fly	--	3:05.69	2:46.99	2:28.39
--	2:36.99	2:23.19	2:09.29	100 I.M.	--	2:28.09	2:15.79	2:03.49
--	5:31.29	5:02.39	4:33.59	200 I.M.	--	5:19.79	4:52.59	4:25.39

Short Course - Yards 10 Years

<u>Girls</u>					<u>Boys</u>			
Starfish	Goldfish	Swordfish	Dolphin	Event	Starfish	Goldfish	Swordfish	Dolphin
--	52.09	48.19	44.29	50 Free	--	49.99	46.39	42.79
--	2:01.39	1:51.59	1:41.79	100 Free	--	1:56.79	1:47.59	1:38.39
--	4:25.89	4:03.99	3:42.09	200 Free	--	4:06.89	3:47.89	3:28.89
--	1:06.59	1:01.09	55.59	50 Back	--	1:06.49	1:00.99	55.49
--	2:24.19	2:12.19	2:00.19	100 Back	--	2:18.69	2:07.59	1:56.49
--	1:12.59	1:06.69	1:00.79	50 Breast	--	1:10.99	1:05.29	59.59
--	2:42.49	2:28.99	2:15.49	100 Breast	--	2:33.59	2:21.49	2:09.39
--	1:06.19	1:00.39	54.59	50 Fly	--	1:03.19	57.89	52.59
--	2:43.69	2:28.29	2:12.89	100 Fly	--	2:39.79	2:24.99	2:10.19
--	2:19.99	2:08.69	1:57.39	100 I.M.	--	2:13.49	2:03.19	1:52.89
--	4:56.69	4:32.99	4:09.29	200 I.M.	--	4:49.29	4:26.49	4:03.69

THESE TIMES WERE DEVELOPED BY USS AS INCENTIVES FOR "C" SWIMMERS. Any New England team that wishes to use them may.

1995 DEVELOPMENTAL TIME STANDARDS

Short Course - Yards 11 Years

<u>Girls</u>					<u>Boys</u>			
Starfish	Goldfish	Swordfish	Dolphin	Event	Starfish	Goldfish	Swordfish	Dolphin
--	46.99	43.89	40.69	50 Free	--	45.49	42.49	39.49
--	1:46.89	1:39.29	1:31.69	100 Free	--	1:43.09	1:35.89	1:28.69
--	3:52.29	3:35.49	3:18.69	200 Free	--	3:40.69	3:25.49	3:10.29
--	8:43.29	8:12.49	7:41.69	500 Free	--	8:38.49	8:07.99	7:37.49
--	57.99	53.79	49.59	50 Back	--	57.99	53.69	49.39
--	2:08.49	1:58.89	1:49.29	100 Back	--	2:03.19	1:54.29	1:45.29
--	1:03.59	58.99	54.49	50 Breast	--	1:03.29	58.69	54:09
--	2:21.39	2:10.99	2:00.59	100 Breast	--	2:15.99	2:06.29	1:56.59
--	56.39	52.19	47.89	50 Fly	--	55.59	51.39	47.19
--	2:16.59	2:05.39	1:54.09	100 Fly	--	2:13.99	2:02.99	1:52.09
--	2:02.99	1:54.29	1:45.49	100 I.M.	--	1:58.99	1:50.69	1:42.39
--	4:22.19	4:03.59	3:45.09	200 I.M.	--	4:18.79	4:00.39	3:41.99

Short Course - Yards 12 Years

<u>Girls</u>					<u>Boys</u>			
Starfish	Goldfish	Swordfish	Dolphin	Event	Starfish	Goldfish	Swordfish	Dolphin
--	41.89	39.49	37.09	50 Free	--	40.89	38.49	36.09
--	1:32.39	1:26.99	1:21.59	100 Free	--	1:29.29	1:24.09	1:18.89
--	3:18.59	3:06.89	2:55.19	200 Free	--	3:14.39	3:02.99	2:51.59
--	8:43.29	8:12.49	7:41.69	500 Free	--	8:38.49	8:07.99	7:37.49
--	49.39	46.49	43.59	50 Back	--	49.49	46.39	43.29
--	1:52.79	1:45.59	1:38.39	100 Back	--	1:47.69	1:40.89	1:34.09
--	54.49	51.29	48.09	50 Breast	--	55.49	51.99	48.49
--	2:00.19	1:52.89	1:45.59	100 Breast	--	1:58.39	1:51.09	1:43.79
--	46.59	43.89	41.19	50 Fly	--	47.89	44.79	41.69
--	1:49.49	1:42.39	1:35.29	100 Fly	--	1:48.09	1:40.99	1:33.89
--	1:45.99	1:39.79	1:33.59	100 I.M.	--	1:44.39	1:38.09	1:31.79
--	3:47.59	3:34.19	3:20.79	200 I.M.	--	3:48.29	3:34.29	3:20.29

1995 SENIOR NATIONAL CHAMPIONSHIP TIME STANDARDS

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
23.89	26.59	27.19	50 FREE	20.79	22.99	23.89
51.29	56.49	58.39	100 FREE	45.19	49.89	52.29
1:50.79	2:02.09	2:05.79	200 FREE	1:39.19	1:49.89	1:54.29
4:52.69	4:12.79	4:23.09	400/500 FREE	4:28.39	3:52.39	4:02.29
10:01.09	8:43.39	9:01.89	800/1000 FREE	9:20.99	8:10.89	8:23.99
16:46.89	16:36.09	17:11.99	1500/1650 FREE	15:34.99	15:17.79	16:06.19
57.09	1:02.69	1:05.99	100 BACK	50.79	56.59	58.89
2:01.79	2:14.99	2:20.79	200 BACK	1:49.29	2:01.39	2:06.89
1:04.89	1:12.49	1:14.79	100 BREAST	56.59	1:02.89	1:05.69
2:19.29	2:35.79	2:39.19	200 BREAST	2:02.59	2:17.49	2:21.99
56.79	1:02.39	1:03.79	100 FLY	49.79	54.59	56.59
2:03.69	2:15.99	2:18.89	200 FLY	1:49.79	2:00.19	2:05.39
2:04.79	2:17.69	2:23.59	200 INDIV MEDLEY	1:51.49	2:03.19	2:09.39
4:24.69	4:51.89	5:01.29	400 INDIV MEDLEY	3:58.49	4:24.09	4:34.79
3:34.59	4:00.09	4:03.49	400 FREE RELAY	3:07.09	3:27.79	3:36.79
7:43.09	8:37.59	8:46.09	800 FREE RELAY	6:55.79	7:42.29	7:53.79
3:59.19	4:26.59	4:31.19	400 MEDLEY RELAY	3:29.79	3:54.39	3:58.59

QUALIFYING PERIODS
MARCH 22, 1994 THROUGH ENTRY DEADLINE FOR SPRING MEET
AUGUST 2, 1994 THROUGH ENTRY DEADLINE FOR SUMMER MEET

1995 JUNIOR NATIONAL CHAMPIONSHIP TIME STANDARDS

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
24.59	27.39	27.79	50 FREE	21.69	23.99	24.79
52.89	58.29	1:00.29	100 FREE	47.29	52.19	53.99
1:54.19	2:05.89	2:09.09	200 FREE	1:43.09	1:54.19	1:58.09
5:03.29	4:21.89	4:30.69	400/500 FREE	4:39.59	4:02.09	4:09.79
10:22.19	9:01.79	9:15.99	800/1000 FREE	9:40.09	8:27.59	8:42.19
17:24.29	17:13.09	17:46.69	1500/1650 FREE	16:14.29	15:56.39	16:43.39
59.09	1:04.89	1:07.89	100 BACK	53.09	59.09	1:01.39
2:06.99	2:20.79	2:26.09	200 BACK	1:55.09	2:07.89	2:12.39
1:07.49	1:15.39	1:16.99	100 BREAST	59.59	1:06.19	1:08.79
2:25.59	2:42.89	2:45.19	200 BREAST	2:09.79	2:25.59	2:30.19
58.59	1:04.39	1:05.79	100 FLY	52.09	57.09	58.99
2:08.89	2:21.69	2:24.59	200 FLY	1:54.89	2:05.79	2:11.99
2:09.49	2:22.89	2:27.79	200 INDIV MEDLEY	1:56.29	2:08.49	2:13.59
4:33.89	5:01.99	5:09.69	400 INDIV MEDLEY	4:09.49	4:36.19	4:45.19
3:37.19	4:02.99	4:07.39	400 FREE RELAY	3:12.79	3:34.29	3:41.89
7:49.79	8:45.09	8:56.29	800 FREE RELAY	7:05.69	7:53.29	8:07.49
4:01.29	4:28.89	4:36.39	400 MEDLEY RELAY	3:36.09	4:01.49	4:08.89

SEED CARDS: Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 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 \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.

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**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192

FIRST CLASS



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

DECEMBER 1994

IN THIS ISSUE: REIMBURSEMENT POLICY & REQUEST FORM; ATHLETE REPS;
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CHAMPIONSHIP MEET CHANGES; DATE FOR AG & RACING
CAMPS & COACHES CLINICS; RULE CHANGES; SANCTIONED,
APPROVED & COVERED MEETS; NEW TEAMS FOR 1995.....

CONGRATULATIONS to PRISCILLA DAVIS who was named "Volunteer of the Year" at the Annual Meeting of New England Swimming.

CONGRATULATIONS to the following new members of the New England Swimming Board who were appointed at the November Board Meeting.

KAREN ALMLOF: Secretary
ANN MURRAY: Technical Chairman
MARIELLA ALLARD: Club Development Liason

THANK YOU to KATHLEEN MILLOY, JIM MCCOMBS, and ROY COATES who have recently resigned from the new England Swimming Board. We appreciate their contributions to New England Swimming.

to FRANK CHING who has produced the first two issues of "From the Podium," a newsletter for officials.

CONGRATULATIONS to the following members of the New England Swimming community who have been named to United States Swimming Committees:

JILL JOHNSON: Board of Directors, Athletes Executive Committee, Championship Evaluation Committee, Olympic International Operations
PRISCILLA DAVIS: Adapted Swimming Committee
ISABELLE FRASER: Age Group Records Committee
MIKE PARRATTO: All American Committee, Olympic International Operations
BETSY MITCHELL-WILSON: Olympic International Operations, Public Relations Committee
JOE BERNAL: Senior Swimming Committee

"BON VOYAGE" to JIM MCCOMBS, former New England Senior Chairman, who has accepted a Head Coach position in Georgia.

to TED HAARTZ, ex-officio member of the USS Board of Directors and former official in NE, who has moved to Arizona.

The Board of New England Swimming will meet at 7 pm on Monday, January 9, 1995 at the Wellesley Community Center.

NEW CLUBS REGISTERED FOR 1995:

FORGE HILL YMCA DOLPHINS

Ann Lang
45 Forge Hill Drive
Franklin, MA 02038

FHY

SOUTH COUNTY FALCONS

Bill Meier
PO Box 651
Monterey, MA 01245

SCF

HAMPSHIRE REGIONAL SWIM CLUB

Matt Chenier
20 Fairfield Avenue
Holyoke, MA 01040

ORCA

HAMPSHIRE REGIONAL PARENTS SWIM TEAM

Sharon Ryder
130 Sugar Hill Road
Williamsburg, MA 01096

HRST

EAST PROVIDENCE BOYS & GIRLS CLUB (EPBC) is now,
EAST PROVIDENCE TIDAL WAVE (WAVE)

RAIDERS SWIM TEAM

Sharyn Thurber
35 Chauncy Street
Westboro, MA 01581

RSC

RACQUET'S EDGE SWIM TEAM

Suzanne Aguilar
4 Morse Drive
Essex Junction, VT 05452

EDGE

WORCESTER ACADEMY SWIMMING

Barbara Gould
81 Providence Street
Worcester, MA 01604

WAS

NEW RULES!!! NEW RULES!!!

The following rule changes were accepted at the USS convention this fall.

101.1 BREASTSTROKE

- .2 **Stroke**...The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands...

This rule was established to conform with the new FINA rule to prohibit the "new" breaststroke that looks like a modified butterfly.

101.3 BACKSTROKE

- .3 **Turns**—Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. Once the swimmer has left the position on the back, there shall be no kick or arm pull independent of a continuous turning action. If the swimmer turns past vertical, such motion must be part of a continuous turning action and t The shoulders must be at or past vertical toward the back when the feet swimmer leaves the wall.

This new working also conforms to the new FINA rule. Flotation, without any arm pull or kick, is now allowed--there is no DQ for a discontinuous turn if a swimmer floats into the wall on his stomach and does nothing else.

TENTATIVE DATES TO PENCIL IN ON YOUR 1995 CALENDAR:

April 22--23: Coaches Clinic (including an ASCA Stroke School)
 May 20--21: Age Group Camp
 September 22: Racing Camp

More information will be in the newsletter shortly. SAVE THE DATES!

INFORMATION ABOUT CHAMPIONSHIP MEETS:

At the Annual Meeting the coaches had a very productive (and lengthy) meeting. Mike Parratto presented several recommendations to the Board at its November meeting. The following changes were approved. Other recommendations will be considered at the end of short course season.

1. At New England Seniors, swimmers may swim a maximum of nine events with a maximum of three bonus events. (The current number of events is seven.)
2. Team high point scoring for Ten & under Championships and Age Group Championships will be combined, and team high point awards for the combined scores will be presented at the end of Age Group Championships. (There will be no changes in the scoring of individual high point awards.)
3. The revised policy for reimbursement is on another page.

TOP TEN CORRECTIONS:

The following corrections have been received by the New England Office:

SHORT COURSE:

9 & 10 GIRLS				13 and 14 BOYS			
50 yard BREASTSTROKE				500 yard FREESTYLE			
10. Jessica Looney	OCY	34.83	CCSJ	7 Shane Raymond	CCSC	5:06.30	CCSJ
11 and 12 GIRLS				200 yard BACKSTROKE			
200 yard FREESTYLE				7, Shane Raymond	CCSC	2:05.97	CSJJ
8. Elizabeth Dean	CCSC	2:06.17	CCSJ				
500 yard FREESTYLE				LONG COURSE			
4. Elizabeth Dean	CCSC	5:33.06	CCSJ	11 and 12 GIRLS			
8. Kate Murray	CCSC	5:39.34	CCSJ	100 meter BUTTERFLY			
11 and 12 BOYS				6. Ashley Marlenga	PSC	1:14.71	PVAC
50 yard FREESTYLE				13 and 14 GIRLS			
9. Ben Whittaker	CCSC	26.51	CCSJ	200 meter BACKSTROKE			
100 yard FREESTYLE				2. Emily Deppe	SSA	2:22.73	JO
6. Ben Whittaker	CCSC	56.81	CCSJ	100 meter BREASTSTROKE			
200 yard FREESTYLE				1. Lindsay Sullivan	CCSC	1:16.56	JO
6. Ben Whittaker	CCSC	2:02.52	CCSJ	OPEN GIRLS			
500 yard FREESTYLE				200 meter BACKSTROKE			
5. Ben Whittaker	CCSC	5:27.57	CCSJ	6. Emily Deppe	SSA	2:22.73	JO
				100 meter BREASTSTROKE			
				2. Lindsay Sullivan	CCSC	1:16.56	JO

NEW ENGLAND SWIMMING REQUEST FOR REIMBURSEMENT

MEET: _____ DATE: _____

NAME: _____ CLUB: _____

DATE OF FIRST REGISTRATION IN NEW ENGLAND: _____
(Include year only if registered for more than one year.)

INDIVIDUAL EVENT(S) SWUM: _____ PLACE: _____

THREE NEW ENGLAND CALENDAR MEETS SWUM IN DURING THE SEASON:
MEET: _____ DATE: _____

(If the swimmer has not swum in three New England calendar meets during the season, but has swum in three New England calendar meets during the other season, the swimmer may request a waiver from the three meet requirement. Please include an explanation and a request for a waiver with this form.)

MAKE CHECK PAYABLE TO: _____

MAIL CHECK TO: _____

SIGNED: _____
TEAM REPRESENTATIVE PARENT (or swimmer if over 18)

DATE: _____
(Requests must be made within 8 weeks.)

MAIL completed forms to; New England Swimming
20 Cleveland Road
Needham, MA 02192

NOTE: Requests for reimbursement cannot be considered by the Board of New England Swimming until after the results have been received in the office.

FOR OFFICE USE ONLY:

Verification: Registration: _____ Meet Results: _____ New England Meets: _____

Approved by Board: _____ Amount of Check: _____

REIMBURSEMENT POLICY, 1994—1995:

A New England registered swimmer who swims in an individual event at Junior Nationals will be reimbursed \$150 by New England Swimming. A New England registered swimmer who swims in an individual event at Senior Nations will be reimbursed \$300 by New England Swimming. A swimmer who places in the top 16 in one or more individual events will receive an additional \$50. There will be no limit either for the number of meets or the amount of money to be reimbursed to a swimmer.

During the short course season a swimmer must **fully** participate in three New England calendar meets to be eligible for reimbursement. During the long course season a swimmer must **fully** participate in two New England calendar meets to be eligible for reimbursement. **"Full participation" means participation in all or at least two days of competition and at least one event at each day of participation.**

If the New England Senior Championships is in place with a named facility by a certain date (90 days preceding the first day of the meet for long course; 120 days preceding the first day of the meet for short course), mandatory participation in the Senior meet is required in order for a swimmer to receive reimbursement. The New England Board may waive this requirement for good cause, such as illness or conflict with a National Team requirement..

A swimmer must request the reimbursement within eight weeks of the meet.

To be eligible for reimbursement an athlete must have been registered in New England and have competed in a New England calendar meet at least six months prior to the meet for which reimbursement has been requested.

A swimmer who does not participate in three New England calendar meets during the short course season may request a waiver for a championship meet during that season only if he/she participates in three New England calendar meets during the long course season. A swimmer who does not participate in two New England calendar meets during the long course season may request a waiver for a championship meet during that season only if he/she participates in three New England calendar meets during the short course season. All requests for waivers will be considered following the long course season.

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*
*      NEW ENGLAND SWIMMING OFFICE:  MARY RIDDELL
*
*                                     20 Cleveland Road
*                                     Needham, MA 02192
*
*                                     617-449-0270
*
*                                     * FAX 617-449-7903
*
* OFFICE HOURS:  Monday : 8 a.m.—2 p.m.; 7:30 p.m.—10 p.m.
*                 Thursday: 8 a.m.—2 p.m.
*
* * Please do not send registration by FAX; registration is not
*   possible without payment of the registration fee.
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"AA" TIME STANDARDS are needed to apply for the Zone Team. New England uses the 1994 USS National Motivational Times through Short Course season. The 1994 time standards were in the April 1994 issue of "Newsletter Plus" and also in the 1994 USS Rule Book. If you have any questions, call the office.

By B. Wells O'Brien, USS Legislation Committee Chairman, and Peter Carney, USS Rules Committee Chairman

The House of Delegates passed two resolutions along with other legislation which addresses situations when a swimmer may obtain OVCs and reportable times in other than sanctioned or approved competition. These resolutions have raised a number of questions. We will attempt to give an interpretation of these resolutions and hopefully resolve the questions that have been raised.

To understand the application of these resolutions, it is important that everyone be clear on the three levels of competition during which a swimmer may obtain an OVC or reportable time.

First, we have "sanctioned" competition. We believe everyone understands this level. Sanctioned competition:

1. is hosted by a USS member organization,
2. has all events swum pursuant to USS technical rules,
3. has officials who are all certified and USS members, and
4. has all competitors (both clubs and swimmers) who are members of USS.

Second, we have "approved" competition. Approved competition:

1. is hosted by an organization which is not a member of USS,
2. has all events swum pursuant to USS technical rules,
3. has at least two officials who are USS certified stroke and turn judges, and
4. may have competitors (clubs and swimmers) who are not members of USS.

Third, we have a new designation of "observed swims", which previously were accomplished under "approved" competition. A meet having observed swims:

1. is hosted by an organization which is not a member of USS,
2. has events that are not swum pursuant to USS technical rules,
3. must have the swim for which time recognition is requested observed for compliance with USS technical rules, and
4. must allow a minimum of two USS certified stroke and turn observers on the deck, one at each end of the pool.

The first resolution permits OVCs to be written for an observed swim conducted at a high school, collegiate or YMCA championship level meets (national, conference, league, district, sectional, state or regional), USS Masters National Championships or competition within these organizations specifically authorized by Programs Operations. The second resolution permits reportable times to be reported for an observed swim at the same meets.

Reportable times are defined as times submitted for Top 16 and age group records.

In the event an LSC wishes to establish the same procedure for times to be used in LSC competition, rankings or purposes, the LSC may do so.

EASTERN ZONE ALL-STAR MEET, PRINCETON, NJ: MARCH 30, 31, and APRIL 1, 1995

SITE: PRINCETON NJ

COST: \$250, including meals and a team uniform for swimmers

APPLICATION FORM FOR INTERESTED SWIMMERS MUST BE RETURNED BY: **MARCH 1, 1995.** TEN AND UNDER APPLICATIONS MAY BE TURNED IN AFTER TEN AND UNDER CHAMPIONSHIPS. Must have "AA" time standards (national motivational time standards in at least two events to apply. Must send a **\$25 deposit** with application. Make out check to: **NEW ENGLAND SWIMMING.**

The top **TWO TIMES** in each event from applications submitted will be asked to attend the meet. Ten and unders will be notified after Ten and under Championships. 11--12 and 13--14 will be notified after Age Groups. Older swimmers will be notified after the Senior Meet. 13--14 year olds who have applied may update times after Seniors if they are attending Seniors. 15--18 year olds who apply from Districts and who do not attend Seniors will be notified after Seniors. Ages of competition are: 10 & under, 11--12, 13--14, 15--18. **SWIMMERS MUST TRAVEL TOGETHER BY BUS AND STAY TOGETHER AS A TEAM.** The buses leave from Auburn, MA. The team will leave on March 29 and return on April 1, 1995. This year the team will be returning right after the meet. We will arrive in Auburn about 1:00 am.

THIS YEAR 1995, ALL TEN AND UNDER EVENTS WILL BE HELD IN THE AFTERNOON, INCLUDING RELAYS. THIS IS THE ONLY WAY PRINCETON WOULD HOST THE MEET AGAIN. THIS IS DUE TO STATE RESTRICTIONS ON NUMBERS ALLOWED TO BE IN THE BUILDING. THIS MEANS WE WILL LEAVE THE 10 & UNDERS IN THE HOTEL IN THE MORNING, AND THEY WILL BE LEFT BACK IN THE HOTEL AT NIGHT. THEY WILL BE EXPECTED TO BE IN BED BY THE TIME THE REST OF THE TEAM RETURNS AFTER FINALS.

IF YOU DO NOT MAKE THE TEAM, the deposit will be refunded. If you do make the team, the remainder of the money will be due on MARCH 20, 1995. New times may be submitted the Sunday of Age Groups and of Seniors. If a swimmer has sub-

continued.....

APPLICATION FORM FOR INTERESTED COACHES

EASTERN ZONE AGE GROUP CHAMPIONSHIP MEET--PRINCETON, NJ
March 30, 31, and April 1, 1995

RETURN THIS FORM TO: Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106

NAME _____

ADDRESS _____

CITY _____ ZIP CODE _____

PHONE NUMBER _____

CLUB AFFILIATION _____

Coaches have all expenses paid, and are required to travel with the team on the buses. This year we will be returning to New England right after the, meet, arriving in Auburn around 1:00 am.

EASTERN ZONE ALL-STAR MEET (continued):

mitted an application and then makes a USS national cut, the deposit will be returned. If a swimmer drops out after being selected for the team, the deposit remains with New England Swimming.

ALL SWIMMERS MUST HAVE PARTICIPATED IN THREE NEW ENGLAND CALENDAR MEETS.

***THIS APPLICATION MUST BE RETURNED TO ISABELLE FRASER BY MARCH 1, 1995. ANY FURTHER QUESTIONS, CALL ISABELLE FRASER--413-567-2239 or MARY RIDDELL--617-449-0270.

SEND THE APPLICATION TO: ISABELLE FRASER, 125 Franklin Road, Longmeadow, MA (Be sure to include your zip code and \$25 deposit.) 01106.

Swimmers are encouraged to enter all events they qualify for. Each swimmer is only allowed to swim three events a day exclusive of relays (six total). Relays will be put together with the times we receive. Relays are important--each LSC is allowed one relay, and it will be required that swimmers assigned to relays participate in them.

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APPLICATION FOR SWIMMERS. RETURN TO : Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106 by March 1, 1995.
DEPOSIT: \$25 payable to New England Swimming

NAME: _____ ADDRESS: _____

PHONE NUMBER & AREA CODE: _____ USS SWIMMING NUMBER: _____

CLUB CODE: _____ AGE FIRST DAY OF MEET (March 30): _____

PARENT'S SIGNATURE: _____ COACH'S SIGNATURE: _____

TIMES	MEET ACHIEVED	TIMES	MEET ACHIEVED
50 yard free _____	_____	50 yard back _____	_____
100 yard free _____	_____	100 yard back _____	_____
200 yard free _____	_____	200 yard back _____	_____
500 yard free _____	_____		
1000 yard free _____	_____	50 yard breast _____	_____
1650 yard free _____	_____	100 yard breast _____	_____
		200 yard breast _____	_____
50 yard fly _____	_____		
100 yard fly _____	_____	100 yard IM _____	_____
200 yard fly _____	_____	200 yard IM _____	_____
		400 yard IM _____	_____

SUIT SIZE _____ (SPEEDO-PAPER)

SWEAT SHIRT SIZE _____



November 14, 1994

ATTENTION! ALL COACHES AND SWIMMERS

From the New England Swimming Athlete Representatives--Thomas O'Donnell
Julie Lapinsky

We have previously sent out a form for the New England Swimming Athlete's Committee. This is just a reminder to those teams who have not yet replied.

Please send us the name of one swimmer with his/her phone number who would be willing to represent your team on the Athlete's Committee.

The duties of the Team Representative would be to offer information to the New England Athlete Representatives and distribute surveys to team members and return them to the New England Athlete Representatives. We also would like them to attend occasional meetings of the committee.

The Athlete's Committee would be extremely helpful to the New England Athlete Representatives in relaying information for improvements to New England Swimming to the New England Swimming Board.

Thank you! Thomas O'Donnell, Senior Athlete Representative
75 Bayberry Road, Canton, MA 02021

Julie Lapinsky, Junior Athlete Representative
62 Allston Avenue, Worcester, MA 01604

.....
Please return this form to either Thomas or Julie at the above addresses:

TEAM: _____

ATHLETE REPRESENTATIVE: _____

ADDRESS: _____

PHONE NUMBER: _____

SIGNED: _____
team representative

SEED CARDS: Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 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 \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. 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 \$10 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registrations.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02192

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