



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

JANUARY 2005

IN THIS ISSUE: NEW MEET ENTRY POLICY; 2005 NEW ENGLAND SWIMMING CLUBS; 2005 REIMBURSEMENT POLICY and APPLICATION....

NOTES FROM THE BOARD MEETING:

NEW BOARD APPOINTMENTS: The Board of New England Swimming accepted the resignation of Officials' Chairman, **Bill Geary** and thanked him for several years of service to New England Swimming. Ray Grant appointed co-chairs to serve, **Dave LeBlanc** and **Scott Doty**. Dave LeBlanc is already a member of the Board, and Scott Doty will become a member of the Board.

NEW MEET ENTRY POLICY: The Board accepted a new policy concerning swimmers entered in meets who are unregistered or have incorrect or no ID numbers on the entry. This policy will be in effect for a trial period for the "end of season" meets. It is printed in this newsletter. Be sure to share it with the person on your team who does the team registration and also the person who does the meet entries. Most problems (99%) will disappear if all teams utilize the on line registration check!!!

ZONE MEET: The Board accepted the recommendation of the Age Group Committee and voted to not attend the Zone Meet this spring. New England Swimming will support the Zone Meet in the summer. Swimmers 11 and older will attend as a group, with a bus, hotel rooms, etc. It is expected that swimmers 10 and under will attend with their parents with New England reserving a block of rooms for these swimmers and their parents. New England also will provide a uniform for these swimmers and coaching support on deck.

CHAMPIONSHIP MEETS: The Board voted to make some changes to the New England Senior Championships and Open Championships. Swimmers may attend both meets if they desire and have qualified. Late entries for new events will be accepted at the Open Championship, space permitting. The Board voted to not change the number of events at Seniors. If a swimmer has qualified for one or more events for the Senior Championships, the swimmer may enter five events. If a swimmer has qualified for five or more events for the Senior Championships, the swimmer may enter nine events.

The Board of New England Swimming will meet on Tuesday, March 22 at 7 pm at the Wellesley Community Center, Wellesley, MA. There will be no February meeting.

Emanuel Estrada
Adirondack Aquatic Club
550 Pulaski Blvd
Bellingham, MA 02019-2065

Jane Mangili
Attleboro Bluefish
49 Siesta Dr
North Attleboro, MA 02760-6514

Steve McCluskey
Nantucket Dolphins
PO Box 1321
Nantucket, MA 02554-1321

Paul Parenteau
Aquamaids & Aquamen-Worcester
128 Brookline St
Worcester, MA 01603-1634

Kathy Medaglio
Andover-North Andover YMCA
165 Haverhill St
Andover, MA 01810-1508

Mark Schleeweis
Amherst Triton Swim Team
191 Pelham Hill Rd
Shutesbury, MA 01072-9722

Gary Walther
Attleboro Ymca Tsunami
23 A St
Wrentham, MA 02093-1275

Everett Crosscup
Belmont Aquatic Team
10 Fowell Ave
Nashua, NH 03060-4935

Harold Guise
Boys & Girls Club Of Pawtucket
1 Moeller Pl
Pawtucket, RI 02860-5775

Janis Gately
Bernal's Gator Swim Club
243 Maynard Rd
Sudbury, MA 01776-1676

Karen Jenovese
Blue Dolphins
96 N State St
Concord, NH 03301-4405

Joshua Stern
Bay & Ocean State Squids
41 Laurel Ave
Providence, RI 02906-3328

Leandra E Manos
Bay State Swim Club
32 Moore Ave
Worcester, MA 01602-1438

Cam Townsend
Burbank Y Bluefins Swim Team
37 Emerson St
Wakefield, MA 01880-2214

Gregory G Brown
Burlington YMCA Dynamos
266 College St
Burlington, VT 05401-8318

Cynthia Marks
CCBA Swordfish
1 Taylor St
Lebanon, NH 03766-1352

Sarah Hawley
Cape Cod Swim Club
PO Box 966
Pocasset, MA 02559-0966

David Schneeweis
Cape Cod Ymca Mako Swim Team
2245 Iyannough Rd
West Barnstable, MA 02668-1507

Beverly A Bloomer
Boys/Girls/Cumberland/Lincoln
PO Box 7505
Cumberland, RI 02864-0806

Gina Iadarola
Central Mass Cyclones
85 Leland Hill Rd
Sutton, MA 01590-2913

Rebecca B Stephens
Concord Swim Team
15 N State St
Concord, NH 03301-4040

Patricia Deschaine
Claremont Tiger Shark Swim Tea
1 Harwood Ln
Claremont, NH 03743-3314

Reid Christen
New England Barracudas
56 1/2 Orange St
Waltham, MA 02453-3922

Michael Lynch
Central Vermont Wavemakers
1051 Sugarhouse Rd
Montpelier, VT 05602-4484

Reid Christen
Diversified Aquatics Recreatio
56 1/2 Orange St
Waltham, MA 02453-3922

Peg Lyons
Danvers Ymca Dolfins
33 School St
Danvers, MA 01923-2924

Cheryl A Fletcher
Easthampton Barracudas
PO Box 97
Southampton, MA 01073-0097

Julie Peipho
East Longmeadow Marlins
12 Thayer Rd
Monson, MA 01057-9444

Allison Balboni
Executive Health & Swim Club
15 Taylor St
Nashua, NH 03060-5026

Bo Tanner
Eaglebrook School Swim Club
Eaglebrook School Pine Nook Road
Deerfield, MA 01342

Maureen Heaps
Exeter Swim Team
17 Patriots Rd
Stratham, NH 03885-2320

Julie Mook
Southern New Hampshire Fins
198 Wheeler Rd
Hollis, NH 03049-5930

Laura Matuszak
Green Mountain Aquatics
62 Laurel Hill Dr
South Burlington, VT 05403-7332

Rosemarie Meissner
Greenwood Memorial Swim Club
69 Park St
Gardner, MA 01440-1646

Jack Fabian
KSC Valley Gators Swimming
7 Partridgeberry Ln
Keene, NH 03431-2125

Robert J Depavao
Woburn Boys And Girls Club
Charles Gardner Lane
Woburn, MA 01801

Stephanie Steiner
Hockomock Area Ymca Lightning
32 Village Way
North Attleboro, MA 02760-3425

Karalyn Reed Paradis
Hampshire Hills Seawolves
99 Youville St
Manchester, NH 03102-3032

Leslie Lashway
Hampshire Regional YMCA
179 Audubon Rd
Leeds, MA 01053-9100

Randall K Smith
Greater Holyoke Ymca Vikings
171 Pine St
Holyoke, MA 01040-4065

Jay Craft
Kingsbury Club Swim Team
335 Whiting St
Hanover, MA 02339-1315

Frank Shaw
Lakes Region Wavemakers S T
136 Cotton Hill Rd
Belmont, NH 03220-3304

Michael Spring
Magnus Aquatic Group
251 Lake St
Haverhill, MA 01832-1129

Suzanne Snider
Middlebury Area Swimming Assoc
PO Box 325
Middlebury, VT 05753-0325

Tim Murphy
Massachusetts Bay Marlins
65 N Harvard St
Boston, MA 02163-1010

Liam Sullivan
Mighty Ducks Swim Club
771 Boston Post Rd Ste 112
Marlborough, MA 01752-3759

Dan Sullivan
Melrose YMCA Sharks
PO Box 2650
Woburn, MA 01888-1250

Robert Goczalk
Manchester Swim Team
4 Pearson St
Litchfield, NH 03052-1071

Mei Han
Mei's Typhoons Swimming Club
86 Greenmeadow Dr
Longmeadow, MA 01106-2306

Michael Spring
Merrimack Valley Pirates
251 Lake St
Haverhill, MA 01832-1129

Jim Deubler
Middleboro YMCA Sea Devils
61 E Grove St
Middleboro, MA 02346-1809

Joann McDeed/Amy Doyle
Merrimack YMCA Swim Team
6 Henry Clay Dr
Merrimack, NH 03054-4848

Michael Wardwell
Manchester Ymca Tiger Sharks
116 Goffstown Back Rd
Goffstown, NH 03045-2641

Karen Thomas
Nashua Ymca Prospectors
120 Lille Rd
Nashua, NH 03062-2421

Vicki D. Lane
Newport Blues Swim Team
157 Bayview Ave
Portsmouth, RI 02871-3101

Mark Jedow
North Country Aquatic Club
PO Box 601
Hanover, NH 03755-0601

Dan Warner
North Shore Swim Club
19 Fenley Rd
Gloucester, MA 01930-1510

Kenneth J Galica
New Wave Swim Club
40 Church St
Lowell, MA 01852-2686

Michael LeBarge
Oyster River Otters
181 Wednesday Hill Rd
Lee, NH 03824-6547

Jon Caswell
Providence Aquatic Club
Pc Swimming 549 River Avenue
Providence, RI 02918-0001

Jeff Johnson
Patriot Swim Club
158 Jamestown Rd
Leominster, MA 01453-5954

Bill Bond
Portsmouth Swim Team
PMB #270 1465 Woodbury Ave
Portsmouth, NH 03801-3210

J P Galli
Pioneer Valley Aquatic Club
24 Taylor St Apt 103
Springfield, MA 01103-1346

Sarah Hale
Peterborough Wave Swim Cl
39 Greenwood Rd
Dublin, NH 03444-8219

Keri Cunningham
Ram Swimming Club
460 Chestnut Hill Rd
Wakefield, RI 02879-7666

Suzanne Avella
Rockingham Area Youth Swim
33 Rolling Ridge Rd
Londonderry, NH 03053-2569

Susan Brown
River City Swim Club
2 Gooseberry Farms Ln
Westport, MA 02790-1362

Matthew Craven
Shawmut Aquatic Club
1 Norfolk Ln
Walpole, MA 02081-1715

Missy Rowell
SBGC Rowell's Raiders Swim Club
6 Griffin St
Derry, NH 03038-2514

David S Ponte
Southcoast Aquatics
374 Farm St
New Bedford, MA 02740-2131

Ray Grant
Seekonk Swimming
80 Davis St
Seekonk, MA 02771-1402

Greg Gillette
Simon's Rock Snappers
84 Alford Rd
Great Barrington, MA 01230-1559

Amy and Mike Parratto
Seacoast Swimming Association
14 Back Rd
Dover, NH 03820-4107

Darlene McGrath
South Shore YMCA Strypers
45 Truman Dr
Randolph, MA 02368-3852

Charlotte J Brynn
Stowe Swimmers
75 Weeks Hill Rd
Stowe, VT 05672-4290

Carlton Cronin
Haverhill Swimming
14 Brown St
Haverhill, MA 01830-6804

Melinda Antonucci
Vermont Area Swim Team
6 Olde Orchard Park Apt 630
South Burlington, VT 05403-6971

Laura M Baker
Whitinsville Blue Dolphins
86 Church St
Whitinsville, MA 01588-1416

Brian Wisniewski
Willy's East Swim Team
PO Box 1949
North Eastham, MA 02651-1949

Mike Riley
Weymouth Club Waves
75 Fennell Dr
Weymouth, MA 02188-1110

Kathi Cotugno
Westfield YMCA Wave
7 Avery St
Westfield, MA 01085-3701

Kevin Tyrrell
YMCA of the North Shore
Sterling Center YMCA 254 Essex Street
Beverly, MA 01915

**2005 NEW ENGLAND SWIMMING CLUBS
as of January 24, 2005**

* NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL *
* 20 Cleveland Road *
* Needham, MA 02492-3006 *
* 781-449-0270 *
* FAX: 781-449-7903 *
* e-mail: office@neswim.com *
* Web site: www.neswim.com *
* OFFICE HOURS: Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m. *
* Thursday: 8 a.m.--2 p.m. *

Policy of New England Swimming

This policy is being enacted in an effort to deal with the continued problem of incorrect swimmer data and unregistered swimmer participation in New England Swimming Meets.

1. Host Team will check the meets entry file with the online Athlete Registration Tool 10 days prior to the first day of competition or the meet entry deadline, whichever occurs later. A copy of that report (even if no errors exist) must be forwarded by email to the New England Swimming office (office@neswim.com) by the above deadlines. Late entries into the meet (i.e. Entries received and accepted after the entry deadline and after the registration check has been run) must also be run through the Athlete Registration Tool prior to the meet. That report, if any (even if no errors exist), must also be forwarded by email to the New England Swimming office.
2. Host teams accepting entries from teams outside the New England LSC, must submit those entry files to the New England Swimming office by the above noted deadlines. The New England Swimming office will then run a check on those files and notify the host team of any problems.
3. The Host Team will scratch all entries with incorrect swimmer information, no ID and any unregistered swimmers. Offending teams will be sent (by the Host Team) an email copy of the report for their swimmers with a notation that the swimmers have been scratched from the meet.
4. Offending Teams must correct the information with the New England Swimming Office prior to the swimmer being reinstated in the meet. The New England Swimming Office will notify the host team (by email) with corrected information and swimmers eligible for reinstatement no later than 1 day prior to the beginning of the meet.
5. In the event that a team has entered an unregistered swimmer, the registration fee and fine of \$100 per swimmer must be satisfied prior to the swimmer being reinstated in the meet.
6. Host teams who fail to comply with these procedures and deadlines will forfeit their \$200 meet deposit. Additionally, results will be ineligible for import into the SWIMS database.
7. Host teams who accept deck entries must view the USA swimming registration card or team printout of registration prior to accepting the entry. If deck entries are accepted and the information is incorrect, the results will not be accepted until the information is corrected. If deck entries are accepted and the swimmer is unregistered, the host team will forfeit their \$200 meet deposit.
8. Entering teams are still responsible to the Host team for all fees associated with the scratched swimmers.

This policy will take effect beginning with the Regional meets in February 2005 and all subsequent New England Swimming sanctioned meets.

Please note that the New England Swimming Office is not operated full time or on weekends. To avoid swimmer disappointment and confusion, teams are strongly encouraged to run the athlete registration tool prior entering any meets. If performed in this manner, errors can be identified and corrected prior to meet entry. Also, please keep in mind that if you are attempting to enter swimmers into a meet after the entry deadline, and the swimmer information is incorrect, you may not have enough time to get the information corrected and the swimmer reinstated.

JANUARY 2005

REIMBURSEMENT REQUEST FORM for National Meets:

MEET: _____ DATE: _____

NAME: _____ DATE: _____

ATHLETES only must complete this section:

Date of first registration in NEW ENGLAND SWIMMING: _____

INDIVIDUAL EVENT(S) in meet: _____

Three NEW ENGLAND CALENDAR meets participated in during short course season; two in long course season; **or five during the year 9/1/2004—8/31/2005:**Meet: _____ Date: _____
Events: _____Meet: _____ Date: _____
Events: _____Meet: _____ Date: _____
Events: _____Meet: _____ Date: _____
Events: _____Meet: _____ Date: _____
Events: _____

Make check payable to*: _____

*For Sectional Meets, one check for all swimmers will be sent to each team.

Mail check to: Name: _____

Address: _____

Signed: _____
Team Representative Parent (or Swimmer if over 18)

Date: _____ (requests must be made within 8 weeks)

Mail completed forms with a copy of proof of expenses (IRS requirement) to:
NEW ENGLAND SWIMMING, 20 Cleveland Road, Needham, MA 02492

REIMBURSEMENT POLICY FOR NATIONAL AND SECTIONAL MEETS, 2004--2005

ATHLETE REIMBURSEMENT POLICY:

A New England Swimming registered swimmer who qualifies for and swims in an individual event at the USA Swimming Open, **USA Swimming Junior Nationals** or a World Cup meet hosted by USA Swimming will be reimbursed \$300 by New England Swimming. A New England Swimming registered swimmer who qualifies for and swims in an individual event at the Conoco Phillips National Championships will be reimbursed \$500 by New England Swimming. A New England Swimming registered swimmer who qualifies for and swims in an individual event at the USA Swimming Disability Championships will be reimbursed \$500. A New England Swimming registered swimmer who qualifies for and swims in an individual event at the USA Swimming Speedo Championships (Sectionals) will be reimbursed. For this meet, an amount of \$5,000 will be shared by the qualified swimmers who apply and submit receipts within the eight week period, with a maximum of \$50 per swimmer. One check per team will be issued by New England Swimming for reimbursement for sectional swimmers.

ELIGIBILITY:

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

During the short course season, **September 1, 2004 to April 31, 2005**, a swimmer must fully participate in three New England Swimming calendar meets to be eligible for reimbursement. During the long course season, **May 1, 2005 to August 31, 2005**, a swimmer must fully participate in two New England Swimming calendar meets to be eligible for reimbursement. **As an option, swimmers may fully participate in a total of five New England Swimming calendar meets during the period of September 1, 2004 to August 31, 2005 to be eligible for reimbursement.** "Full participation" means participation in all or at least two days of competition and at least one individual event at each day of participation. Disabled swimmers are strongly urged to participate in New England Swimming meets. However, the Board will consider waiving the minimum meet requirements on a case by case basis.

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 Championship meet is required in order for a swimmer to receive reimbursement. The New England Swimming Board may waive this requirement for good cause, such as illness or conflict with the National Team requirement.

A swimmer must request the reimbursement within eight weeks of the meet. The request must include the stub from the swimmer's plane ticket or receipt of other expense to equal or exceed the amount of requested reimbursement.

Waivers for the USA Swimming Open, **USA Swimming Junior Nationals**, a World Cup meet hosted by USA Swimming, and the Conoco Phillips National Championships: **If an athlete does not meet the New England Swimming eligibility requirements, all reasonable requests for waivers will be considered by the New England Swimming Board of Directors following the long course season. To request a waiver, complete the reimbursement request form and attach a detailed explanation of your request for waiver signed by both the coach and**

athlete (or parent if under 18). Incomplete reimbursement forms will not be considered for a waiver.

Waivers for the USA Swimming Speedo Championships (Sectionals): For the USA Swimming Speedo Championships (Sectionals) there will be no waivers.

COACH REIMBURSEMENT POLICY:

For each team that sends a swimmer to the Conoco Phillips National Championship, the USA Swimming Disability Championships, the USA Swimming Open, **the USA Swimming Junior Nationals**, or a World Cup meet hosted by USA Swimming, New England Swimming will provide \$300 to reimburse coach expenses. The \$300 per team may be used to reimburse one coach or be split among several team coaches at the team's discretion. The team will have to provide New England Swimming with receipts for coach expenses that equal or exceed the \$300 reimbursement.

For the USA Swimming Speedo Championships (Sectionals) an amount of \$1,500 will be shared by the coaches who attend the meet and apply and submit receipts within the eight week period (one coach per team) with a limit of \$100 per coach.

This policy was approved by the Board of New England Swimming at the Board Meeting on **November 9, 2004.**



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02492-3006

FIRST CLASS



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

FEBRUARY 2005

IN THIS ISSUE: NEW ENGLAND SWIMMING LONG COURSE CALENDAR; HIGH POINT WINNERS, 12 & under CHAMPIONSHIPS; USA SWIMMING PRIVACY POLICY; TOP 16 SWIMMERS, LONG & SHORT COURSE; INSURANCE NOTES; EVALUATION FORM.....

PINS: The New England Swimming pins will be available at the championship meets this summer. If a swimmer attended a championship meet this short course and will not be at a meet this summer, the team's coach can pick up a pin. If no one from the team will be attending either championship meet this summer, contact the office in May (or later) and the pins will be sent to the team.

AWARDS for REGIONALS: We are sorry that several of the regional meets were short both medals and best time ribbons. The missing best time ribbons and most of the missing medals were handed out to the teams at the 12 and under meet. If a team was not at the meet, the medals and ribbons have been mailed. A few teams are still missing first place medals and they will be mailed shortly. If you are still missing something, please notify the office.

TIMERS at "end of season meets": New England Swimming allows teams hosting "end of season" meets to assign timers. Timers are expected to arrive promptly at their lane and remain until they are relieved by someone else on their team or until another team is assigned to the lane. Please do not walk away when your swimmer has completed his or her events! Distance event swimmers must provide their own timers and counters.

continued on back page.....

The Board of New England Swimming will meet on Tuesday, March 22, 2005 at the Wellesley Community Center, Wellesley, MA at 7 pm. If there is a question about the weather, please call the office.

USA Swimming Privacy Policy

Information concerning members of USA Swimming acquired during the registration process is the property of USA Swimming and its use is within the control of USA Swimming. USA Swimming strictly limits the use of member's personal information to that information necessary for the conduct of the business of USA Swimming and its LSCs.

To clarify the issue of publishing information regarding USA Swimming members by USA Swimming and its LSCs, the Board of Directors of USA Swimming has approved the following policy:

The following information, and only the following information, shall be acceptable for publication in any form, including but not limited to the world wide web, regarding any USA Swimming member without express written authorization from the athlete, if of majority; the athlete's parent/guardian, if a minor; or the non-athlete member:

- name,
- age in years,
- club affiliation,
- time and place, and
- any awards or honors.

USA Swimming membership numbers may be published when done for data transmission only. USA Swimming membership numbers may not under any circumstance be published together with the name of the member or in a series of reports that when taken together will reveal the name and membership number of the member.

The foregoing policy shall be effective immediately. All LSCs need to review their publications and website to determine if there is any information published therein which is not permitted pursuant to this policy, such as a member's address, telephone number, birth date or USA Swimming ID number. If prohibited information is published, the LSC needs to take steps to remove the information by May 1, 2005 or sooner.

Questions regarding this policy should be directed to Christine Schemmel at cschemmel@usaswimming.org or 719/866-4578.

TOP 16 SWIMMERS, 2003—2004:

CONGRATULATIONS to the New England Swimmers who achieved Top 16 Rankings for 2003—2004!

SHORT COURSE:

| | | | | | |
|----------------------|--|------|----------------|----------|------|
| 10 and under: | ERICA BELCHER | ANA | 100 free | 59.24 | (14) |
| | JOHN BAILEY | BOSS | 500 free | 5:40.62 | (13) |
| 11 and 12: | ELIZABETH BEISEL | MAG | 200 free | 1:57.12 | (12) |
| | | | 500 free | 5:08.51 | (8) |
| | | | 1000 free | 10:35.79 | (5) |
| | | | 1650 free | 17:38.65 | (6) |
| | | | 200 back | 2:05.47 | (1) |
| | | | 200 fly | 2:10.84 | (5) |
| | | | 200 IM | 2:11.01 | (6) |
| | | | 400 IM | 4:33.24 | (2) |
| | CAROLINE WEAVER | GMA | 100 back | 59.48 | (7) |
| | | | 200 back | 2:09.29 | (9) |
| | LAURA SOGAR | RAMS | 200 Breast | 2:23.05 | (8) |
| | CONOR SWANSON | MAG | 200 fly | 2:10.43 | (15) |
| 13 and 14: | ERICA MEISSNER | MAG | 200 back | 2:02.98 | (11) |
| | KRISTIN PRAUTZSCH | MAG | 100 breast | 1:05.03 | (15) |
| 15 and 16: | ERICA MEISSNER | MAG | 100 back | 56.04 | (7) |
| | | | 200 back | 1:57.00 | (1) |
| | | | 200 IM | 2:02.99 | (11) |
| | | | 400 IM | 4:19.80 | (8) |
| | JESS PERRY | BGSC | 100 breast | 1:03.49 | (5) |
| | | | 200 breast | 2:18.22 | (12) |
| | KATHLEEN FOLEY | MAG | 400 IM | 4:21.51 | (15) |
| | SAL BARBA | SAC | 100 free | 46.03 | (6) |
| | | | 200 free | 1:38.74 | (4) |
| | | | 100 back | 50.72 | (8) |
| | BJORN FALK | MAG | 200 back | 1:51.25 | (16) |
| | COREY SWANSON | MAG | 200 IM | 1:53.32 | (16) |
| | YNS GIRLS | | 400 free relay | 3:37.04 | (16) |
| | (Jackie Davidson, Sam Gannon, Kristen Zarba, Naomi Delphin) | | | | |
| | MAG GIRLS | | 800 free relay | 7:46.66 | (13) |
| | (Kathleen Foley, Caitlin Doherty, Mary Cheffers, Corina Hopkins-Vacca) | | | | |
| 17 and 18: | KATIE FRITSCH | BGSC | 100 back | 55.90 | (12) |
| | LEEANN CHANG | HARV | 200 breast | 2:16.71 | (15) |
| | STACIE LESNESKI | MAG | 200 fly | 2:01.64 | (13) |
| | TOBIAS WORK | CCSC | 1650 free | 15:39.56 | (16) |
| | P J SULLIVAN | MAG | 200 breast | 2:01.88 | (6) |
| | PAT REAMS | SSYS | 200 fly | 1:50.10 | (16) |
| | BGSC GIRLS | | 200 free relay | 1:36.72 | (3) |
| | (Katie Fritsch, Meri Nelson, Caroline Dowd, Karen Gately) | | | | |
| | | | 400 free relay | 3:31.56 | (6) |
| | (Karen Gately, Sarah Bargmann, Katie Fritsch, Caroline Dowd) (Meri Nelson) | | | | |

| | | | | |
|----------------------|------------------|--|---|---------------|
| | | 800 free relay | 7:42.36 | (5) |
| | | (Karen Gately, Sarah Bargmann, Katie Fritsch, Caroline Dowd) | | |
| LONG COURSE: | | | | |
| 10 and under: | EVA FABIAN | GTRS | 100 free | 1:07.35 (8) |
| | | | 200 free | 2:25.46 (7) |
| | | | 400 free | 5:04.95 (6) |
| | RACHEL MOORE | ANA | 100 free | 1:07.41 (9) |
| | | | 100 fly | 1:14.42 (5) |
| 11 and 12: | ELIZABETH BEISEL | MAG | 200 free | 2:10.54 (2) |
| | | | 400 free | 4:33.30 (4) |
| | | | 800 free | 9:27.73 (4) |
| | | | 1500 free | 17:49.52 (4) |
| | | | 100 back | 1:07.16 (2) |
| | | | 200 back | 2:18.43 (1) |
| | | | 200 fly | 2:24.76 (3) |
| | | | 200 IM | 2:27.71 (3) |
| | | | 400 IM | 5:01.34 (1) |
| | CAROLINE WEAVER | GMA | 100 back | 1:09.75 (12) |
| | | | 200 back | 2:28.69 (9) |
| | LAURA SOGAR | RAMS | 100 breast | 1:17.24 (11) |
| | | | 200 breast | 2:45.96 (8) |
| | KAIA SIMMONS | BOSS | 200 fly | 2:30.45 (12) |
| | JEFFREY THOMAS | BOSS | 1500 free | 18:20.38 (14) |
| | CONOR SWANSON | MAG | 200 back | 2:27.87 (10) |
| | | | 100 fly | 1:05.75 (11) |
| | | | 200 fly | 2:26.35 (5) |
| | | | 200 IM | 2:27.06 (12) |
| | | | 400 IM | 5:08.72 (6) |
| | CURTIS HON | H2O | 50 breast | 34.20 (2) |
| | | | 100 breast | 1:16.00 (7) |
| | | | 200 breast | 2:46.00 (6) |
| | TAYLOR GREY | GMA | 100 breast | 1:16.33 (9) |
| | | | 200 breast | 2:46.96 (9) |
| 13 and 14: | ERICA MEISSNER | MAG | 100 back | 1:06.17 (12) |
| | | | 200 back | 2:18.72 (5) |
| | CHRIS ROGERS | BGSC | 100 back | 1:02.76 (14) |
| | BGSC BOYS | | 200 free relay | 1:43.87 (2) |
| | | | (Greg Lowen, Chris Rogers, Ben Driver, Mike Monovoukas) | |
| | | | 400 free relay | 3:51.76 (4) |
| | | | (Mike Monovoukas, Ben Driver, Chris Rogers, Greg Lowen) | |
| | | | 800 free relay | 8:36.96 (8) |
| | | | (Greg Lowen, Chris Rogers, Ben Driver, Mike Monovoukas) | |
| | | | 200 medley relay | 1:57.41 (3) |
| | | | (Chris Rogers, Ben Drive, Mike Monovoukas, Greg Lowen) | |
| 15 and 16: | ELIZA BUTTS | CUDA | 50 free | 26.75 (15) |

| | | | | |
|----------------|---|------------|------------------|--------------|
| | | 100 free | 58.02 | (16) |
| ERICA MEISSNER | MAG | 100 back | 1:03.94 | (7) |
| | | 200 back | 2:14.28 | (1) |
| | | 200 IM | 2:20.06 | (13) |
| JESS PERRY | BGSC | 100 breast | 1:12.74 | (10) |
| SAL BARBA | SAC | 100 free | 53.12 | (10) |
| BGSC GIRLS | 200 free relay | | 1:54.43 | (15) |
| | (Kristyn Roth, Rebecca Harris, Lisa Donnelly, Sarah Ernst) | | | |
| MAG GIRLS | 400 medley relay | | 4:29:02 | (6) |
| | (Candice Peak, Kristen Prautzsch, Erica Meissner, Kathleen Foley) | | | |
| CUDA BOYS | 400 free relay | | 3:38.44 | (1) |
| | (Steve Miller, Taylor Goodwin, Jon Hartmann, Eric Nilsson) | | | |
| 17 and 18: | KATIE FRITSCH | BGSC | 100 back | 1:04.44 (13) |
| | SAL BARBA | SAC | 100 free | 52.00 (12) |
| | TOBIAS WORK | CCSC | 400 free | 3:59.94 (10) |
| | | | 800 free | 8:15.67 (7) |
| | | | 1500 free | 15:49.94 (8) |
| | | | 400 IM | 4:26.81 (4) |
| DAVID RUSSELL | CUDA | 100 back | 56.81 | (6) |
| | | 200 back | 2:02.63 | (4) |
| PAT REAMS | SSYS | 100 fly | 55.87 | (15) |
| BGSC GIRLS | 200 free relay | | 4:03.93 | (5) |
| | (Karen Gately, Katie Fritsch, Sarah Bargmann, Caroline Dowd) (Annie Kelley) | | | |
| | | | 400 medley relay | 4:29.82 (6) |
| | (Katie Fritsch, Caroline Dowd, Karen Gately, Sarah Bargmann) | | | |
| MAG BOYS | 800 free relay | | 8:09.58 | (11) |
| | (PJ Sullivan, Bjorn Falk, Marc Christian, Peter Gollands) | | | |
| CUDA BOYS | 400 medley relay | | 4:05.52 | (9) |
| | (David Russell, Billy Rubenstein, Eric Nilsson, Steve Miller) | | | |

 * NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL *
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 * e-mail: office@neswim.com *
 * Web site: www.neswim.com *
 * OFFICE HOURS: Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m. *
 * Thursday: 8 a.m.--2 p.m. *

CONGRATULATIONS to the HIGH POINT WINNERS, 2005 12 and under AGE GROUP CHAMPIONSHIPS:

10 and under INDIVIDUAL HIGH POINT:

| | | | |
|------------------------------|------|-------------------|------|
| 1. RACHEL MOORE | ANA | 1. SCOTT MCGINTY | ANA |
| 2. TOIREASA RAFFERTY-MILLETT | YNS | 2. JOSEPH HIBBERT | PVAC |
| 3. TANA BAO | HAY | 3. JAMESON MCSHEA | CCSC |
| 4. EMMA NUZZO | BOSS | 4. RYAN DEAN | HRY |
| 5. ACADIA DEATLEY | BAT | 5. EVAN GREY | GMA |
| 6. KELSI ORESMAN | MAG | 6. MILAN SANDHU | MST |
| 7. CHRISTA WEAVER | GMA | 7. HENRY LOONG | UN |
| 8. MARGARET D'INNOCENZO | MAG | 8. ADRIEN HOSKING | GTRS |

11 and 12 INDIVIDUAL HIGH POINT:

| | | | |
|---------------------|------|----------------------|------|
| 1. SARA LI | MTSC | 1. ROY SUNG | SAC |
| 2. ELIZABETH BEISEL | MAG | 2. LUCA SPINAZZOLA | BOSS |
| 3. ERICA BELCHER | MAG | 3. PATRICK MYERS | AAC |
| 4. ELIZABETH ROUNDS | MAG | 4. CONOR MCAULIFFE | MAG |
| 5. ALEX FRASIER | CUDA | 5. JOHN VATKEVICH | AAC |
| 6. REBECCA AIELLO | MAG | 6. MATTHEW NUTTER | YNS |
| 7. ANDIE TIBBETTS | SAC | 7. DANNY CALDWELL II | SSYS |
| 8. KATHERINE FOLEY | YNS | 8. MATTHEW MEIER | SNAP |

TEAM HIGH POINT (combined 10 and under and 11 and 12):

1. MAGNUS AQUATIC GROUP
2. YMCA OF THE NORTH SHORE
3. BAY AND OCEAN STATE SQUIDS
4. ANA HURRICANES
5. SHAWMUT AQUATIC CLUB
6. BERNAL'S GATOR SWIM CLUB
7. CAPE COD SWIM CLUB
8. HAMPSHIRE REGIONAL YMCA

THANK YOU to NSSC, the parents, coaches, and swimmers who worked hard to achieve a successful meet for our 12 and under swimmers! Thank you to the referee, Paul Burkhardt and also to the parents from other teams who volunteered both as officials and timers. We cannot have a successful championship meet without the cooperation of all the teams attending.

CALENDAR, NEW ENGLAND SWIMMING, LONG COURSE , 2005:

- April 1-6: *USA Swimming World Championship Trials, Indianapolis, IN
- April 16: North Shore Swim Club Distance Meet, Salem (MA) State College
Dan Warner, 978-852-3985
- May 14: New England Swimming Annual Meeting, Wellesley (MA) Community
Center, Mary Riddell, 781-449-0270
- May 20-22: Cape Cod Swim Club Team Specialty Meet, MA Maritime Academy,
Buzzards Bay, MA. Ruth Curry, 508-540-6950 **SPF: \$1**
- May 21-22: *North Shore Swim Club Team Specialty Meet, MIT, Cambridge, MA
Dan Warner, 978-852-3985 **SPF: \$3**
- May 27-29: *Shawmut Aquatic Club Team Specialty Meet, Springfield (MA) College
Kristine Van Amsterdam, 508-655-0322 **SPF: \$6**
- June 4-5: *Seacoast Swimming Association Team Specialty Meet, Jenny Thompson
Pool, Dover, NH John Barbary, 603-742-9601
- June 5: *YMCA of the North Shore Distance Meet, Sterling Center, Beverly, MA
Jim Piepenbrink, 617-638-6592
- June 17-19: *Connecticut Aquatic Club (CT), Team Specialty and Trials and Finals
Combo, Springfield (MA) College. Chris Hug, 860-651-0619 (timed
finals for 10 and unders and all events on Friday and Sunday; trials and
finals on Saturday) **SPF: \$1.50**
- June 18-19: *Seacoast Swimming Association Team Specialty Meet, Jenny Thompson
Pool, Dover, NH John Barbary, 603-742-9601
- June 24-26: *YMCA of the North Shore Timed Finals/Trials and Finals Meet, Sterling
Center, Beverly, MA. Jim Piepenbrink, 617-638-6592 (timed finals for
12 and under; trials and finals for 13 and over)
- June 25-26: *North Shore Swim Club Team Specialty Meet, MIT, Cambridge, MA
Dan Warner, 978-852-3985 **SPF: \$3**
- July 14-17: *Seacoast Swimming Association Age Group Qualifier, Jenny Thompson
Pool, Dover, NH John Barbary, 603-742-9601 **SPF: \$3**
- July 21-24: *12 and under Age Group Championships TBA
- July 21-24: *Super Sectional Meet, St. Mary's College, St. Mary's, MD

- July 28-31: *New England Swimming Open Championships, North Shore Swim Club, MIT, Cambridge, MA Dan Warner, 978-852-3985
- Aug. 3-7: *Conoco Phillips Nationals, Irvine, CA
- Aug. 9-13: *USA Swimming Junior National Championships, Irvine, CA
- Aug. 10-13: *Eastern Zone Meet, Buffalo, NY
- Aug. 12: New England Swimming Open Water Championships, Haverhill Swimming, Salisbury (MA) State Park

*long course (50 meter) pool

SPF: Swimmer Participation Fee is a per swimmer fee for all swimmers in the meet. New England Swimming allows teams to charge this fee with a limit of \$10 per swimmer.

INSURANCE NOTES: FROM AN UPDATE FROM SANDY BLUMIT

Diving: The General Liability coverage provided by USA Swimming for its members specifically excludes "any claim arising out of any incident occurring on a diving board or diving platform and their supporting structures, including ladders and steps". Plainly coaches, if you offer the use of the diving board and as the athlete puts their foot on the first step they slip and shatter it you are not insured through your club coverage and you will possibly be held personally responsible.

15 Passenger Vans: You cannot transport athletes in a 15 passenger van, insurance companies do not cover them. If you have a van designed that way Sandy recommends to remove the back seat when using the vehicle.

People on deck: Anyone on deck during a swim team practice must be a certified USA Swimming Coach. The exception to this would be the use of individuals for timing purposes. Further, a coach's children should not be allowed on deck unless they are USA Swimming athlete members. If parents are to be allowed on deck to observe a practice they must be in a designated area that does not interfere with the Coaches line of sight of the pool. For further information check out the article in the booklet 'Frequently Asked Questions'.

Unattached Athletes and Coaches, if the athlete and coach are registered, even under 'unattached', both are insured. However, certificates of insurance for facilities will only be issued to properly registered USA Swimming Clubs.

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SWIM COACHES AND LIFE GUARDS WANTED: Summer jobs at the Westford (MA) Swim and Tennis Club. For more information, call 978-846-1138.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

MARCH 2005

IN THIS ISSUE: UPDATED NE LONG COURSE CALENDAR; HIGH POINT WINNERS, NE SENIORS and NE OPEN CHAMPIONSHIPS; WINNING SPIRIT CAMP; ANNUAL MEETING INFO; OPEN WATER/DISTANCE CAMP; COACHES TEST; DISTANCE AWARDS POLICY; OFFICIALS' COMMITTEE...

FROM THE BOARD: At the meeting on March 21, 2005, the Board approved a motion presented by Athlete Rep, Ray Grant, concerning the Distance High Point Awards.

DISTANCE HIGH POINT AWARD:

“The Distance High Point Award will be an Athlete Representative Award, presented to the top three male and female finishers in the distance events (400 IM, 500, 1000, 1650 Freestyles) at the Senior meet in the short Course Season, and at the Open meet in the Long Course Season. If there is not a Senior meet in the short Course Season then it will be presented at the Open meet. The award will be an embroidered towel, which the Athletes Reps will be responsible to obtain.”

DISTANCE/OPEN WATER CAMP:

The Board also accepted a proposal by Carlton Cronin, Distance/Open Water Coordinator, to have New England Swimming sponsor a series of overnight camps to be held on three weekends in the fall. The camps will be held at Haverhill High School and Stiles Pond, Boxford (weather permitting). These camps will provide the membership of New England Swimming with an excellent opportunity to train for the distance events and open water swimming. Watch for more information and application forms.

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

ANNUAL MEETING, Saturday, May 14, 2005

The Annual Meeting of New England Swimming will be held on Saturday, May 14, 2005 at the Wellesley Community Center, Wellesley, MA. Please encourage your team to be well represented. Each team and each Board Member has one vote, but all others are encouraged to attend.

The meeting will begin with Coffee and Registration at 9:00 am, followed by the General Meeting at 9:30 am. The General Meeting will include the budget, election of new board members, reports from committee chairs, discussion of the new USA Swimming Privacy Policy, and other new business. At approximately 11:00 am the group will divide into several meetings—coaches meeting, officials meeting and meet managers meeting (required for all teams running meet for long course 2005 or short course 2005—2006). The coaches meeting will include the election of a new junior coach rep.

Please put this meeting on your calendar and keep the day free for coaches and parents to attend the meeting. The next newsletter will include the slate of officers, the budget, more details about the three special meetings, and directions to the Wellesley Community Center.

If you have any items of business that you would like to discuss at the General Meeting, please contact the Office (office@neswim.com). If you have an item of business to discuss at the Coaches Meeting, please contact one of the coaches reps, Chuck Batchelor (cjbandtess@yahoo.com) or Michelle Bernal (BGSCswimming@yahoo.com). If you are interested in running for the new junior coaches rep, or want to nominate another coach, please contact Chuck or Michelle. Note that attendance is not mandatory for coaches this year, but we hope to have all New England teams send a representative.

HELP WANTED

FULL TIME HEAD COACH/ASSISTANT QUATICS DIRECTOR position vacancy at the YMCA of Greater Westfield. Our program works to instill the four character values of honesty, caring, respect and responsibility within our swimmers as we seek to help them develop physically, mentally and spiritually as individuals. Prefer ASCA Level 2, lifeguard and WSI or YMCA certifications, CPR for the Professional Rescuer and AED and First Aid. Salary range \$22,000--\$28,000 with benefits including retirement, health insurance, life insurance and vacation. Submit cover letter and resume to Rosann Scalise, Director of Program Operations via e-mail at rscalise@westfieldymca.org.

SUMMER LIFEGUARDS (16 years old and over) needed for positions with the Department of Conservation and Recreation for State and Urban Parks throughout Massachusetts. The contact is William P Dunahm, Jr, Director of Special Employment and Outreach, William.dunham@state.ma.us, 617-626-1258, fax 617-626-1448 or check the website <http://www.mass.gov/der/>

CALENDAR, NEW ENGLAND SWIMMING, LONG COURSE , 2005:

- April 1-6: *USA Swimming World Championship Trials, Indianapolis, IN
- April 16: North Shore Swim Club Distance Meet, Salem (MA) State College
Dan Warner, 978-852-3985
- May 7: Catch the Spirit Camp, Wellesley (MA) College
Amy Parratto, 603-749-2869
- May 14: New England Swimming Annual Meeting, Wellesley (MA) Community
Center, Mary Riddell, 781-449-0270
- May 20-22: Cape Cod Swim Club Team Specialty Meet, MA Maritime Academy,
Buzzards Bay, MA. Ruth Curry, 508-540-6950 **SPF: \$1**
- May 21-22: *North Shore Swim Club Team Specialty Meet, MIT, Cambridge, MA
Dan Warner, 978-852-3985 **SPF: \$3**
- May 27-29: *Shawmut Aquatic Club Team Specialty Meet, Springfield (MA) College
Kristine Van Amsterdam, 508-655-0322 **SPF: \$6**
- June 4-5: *Seacoast Swimming Association Team Specialty Meet, Jenny Thompson
Pool, Dover, NH John Barbary, 603-742-9601
- June 5: *YMCA of the North Shore Distance Meet, Sterling Center, Beverly, MA
Jim Piepenbrink, 617-638-6592
- June 17-19: *Connecticut Aquatic Club (CT), Team Specialty and Trials and Finals
Combo, Springfield (MA) College. Chris Hug, 860-651-0619 (timed
finals for 10 and unders and all events on Friday and Sunday; trials and
finals on Saturday) **SPF: \$1.50**
- June 18-19: *Seacoast Swimming Association Team Specialty Meet, Jenny Thompson
Pool, Dover, NH John Barbary, 603-742-9601
- June 18-19: Bernal's Gator Swim Club Team Specialty Meet, Wheaton College,
Norton, MA. Fran Tocci, 781-642-1234 (short course meters)
- June 24-26: *YMCA of the North Shore Timed Finals/Trials and Finals Meet, Sterling
Center, Beverly, MA. Jim Piepenbrink, 617-638-6592 (timed finals for
12 and under; trials and finals for 13 and over)
- June 25-26: *North Shore Swim Club Team Specialty Meet, MIT, Cambridge, MA
Dan Warner, 978-852-3985 **SPF: \$3**

- June 25-21: *Rams Swimming Club Team Specialty Meet, McDermott Pool, Warwick, RI. Ted Schneider, 401-439-8375
- July 14-17: *Seacoast Swimming Association Age Group Qualifier, Jenny Thompson Pool, Dover, NH John Barbary, 603-742-9601 **SPF: \$3**
- July 21-24 *12 and under Age Group Championships North Shore Swim Club, MIT, Cambridge, MA Dan Warner, 978-852-3985
- July 21-24: *Super Sectional Meet, St. Mary's College, St. Mary's, MD
- July 28-31: *New England Swimming Open Championships, North Shore Swim Club, MIT, Cambridge, MA Dan Warner, 978-852-3985
- July 29-31: Greenwood Memorial Swim Club 8 and under End-of-Summer Challenge and Team Specialty Meet, Greenwood Memorial Pool, Gardner, MA No swimmer with an Open Championship cut can enter the meet. Roland Bartl, 978-630-1727
- Aug. 3-7: *Conoco Phillips Nationals, Irvine, CA
- Aug. 9-13: *USA Swimming Junior National Championships, Irvine, CA
- Aug. 10-13: *Eastern Zone Meet, Buffalo, NY
- Aug. 12: New England Swimming Open Water Championships, Haverhill Swimming, Salisbury (MA) State Park

*long course (50 meter) pool

SPF: Swimmer Participation Fee is a per swimmer fee for all swimmers in the meet. New England Swimming allows teams to charge this fee with a limit of \$10 per swimmer.

 *
 * NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL *
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 * Thursday: 8 a.m.--2 p.m. *
 * *****

HIGH POINT AWARDS, NEW ENGLAND SENIOR CHAMPIONSHIPS
 March 3—6, 2005, Bowdoin College, Brunswick, ME

CONGRATULATIONS to the INDIVIDUAL HIGH POINT WINNERS:

| | | | |
|----------------------|------|-----------------------|------|
| 1. Megan Farrell | BGSC | 1. Eric Max Butler | BGSC |
| 2. Jessica Perry | BGSC | 2. Kevin Yamada | SAC |
| 3. Jaclyn Porter | SAC | 3. Salvatore Barba | SAC |
| 4. Chiara Spinazzola | BOSS | 4. Mike Monovoukas | BGSC |
| 5. Jill Kearns | SAC | 5. Tom Recko | YNS |
| 6. Caroline Belli | YNS | 6. Sasha Dobrolioubov | BGSC |
| 7. Kara Ernst | SSA | 7. Sam Wensman | SSA |
| 8. Sarah Ernst | BGSC | 8. Patrick Biggs | BGSC |

CONGRATULATIONS to the DISTANCE HIGH POINT WINNERS:

| | | | |
|--------------------|------|--------------------|------|
| 1. Jill Kearns | SAC | 1. Tom Recko | YNS |
| 2. Sarah Ernst | BGSC | 2. Kyle Ernst | SSA |
| 3. Katie John | SSA | 3. Mike Monovoukas | BGSC |
| 4. Katie Soja | BGSC | 4. Patrick Biggs | BGSC |
| 5. Jaclyn Porter | SAC | 5. Eric Max Butler | BGSC |
| 6. Jessica Sweeney | SSA | 6. Robert Porter | SAC |
| 7. Megan Farrell | BGSC | 7. Justin Brooks | SAC |
| 8. Jessica Perry | BGSC | 8. Alex Broadbent | SSA |

CONGRATULATIONS to the TEAM HIGH POINT WINNERS:

1. Bernal's Gator Swim Club
2. Shawmut Aquatic Club
3. Seacoast Swimming Association
4. Bay and Ocean State Squids
5. YMCA of the North Shore
6. Adirondack Aquatic Club
7. North Country Aquatic Club
8. Middlebury Area Swimming Association

HIGH POINT AWARDS, NEW ENGLAND OPEN CHAMPIONSHIPS,
 March 10—14, 2005, MIT, Cambridge, MA

CONGRATULATIONS to the INDIVIDUAL HIGH POINT WINNERS:

| | | | | |
|--------|-----------------------|------|---------------------|------|
| OPEN: | 1. Erica Meissner | MAG | 1. Arkady Rasin | BOSS |
| | 2. Kathleen Foley | MAG | 2. Nathan Bromage | HYV |
| | 3. Kate Weaver | GMA | 3. Stefan Bartl | MAG |
| | 4. Mariele Dunn | BOSS | 4. Peter Buhler | BOSS |
| | 5. Chelsea Downing | CCSC | 5. Bjorn Falk | MAG |
| | 6. Caroline Weaver | GMA | 6. Brian Schmidt | CCSC |
| | 7. Tressa Dunn | BOSS | 7. Andrew Reid | YNS |
| | 8. Kristin Prautzsch | MAG | 8. James Fee | BOSS |
| 13—14: | 1. Chelsea Downing | CCSC | 1. Mike Pryor | GTRS |
| | 2. Caroline Weaver | GMA | 2. Thomas Huynh | MELY |
| | 3. Margaret Rosenbaum | SNAP | Phil Brady | CUDA |
| | 4. Melissa Parratto | SSA | 4. Nick D'Innocenzo | MAG |
| | 5. Kaia Simmons | BOSS | 5. Jeffrey Thomas | BOSS |
| | 6. Ellisse Lunde | SSYS | 6. Robert Bailey | BOSS |
| | 7. Erin Brady | CUDA | 7. Brian Bouvier | YNS |
| | 8. Alex Suppan | BYD | 8. Paolo DeLuca | BOSS |

CONGRATULATIONS to DISTANCE HIGH POINT WINNERS:

| | | | | |
|------|----------------------|------|---------------------|------|
| OPEN | 1. Kathleen Foley | MAG | 1. Stefan Bartl | MAG |
| | 2. Chelsea Downing | CCSC | 2. Arkady Rasin | BOSS |
| | 3. Dominique Caissie | MAG | 3. Andrew Reid | YNS |
| | 4. Jessica Sweeney | SSA | 4. Nick D'Innocenzo | MAG |
| | 5. Emily Sutliff | BOSS | 5. Brian Bouvier | YNS |
| | Molly Kearns | SAC | 6. James Fee | BOSS |
| | 7. Erin Gray | MAG | 7. Alex Broadbent | SSA |
| | 8. Kathrine Kinnett | MAG | 8. Robert Bailey | BOSS |

CONGRATULATIONS to the TEAM HIGH POINT WINNERS:

1. Magnus Aquatic Group
2. Bay and Ocean State Squids
3. Seacoast Swimming Association
4. Cape Cod Swim Club
5. Providence Aquatic Club
6. Green Mountain Aquatics
7. South Shore YMCA Strypers
8. Rams Swimming Club

THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU

Thank you to SSA (John Barbary, meet director) for running the New England Senior Championships at Bowdoin College and to NSSC (Dan Warner, meet director) for running the New England Open Championships at MIT!

New England appreciates the assistance (and hard work) of these meet directors, the parents from their teams, the officials, and the timers from both the host teams and the teams attending the meets. Without your help there would be no championship meets for the swimmers. A special thank you to Mariella Allard who served a Clerk of Course for all three championship meets!

NEW COACH TEST:

USA Swimming has revised the new coach test. The revised test is still based on the "Progressions for Athlete and Coach Development," the "Foundations of Coaching Home Study Course," and the "USA Swimming Rules and Regulations." However, the test coaches will take is new. It is computer generated, drawing from a bank of questions in each section. The order of the answers is also randomized. Therefore, each test will be totally unique to the test-taker.

The test will be taken through the USA Swimming web site and can only be taken on line. A coach must create an account on the USA Swimming website and sign in on the website. The New England Swimming office will be automatically notified when a coach passes the test. If a coach fails the test, each time he or she retakes the test it will be a different test because of the random generation of questions and the random order of the answers.

NEW 2005 NEW ENGLAND SWIMMING CLUB: Congratulations to a new New England Swimming Club:

NORTH COUNTRY NEWTS (NCN)
Celeste St. Pierre, PO Box 112, Franconia, NH 03580

Reregistering for 2005 are:

CAMBRIDGE MASTERS SWIM CLUB (CMSC)
HARVARD SWIMMING (HARV).

USA SWIMMING
CATCH the SPIRIT CAMP
May 7, 2005

The Catch the Spirit Camp program is sponsored by U.S.A. Swimming and is designed as a combination of education sessions, social opportunities and water activities. The camp will take place at Wellesley College in Wellesley, Massachusetts and be available for N.E.S. registered swimmers ages 9 through 12. This will be a level I & II camp focusing on creating a learning environment for experienced competitive swimmers. The camp will include two water sessions and several team meetings including topics such as sportsmanship, nutrition, goal setting, time management, basic biomechanics and USA Swimming history. The cost of the one-day camp is \$20.00 (make check payable to: *NE Swimming*). Camp applications are available in the Newsletterplus and on the New England Swimming web site. The camp registration will begin at 8:30 a.m. and conclude by 4:45 p.m. There will also be a "Parents' Clinic" being held from 8:45 a.m. to approximately 1:00 p.m. Take this opportunity to learn more about USA Swimming and being a supportive swim parent!

The staff is made up of coaches from different New England teams. The head coach is Kathy White (AAC), assistant coaches are Carlton Cronin (TNT), Kerri Cunningham (Rams) and Dave Bott (WBD). For more information regarding the camp, contact Camp Director Amy Parratto parratto@seacoastswimming.com.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

APRIL 2005

**IN THIS ISSUE: ANNUAL MEETING INFO; TIME STANDARDS,
LONG COURSE OPEN and 12 & under CHAMPIONSHIPS;
ATHLETE REP INFORMATION; ZONES—PARENT
INFORMATION and COACH APPLICATION...**

ANNUAL MEETING, Saturday, May 14, 2005

The Annual Meeting of New England Swimming will be held on Saturday, May 14, 2005 at the Wellesley Community Center, Wellesley, MA. Please encourage your team to be well represented. Each team has a vote and each Board Member has one vote. There are also several at-large delegates, appointed by the Chairman with the approval of the Board. Each at-large delegate has a vote. All members of the New England Community are encouraged to attend even if they do not have a vote.

ANNUAL MEETING: 9:00 Coffee and Registration

9:30 **General Meeting**, Presentation of Budget, Election of Officers. If you have an item to discuss at the general meeting, contact the New England Office office@neswim.com.

11:00

Meet Managers' Meeting. Teams running a meet (calendar meet or invitational) or planning to run a meet during the next year are **required** to send a representative to the Meet Manager's Meeting. If your team attended the meeting in October, your attendance does not carry over to this year. So that we can have enough materials, please notify the office (office@neswim.com) if your team is going to attend. (Mariella Allard)

11:00 **Officials' Meeting:** A meeting and clinic for referees will be held. All referees, especially those that have not been to a clinic during the past two years, are encouraged to attend. If you have any questions, please contact Dave LeBlanc (daleblanc9@aol.com) or Scott Doty (csdoty@verizon.net).

11:00 **Coaches' Meeting** and election of new Junior Representative. If you have items to discuss or are interested in running for the new Junior Representative, contact Michelle Bernal (BGSCswimming@yahoo.com)

continued.....

The next meeting of the Board of Directors of New England Swimming will be on Tuesday, June 14, 2005 at 7 pm at the Wellesley Community Center, Wellesley, MA.

2:00 (or as soon as the Coaches Meeting has finished), a meeting of the **Senior Committee** and a meeting of the **Age Group Committee**.

Please put these meetings on your calendar and keep the day free for coaches and parents to attend the meeting.

DIRECTIONS TO THE WELLESLEY COMMUNITY CENTER, 219 Washington Street (Route 16), Wellesley, 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.

The Slate of Officers will be available at the Annual Meeting.

NEW ENGLAND SWIMMING
ANNUAL COACHES MEETING AGENDA

Ten minutes will be spent on each subject area of discussion.

- 1.) **Candidates for Junior Coaches Representative.**
- 2.) **8& Under Championships**
- 3.) **Age Group Championships**
- 4.) **New England Open**
- 5.) **New England Seniors**
- 6.) **Reimbursement Policy**
- 7.) **Announcement of Junior Coaches Representative**

NEW CLUB: Congratulations to another club which has completed the first year club requirements!

MYSTIC VALLEY SWIM CLUB MVS
Alexander Dan
74 Eustis Street
Revere, MA 02151

IMPORTANT INFORMATION FROM THE OFFICE:**MEET MANAGERS' MEETING:**

ALL TEAMS THAT PLAN TO RUN A NEW ENGLAND SANCTIONED MEET IN LONG COURSE 2005 OR SHORT COURSE 2005—2006 MUST ATTEND THE MEET MANAGERS' MEETING ON MAY 14, 2005. See the Annual Meeting information for more details.

CATCH THE SPIRIT CAMP:

There are still a few spots left in the Catch the Spirit Camp to be held on May 7, 2005 at Wellesley College, Wellesley, MA. The camp is for New England registered swimmers ages 9 through 12 and is designed as a combination of education sessions, social opportunities and water activities. The application and complete information is on the New England web site (www.neswim.com) and in the March Newsletter Plus. Applications will be accepted until May 3. If you have any questions, contact Camp Director, Amy Parratto at parratto@seacoastswimming.com.

REIMBURSEMENT:

There have been some problems with the reimbursement requests that have been received by the office recently.

1. Part of the requirement for reimbursement is that the swimmer is required to attend the New England Senior Championships. If a swimmer has not fulfilled that requirement, the swimmer has to submit a request for a waiver to the Board. All requests for waivers are considered following the long course season.
 2. The reimbursement policy applies to the USA Swimming Junior National meet. The meet that was recently held in Florida is not a USA Swimming meet. There will be a USA Swimming Junior National meet in California in August. That is the meet that is eligible for reimbursement by New England.
 3. All requests for reimbursement for sectionals must be received within eight weeks.
-

OFFICE HOURS: Please note that the New England Office will be closed from Sunday, May 15 through Monday, May 30, 2005, and plan your registration, sanction, and other needs accordingly.

NEWSLETTER PLUS SUBSCRIPTIONS: Subscriptions are sent to two members of each team—the club contact and the safety coordinator. Subscriptions are available to other members of the New England Swimming community for \$10 per year. Please send your check to the New England Swimming Office, 20 Cleveland Road, Needham, MA 02492.

Attention All Athletes!

The Board of New England Swimming is looking for a new Junior Athlete Representative. This person will fill Ray's position when he becomes the Senior Athlete Rep in the summer. All swimmers who are entering their junior year of high school in the fall, are actively involved in NE swimming, and have a desire to communicate with and help represent the swimmers of New England are encouraged to apply. It is mandatory for the Athlete Representatives to attend the United States Swimming Convention each September (September 13 - 18, 2005 and September 12-17, 2006). All applicants must make a commitment to attend these Conventions during their term as Athlete Representative.

All applicants must write a 1-page essay which includes the following:

- the qualities that you possess which would make you a good athlete rep
- the reasons why you want to become athlete rep
- any other pertinent information

Essays as well as athlete name, and club name can be emailed to Ray Grant at REDswimSOX8@hotmail.com, or they can be mailed to him at:

80 Davis Street
Seekonk, MA 02771

All applications are due by **May 24, 2005**. Athletes will be notified shortly thereafter.

If you have any questions, please contact Ray through email or phone (508-336-9982). Thank you!

QUALIFYING TIMES FOR LONG COURSE, 2005

New England Open Championship
Qualifying Times

| Women | | | Events | Men | | |
|----------|----------|----------|-----------------------|----------|----------|----------|
| SCM | LCM | SCY | | SCY | LCM | SCM |
| 29.49 | 30.19 | 26.49 | 50 Free | 24.49 | 28.99 | 27.19 |
| 1:03.89 | 1:05.89 | 57.49 | 100 Free | 53.99 | 1:02.29 | 59.99 |
| 2:17.69 | 2:23.19 | 2:03.99 | 200 Free | 1:55.99 | 2:16.39 | 2:08.79 |
| 4:53.09 | 5:04.49 | 5:29.99 | 400/500 Free | 5:15.99 | 4:52.99 | 4:40.69 |
| 10:16.39 | 10:32.09 | 11:34.09 | 800/1000 Free | 11:30.99 | 10:20.09 | 10:13.69 |
| 19:36.59 | 19:50.29 | 19:25.99 | 1500/1650 Free | 19:15.99 | 19:30.89 | 19:26.59 |
| 1:12.69 | 1:15.79 | 1:05.49 | 100 Back | 1:00.99 | 1:15.49 | 1:07.79 |
| 2:36.69 | 2:45.49 | 2:21.09 | 200 Back | 2:15.99 | 2:43.99 | 2:30.99 |
| 1:22.99 | 1:26.29 | 1:14.69 | 100 Breast | 1:13.39 | 1:24.09 | 1:21.49 |
| 3:00.99 | 3:09.99 | 2:42.99 | 200 Breast | 2:41.19 | 3:08.99 | 2:58.99 |
| 1:11.69 | 1:12.99 | 1:04.59 | 100 Fly | 1:00.19 | 1:12.49 | 1:06.89 |
| 2:39.89 | 2:49.59 | 2:23.99 | 200 Fly | 2:27.99 | 2:48.99 | 2:44.29 |
| 2:35.39 | 2:44.59 | 2:19.99 | 200 IM | 2:12.99 | 2:35.99 | 2:27.69 |
| 5:28.29 | 5:49.99 | 4:55.69 | 400 IM | 4:43.49 | 5:46.09 | 5:14.69 |

All times must date from July 22, 2004.

 NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL
 20 Cleveland Road
 Needham, MA 02492-3006
 781-449-0270
 FAX: 781-449-7903
 e-mail: office@neswim.com
 Web site: www.neswim.com
 OFFICE HOURS: Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.
 Thursday: 8 a.m.--2 p.m.

The New England Swimming Office will be closed for vacation from Sunday, May 15 through Monday, May 30. Please plan accordingly for registrations, sanctions, etc.

New England Age Group Championship
Qualifying Times for Long Course 2005

| SCM | Girls | | 10 & Under | | Boys | |
|---------|---------|---------|------------|---------|----------------|---------|
| | LCM | SCY | EVENTS | SCY | LCM | SCM |
| 36.39 | 37.29 | 32.69 | 50 FR | 33.59 | 39.79 | 37.09 |
| 1:19.49 | 1:23.09 | 1:12.19 | 100 FR | 1:15.39 | 1:28.99 | 1:23.19 |
| 2:52.99 | 2:59.99 | 2:36.99 | 200 FR | 2:44.49 | 3:09.99 | 3:02.09 |
| 6:12.49 | 6:25.59 | 7:11.39 | 400/500 | 7:11.39 | 6:35.49 | 6:13.49 |
| 43.29 | 45.19 | 38.89 | 50 BK | 40.19 | 47.59 | 44.39 |
| 1:32.39 | 1:36.89 | 1:24.09 | 100 BK | 1:28.69 | 1:45.19 | 1:38.79 |
| 49.29 | 50.69 | 44.29 | 50 BR | 47.09 | 54.69 | 52.09 |
| 1:46.49 | 1:48.39 | 1:35.39 | 100 BR | 1:44.29 | 1:59.59 | 1:55.89 |
| 41.99 | 44.49 | 37.69 | 50 FL | 40.89 | 48.09 | 45.19 |
| 1:38.79 | 1:46.49 | 1:29.89 | 100 FLY | 1:40.49 | 1:50.49 | 1:50.09 |
| 1:31.39 | | 1:22.79 | 100 IM | 1:26.29 | | 1:35.19 |
| 3:19.89 | 3:23.79 | 3:01.19 | 200 IM | 3:15.69 | 3:40.49 | 3:36.29 |

| SCM | Girls | | 11-12 | | Boys | |
|----------|----------------|----------|-----------|----------|----------------|----------|
| | LCM | SCY | EVENTS | SCY | LCM | SCM |
| 32.09 | 32.79 | 28.79 | 50 FR | 29.59 | 33.69 | 32.69 |
| 1:08.89 | 1:11.99 | 1:02.59 | 100 FR | 1:04.49 | 1:13.99 | 1:11.19 |
| 2:29.39 | 2:34.19 | 2:15.59 | 200 FR | 2:19.79 | 2:37.99 | 2:34.79 |
| 5:14.79 | 5:22.39 | 6:04.49 | 400/500 | 6:12.79 | 5:41.49 | 5:22.69 |
| 11:24.99 | 11:37.09 | 13:00.99 | 800/1000 | 13:00.99 | 11:37.09 | 11:23.29 |
| 22:30.99 | 21:47.69 | 22:30.99 | 1500/1650 | 22:30.99 | 21:47.69 | 22:30.99 |
| 37.92 | 39.19 | 34.09 | 50 BK | 35.29 | 41.49 | 38.99 |
| 1:19.19 | 1:22.19 | 1:12.09 | 100 BK | 1:15.49 | 1:26.99 | 1:24.09 |
| 2:55.89 | 2:58.19 | 2:38.69 | 200 BK | 2:48.99 | 3:11.29 | 3:07.69 |
| 42.39 | 43.49 | 38.09 | 50 BR | 38.79 | 46.49 | 42.89 |
| 1:30.99 | 1:34.49 | 1:21.49 | 100 BR | 1:25.49 | 1:41.39 | 1:34.99 |
| 3:19.09 | 3:23.69 | 2:57.99 | 200 BR | 3:09.79 | 3:35.39 | 3:42.79 |
| 36.19 | 36.69 | 32.49 | 50 FL | 33.89 | 38.79 | 37.49 |
| 1:20.79 | 1:22.59 | 1:13.49 | 100 FLY | 1:18.09 | 1:32.09 | 1:25.59 |
| 3:04.09 | 3:12.99 | 2:47.49 | 200 FL | 2:47.49 | 3:12.99 | 3:03.29 |
| 1:19.59 | | 1:12.09 | 100 IM | 1:14.49 | | 1:22.09 |
| 2:49.29 | 2:54.99 | 2:33.49 | 200 IM | 2:39.49 | 3:03.49 | 2:56.29 |
| 6:11.29 | 6:17.99 | 5:36.69 | 400 IM | 5:45.99 | 6:31.69 | 6:23.09 |

All times must date from July 22, 2004.

EASTERN ZONE ALL STAR SWIM MEET
NEW ENGLAND SWIMMING
August 10-13, 2005
Erie Community College Flickinger Aquatic Center and
University of Buffalo Alumni Arena Pool in Buffalo, NY

New England Summer Long Course
Zone Team Parent Information

To participate in the zone meet, New England swimmers must complete an application and submit it to the verification table at the 12 & Under meet at MIT or the Open meet at MIT. Swimmers and parents may NOT enter the meet on their own. This is a New England Team Travel event.

Meet Application for New England Swimmers (Adobe PDF)
Coach Application for New England Coaches (Adobe PDF) SORI/CORI check required
Chaperone Application for \ Parents (Adobe PDF) SORI/CORI check required
Time Standards (Adobe PDF) Watch the web site for the
Order of Events (Adobe PDF) remaining forms and the
Official Meet Web Site time standards.

Special Travel Information: The New England Zone Team (all swimmers ages 11 and older) will travel to the meet as a team. All 10 and younger swimmers will travel to the meet with their parents. 10 and under parents will be 100 per cent responsible for food, lodging and transportation for their swimmers.

Swimmers must arrive on time for their assigned warm-up each day and will be completely cared for at the meet on deck by the coaches. All parents may volunteer to officiate or time in order to be on deck at the meet. Otherwise, all parents must view the meet from the spectator seating area. Only parents who are assigned New England Zone Team chaperones may be seating with the team on deck.

Dates: August 10-13, 2005 (Wednesday – Saturday)

Location: Erie Community College Flickinger Aquatics Center, Buffalo, NY for 13 and Over prelims and finals for 11-12, 13-14 and 15-18. University of Buffalo Alumni Arena Pool for 10 and Under timed finals and 11-12 prelims.

Facilities: Erie Community College Flickinger Aquatics Center, 21 Oak Street, Buffalo, NY 14203. The Flickinger Aquatics Center has an 8-lane 50-meter pool with a 5-lane 25-yard pool for warm-up and warm-down.

University of Buffalo Alumni Arena Pool, North Campus, Amherst, NY, 14226. The Alumni Arena Pool has an 8-lane, 50-meter pool with a 20-yard diving pool for warm-up and warm-down.

Warm-up: Lanes will be assigned to each LSC. We are required to warm-up at our designated time in our designated lane. All swimmers participating in the session, including relays, are to swim in warm-up with the team or risk being scratched from the meet. Swimmers not participating in the session are to attend the entire session, providing great team spirit and support of the New England Team. All 11 and older swimmers will attend finals as a team.

EASTERN ZONE ALL STAR SWIM MEET NEW ENGLAND SWIMMING

Practice time: The pool will be open for team practices on Tuesday, August 9th. The New England practice time will be determined later. All New England team members will attend our practice session and warm-up as a team.

Volunteer Responsibilities: Each LSC is required to provide one official and two timers per session. All New England chaperones will be required to time or officiate at most of the sessions.

Trials and Finals: For all 11 and older swimmers, the top 8 swimmers from the preliminary sessions will be required to race in finals in the evening. All 10 and under events will be swum as timed finals. All 11 and older relays will be swum at finals at night. All 10 and under relays will be swum in the morning session as timed finals.

Meet Times: To be determined

Programs and Admission: To be determined

Parking: Parking will be available in the college parking lots at the University of Buffalo. Parking will be available at various rates in large municipal lots adjacent to the Flickinger Aquatic Center.

Swimmer Conduct: Proper conduct at all times will be enforced by the coaches, chaperones, parents, meet marshals, and meet directors. Any swimmer found in marked out-of-bounds areas will be barred from the remainder of the meet. All trip rules and regulations will be set at the New England Zone Team Meeting prior to the trip. Swimmers who fail to abide by the trip rules will be subject to immediately dismissal from the trip at the full expense of the child's family.

Coaches and Chaperones: In order to abide by Massachusetts State Law, all coaches and chaperones will be required to have a SORI/CORI check completed by New England Swimming through the State of Massachusetts.

Team Hotel:

Adam's Mark Hotel, Downtown Buffalo (10 minutes from the pool)
1-800-367-7478

Team room block rate to be determined.

PLEASE NOTE:

This is a New England Team travel event. All 11 and older swimmers, coaches and chaperones must travel together on the team busses to Buffalo. While in Buffalo, we will travel as a team to all preliminary sessions. All 11 and older swimmers will travel as a team to all finals sessions. Any swimmer who wishes to leave the meet with a parent must submit a written request to the coaches before the start of the trip. No swimmer will be allowed to leave the trip unless it is authorized by a New England coach and the swimmer's parents.

We will have a team meeting and practice in August.

Swimmers who wish to compete in the Eastern Zone Open Water Swimming Competition may do so at their own expense. New England Swimming will not be responsible for meet entry, staffing or supervision of any kind for this competition.



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

MAY/JUNE 2005

IN THIS ISSUE: 2006 REGISTRATION FEES, BUDGET, BOARD MEMBERS; ZONES TIME & APPLICATIONS; NEW OFFICIALS' POLICY; PROPOSED 2005—2006 SC CALENDAR & BID FORM; ACADEMIC ALL AMERICA APPLICATION; ASCA COACH of the YEAR INFORMATION.....

ELECTION and APPOINTMENT OF NEW OFFICERS, BOARD MEMBERS and COMMITTEE MEMBERS:

At the Annual Meeting on May 14, 2005, the following Board Members were elected:

| | |
|------------------------------|----------------|
| Treasurer: | Carol Healey |
| Technical Planning Chairman: | Dan Warner |
| Age Group Chairman: | Laura Matuszak |

The following committees were elected:

| | | |
|-----------------------|------------------|------------|
| Nominating Committee: | Mariella Allard | Bruce Mohl |
| | Everett Crosscup | Pam Warner |
| | Jeff Johnson | |

| | | |
|------------------|-----------------|------------|
| Board of Review: | Priscilla Davis | Bruce Mohl |
| | Ray J Grant | |

| | |
|------------|-------------------|
| Alternate: | Kathy Oates Dacey |
|------------|-------------------|

At the coaches' meeting Matt Craven was elected the new Junior Coach Rep.

At the Board Meeting on June 14, the following at-large board members were named:

| | |
|-----------------|---------------|
| Mariella Allard | Kevin Tyrrell |
| Ev Crosscup | Pam Warner |
| Scott Doty | |

The Board of New England Swimming will meet on Tuesday, July 19, 2005 at 7 pm at the Wellesley Community Center, Wellesley, MA.

The following is a summary of the new NES Policy for Designation and Assignment of Championship Meet Officials. The full policy statement is published on the NES web site and has been mailed to all NES teams. The purpose of this policy is to codify past practice and policy of New England Swimming in regards to the operations of its championship meets.

Summary: Policy for Designation and Assignment of Championship Meet Officials June 2005

New England Swimming shall designate key officials for its Championship Meets including The Senior Championship; The Open Championship; The 13 and Older Age Group Championship; and, The 12 and Under Age Group Championship Meets. The Designated Official position(s) will include as a minimum, the Meet Referee and also Administrative Referee and Clerk of the Course for meets with trials and finals. The Designated Official list for some meets may be expanded to include Announcer, Head Deck Referee, Head Starter, Lead Chief Judge and Timing Judge. NES will compensate the Meet Referee with a stipend and if necessary, expense reimbursement for lodging and parking and meals. If necessary, a similar expense reimbursement shall be provided by NES to the Administrative Referee and the Clerk of the Course.

In advance of each season the NES Board will identify the meets for which it shall designate key officials and the official positions that will be Designated Official positions. Teams or meet management organizations bidding on these meets will be certain of the officials that will be designated and supplied by NES. New England Swimming championship meet bidding forms, compensation schedule and related documents will be modified to reflect this policy.

The Officials Committee shall select the Designated Officials and present its recommendations to the Senior Committee Chair; or to the Age Group Committee Chair; and to the Meet Director for review, discussion and confirmation. The Senior or Age Group Chair and Meet Director shall confirm the selection unless they identify a valid and compelling reason to question the recommendation. If necessary, conflicts of opinion shall be worked out in consultation with the NES General Chair.

Other officiating positions, Assigned Official positions, at championship meets may be filled by written applications to the Officials Committee Chair. Officials that do not apply for Assigned Official positions will be most welcome to participate at the championship meets but should understand that they may not be asked to serve in their highest certification level if opportunities to serve in those positions are filled by officials that submitted applications.

The host team or meet management organization shall identify a Meet Referee for championship meets that are not selected by the NES Board for designation of officials. Meet Referees identified by host teams or meet management organizations shall be subject to review and confirmation by the Officials Committee. If an Assigned Official application process is not used for a meet, all officiating positions will be assigned at the meet by the Meet Referee or another official with this responsibility delegated by the Meet Referee.



New England Swimming



2005-2006 Short Course Calendar

Meet bids are due July 29, 2005. [[Download Meet Bid Application](#)]

We encourage you to use the [Meet Invitation Template](#).

Please be aware of the new [Swimmer Participation Fee policy](#).

Please be aware of the new [Policy for Designation and Assignment of Championship Meet Officials](#).

Bids for End-of-Season Meets will be listed here as they are received.

| | | | |
|----------------------|---------------|---|---|
| September 9-11 | TNT SCY/OW | New England Swimming Distance Camp <i>Haverhill High School, Haverhill MA and local open water site</i> | Carlton Cronin (cronin0209@aol.com) 978-521-4751 |
| September 13-18 | | USA Swimming Convention <i>Greensboro NC</i> | |
| October 7-9 | TNT SCY/OW | New England Swimming Distance Camp <i>Haverhill High School, Haverhill MA and local open water site</i> | Carlton Cronin (cronin0209@aol.com) 978-521-4751 |
| October 23 | | New England Swimming Top 10 Banquet | Mary Riddell (office@neswim.com) 781-449-0270 |
| November 11-13 | TNT SCY | New England Swimming Distance Camp <i>Haverhill High School, Haverhill MA</i> | Carlton Cronin (cronin0209@aol.com) 978-521-4751 |
| December 8-11 | SCY | New England Senior Championships <i>One site, 3½ day meet</i> <i>Designated Officials: Meet Referee, Admin Referee, Clerk of Course</i> <i>Designation as an Officials National Certification Meet is pending</i> <i>Bids Received: None</i> | |
| February 17-19 | SCY | New England Regional Meets <i>Four sites, 2½ day meet</i> <i>Bids Received: None</i> | |
| February 23-26 | SCY | New England 12 & Under Championships <i>One site, 3½ day meet; 10 & Under timed finals; 11-12 trials/finals</i> <i>Designated Officials: Meet Referee, Admin Referee, Clerk of Course</i> <i>Bids Received: None</i> | |
| March 2-5 | SCY | New England 13-19 Age Group Championships <i>One site, 3½ day meet; 13-14 trials/finals; 15-19 trials/finals</i> <i>Designated Officials: Meet Referee, Admin Referee, Clerk of Course</i> <i>Bids Received: None</i> | |
| March 9-12 | BOSS SCY | Speedo Championship Series (Sectionals) <i>Harvard University, Boston MA</i> | Tim Murphy (tdmurphy@fas.harvard.edu) 617-495-2268 |
| March 28- April 1 | LCM | USA Swimming Club Championships (Nationals) <i>Federal Way WA</i> | |

**NEW ENGLAND SWIMMING
SHORT COURSE 2005-2006 SEASON
MEET BID APPLICATION
Due: July 29, 2005**

Please submit a separate application for each meet that you are bidding on.

Date of requested meet: _____

Club Name: _____

Meet Director: _____ Phone Number: _____

E-Mail: _____

Address: _____

Meet Referee (*): _____ Phone Number: _____

Head Coach: _____ Phone Number: _____

E-Mail: _____

Type of Meet: _____

List at least one alternate date: _____

Facility: _____ Location: _____

Depth of Pool at starting end: _____ turning end: _____

Height of Blocks above water: _____

Parking: _____ Cost: _____

Person to contact to discuss bid: _____

Phone: _____ E-Mail: _____

Officials' Liaison (**): _____ Phone: _____

E-Mail: _____

Swimmer Participation Fee (**): _____ per swimmer.

* For Championship Meets (Senior, Age Group, Open Championships), the Meet Referee field should be left blank, as the Meet Referee will be designated as specified in the Policy for Designation and Assignment of Championship Meet Officials. For other meets (including Calendar and Regional meets), the Meet Referee will be proposed by the host team.

** For complete information, refer to the "Swimmer Participation Fee" document.

*** The Officials' Liaison should be the team's primary contact for the Officials' chairman. The Officials' Liaison should also be the person on the team that encourages and coordinates the certification and advancement of officials. When the team runs a meet, the Officials' liaison will play a key role in getting officials from other teams to attend and work at the meet.

Please send a copy of this form with a copy of a complete meet invitation with all up to date information to each of the following to be received by July 29, 2005. You may submit by e-mail.

Bob Gauvin, Calendar Chair
1 Riverside Drive
Mattapoisett, MA 02739
Gauvin1@comcast.net

Dan Warner, Technical Chair
19 Fenley Road
Gloucester, MA 01930
NSSC1@aol.com

Mary Riddell, Sanction Chair
20 Cleveland Road
Needham, MA 02492
office@neswim.com

ASCA Age Group Coach of the Year Criteria

The ASCA Age Group Coach of the Year must be a coach who:

1. Works primarily with 14 and younger swimmers
2. Is entirely responsible for the development and advancement of his/her 14 and younger swimmers
3. Has 14 and younger swimmers who are achieving a high level of success in New England and National level swimming

We will accept only one vote per team and we ask that you vote specifically for a TEAM other than your own. Votes for the 2005 New England ASCA Age Group Coach of the Year are due to the New England Senior Coach Representative by August 1, 2005 (the last day of the Open Championship Meet).

Michelle Bernal, Senior Coach Rep, bgscswimming@yahoo.com.



LONG COURSE ZONE TEAM INFORMATION:

Preliminary hotel information: Holiday Inn
1881 Niagra Falls Boulevard
Amherst, NY 14228 (716-691-8181)

Rooms are \$96.00 per night plus tax. 20 rooms for the 10 and under families. Reserve under New England Zone 10 and under team by July 9, 2005. 30 rooms for the New England 11 and older Zone Team.

The hotel is 8 miles from the downtown ECC pool and approximately 2 or 3 miles from the UB pool.



MUTUAL OF OMAHA DUEL IN THE POOL
to be held on August 2, 2005 at the Woollett Aquatic Center in Irvine, CA. The dual meet format will feature the United States vs. Australia Telstra Dolphins. The worldwide distribution of television coverage includes NBC in the US. NBC air dates are August 6 from 4:30 pm to 6 pm and August 7 from 1 pm to 2:30 pm. Plan your viewing time now for this exciting meet.

REGISTRATION ISSUES:

FEES: Note the page of this newsletter that details the new registration fees. The 2006 registration year will begin on September 1, 2005. Any person or team registering after that date will be registered for 2006 which will cover the period from the date of registration through December 31, 2006. Since we have new fees, please do not use any 2005 forms for 2006.

APPLICATION FORMS: As was announced at the Annual Meeting, there will be two other changes on the forms. The areas of the application that say "make check payable to" and "mail application & payment to" will both say "your club." All applications must be sent by the club and all fees must be paid by one club check. Clubs may continue to print forms from their Hytek program, but be sure to make the forms conform with the current 2006 application form. Teams may submit registrations by email using their Hytek program.

REGISTRATION CHAIRS: All teams will receive a form in early August which will ask for club information, including the name of the registration chair. When a club sends that information to the office and the registration forms have been received from USA Swimming (usually mid-August), registration materials will be forwarded to the club.

FIRST YEAR TEAMS AND CLUBS: Remember that first year coaches must complete the education requirement before they reregister for their second year. A first year club must take the club business course before it reregisters for the second year.

A **CLBMS course**, required of new clubs, helpful for all clubs, will be held in Adirondack on June 26. Contact Ira Klein (iklein@usaswimming.org) for more information and to register.

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*****
*
*           NEW ENGLAND SWIMMING OFFICE:  MARY RIDDELL
*
*                               20 Cleveland Road
*                               Needham, MA 02492-3006
*
*                               781-449-0270
*
*                               FAX: 781-449-7903
*                               e-mail: office@neswim.com
*                               Web site: www.neswim.com
*
* OFFICE HOURS:  Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.
*                Thursday: 8 a.m.--2 p.m.
*
* *****

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NEWSLETTER PLUS SUBSCRIPTIONS: Subscriptions are sent to two members of each team—the club contact and the safety coordinator. Subscriptions are available to other members of the New England Swimming community for \$10 per year. Please send your check to the New England Swimming Office, 20 Cleveland Road, Needham, MA 02492.

REGISTRATION FEES FOR 2006:

At the Board Meetings of New England Swimming in March and April the following registration fees for 2006 were accepted. For comparison purposes, the current 2005 have also been listed.

ATHLETE FEES:

2006: \$55 (\$42 to USA Swimming, \$13 to New England Swimming)

2005: \$50 (\$41 to USA Swimming, \$9 to New England Swimming)

OUTREACH FEE : \$5 with verification that the swimmer receives free lunch at school.

NON ATHLETE FEES:**INDIVIDUAL:**

2006: \$55 (\$42 to USA Swimming, \$13 to New England Swimming)

2005: \$45 (\$41 to USA Swimming, \$4 to New England Swimming)

FAMILY:

2006: \$90 (\$80 to USA Swimming, \$10 to New England Swimming)

2005: \$80 (\$77.50 to USA Swimming, \$2.50 to New England Swimming)

SPORT MEDICINE:

2006: \$55 (\$50 to USA Swimming, \$5 to New England Swimming)

2005: \$55 (\$50 to USA Swimming, \$5 to New England Swimming)

LIFE:

2006: \$755 (\$750 to USA Swimming, \$5 to New England Swimming)

2005: \$755 (\$750 to USA Swimming, \$5 to New England Swimming)

CLUBS:

2006: \$175 before 12/01/2005 (\$154 to USA Swimming, \$21 to New England Swimming)

\$225 after 12/01/2005 (\$154 to USA Swimming, \$71 to New England Swimming)

2005: \$165 before 12/01/2004 (\$152 to USA Swimming, \$13 to New England Swimming)

\$200 after 12/01/2004 (\$152 to USA Swimming, \$48 to New England Swimming)

The CLUB fee includes the fee for two non members, the head coach and the safety coordinator. A new club pays the \$175 fee at any time it registers.

These fees will take effect as of September 1, 2005. Clubs, athletes, and non athletes that register after September 1, 2005 will pay the new fees but will be registered from the time they register through December 31, 2006. The Board also voted that all registrations will come through the club and **only club checks will be accepted.**

New England Swimming 2006 Budget

Income

| | |
|----------------------------|------------|
| Registrations | \$ 387,200 |
| Surcharges | 55,000 |
| Sanction Fees | 5,000 |
| Top Ten / Records | 500 |
| DQ Slips | 500 |
| Newsletter / Subscriptions | 300 |
| Interest | 1,200 |
| Zone Income | 15,000 |
| Banquet Income | 6,000 |

Total Income \$ 470,700

Expenses

Registrations \$ 298,800

Office

| | |
|---------------------------|--------|
| Salary | 23,625 |
| Payroll Taxes & Insurance | 7,350 |
| Office Equipment | 500 |
| Petty Cash | 500 |
| Postage | 3,000 |
| Printing | 3,000 |
| Telephone | 1,200 |
| Office Supplies | 500 |
| Audit | 2,000 |

Athlete Support

| | |
|-----------------------------|--------|
| National Meet Reimbursement | 10,000 |
| Zones | 35,000 |
| Banquet Expenses | 10,000 |
| All Athlete Fund | 1,500 |
| Athlete Committee | 600 |
| Awards | 5,000 |

Officials

| | |
|-----------------------------|-------|
| Officials Committee | 4,000 |
| National Meet Reimbursement | 3,000 |

Safety Committee

1,000

NE LSC Meetings

1,500

Coaches

| | |
|-----------------------------|-------|
| Coach's Clinics | 1,000 |
| National Meet Reimbursement | 3,000 |

Camps

7,300

Meet Subsidies

20,000

Conventions

7,000

US Swimming Meetings / Travel

6,500

Other

1,500

Web Site

10,000

Total Expenses \$ 468,375

Anticipated Surplus \$ 2,325

Notes: Registrations based on 6000 members, 800 non athlete members and 80 teams.

US Swimming Meetings / Travel budgeted for General Chair, Age Group Chair, Officials Chair workshops and general LSC management meetings

Camp Fee increased for distance camps

Minor adjustments made for items such as meetings, zones banquet expenses

Championship Awards to be purchased in 2007



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

JULY 2005

IN THIS ISSUE: HIGH POINT WINNERS AT NE OPEN and 12 and under CHAMPIONSHIPS; PLANS of GRADUATING SENIORS; REGISTRATION INFO; COURSES FOR COACHES...

CONGRATULATIONS to: MEI HAN, MTSC, who was voted by the coaches as New England's Age Group Coach of the year.

SOPHIA SLOTE, SNAP, who was selected as the new Junior Athlete Rep by the Board

CHUCK BATCHELOR, who was appointed an at-large Board member at the July Board meeting.

Chuck was appointed to fill the position vacated by the resignation of Kevin Tyrrell who has accepted a position as National Team Coach in St. Croix. Thank you to Kevin for his past service to New England.

THANK YOU to DAN WARNER, the NSSC parents, and all the New England Officials and timers who worked so hard to make the 12 and under Age Group Championships and New England Open Championships a success for all the New England Swimmers who qualified for the meets.

REGISTRATION INFORMATION is in this issue. The middle of the month letters will go out to all teams with further information and a form asking for team information, including the name of the team registration chair. When this form is returned to the office, registration materials will be sent to the team. Returning the form is mandatory!

TOP 10 TIMES FOR EIGHT AND UNDERS: New England will be using SWIMS again this year to compute the Top Ten Times. However, since USA Swimming does not recognize eight and under as an age group, this age has to be done by hand. If you have times for eight and unders from sanctioned meets other than New England Calendar meets, the times must be submitted to the office **IMMEDIATELY!** You do not need to submit the whole meet. You may submit just the appropriate page(s). Be sure to include a cover page.

The Board of New England Swimming will meet on Tuesday, September 6, 2005 at 7 pm at the Wellesley Community Center, Wellesley, MA.

REGISTRATION for 2006:

USA Swimming registration for 2006 will begin on September 1, 2005. Athletes and non-athletes who register for 2006 after September will be registered for the rest of 2005 and all of 2006. Current 2005 registrations will be valid until December 31, 2005.

ATHLETE MEMBERSHIP

For 2006 all athlete registrations forms and fees must be submitted to the club registration chairman. The club registration chairman will then forward the forms with a club check to the New England Swimming office. This year the athlete membership forms will tell applicants to make checks to "your club" and mail forms to "your club." Unattached swimmers will register directly with the New England Swimming office and may use personal checks. FEE: \$55

NON-ATHLETE MEMBERSHIP

TO BE REGISTERED AS A COACH MEMBER: All coaches must have current cards for First Aid, CPR, and Safety Training for Swim Coaches (or Lifeguard Training). COPIES of both sides of cards for these three courses must accompany all coach applications unless current cards are on file in the office. Otherwise, a non-athlete, non-coach card will be issued. The first Aid, CPR, and STFSC expiration dates will appear on the registration card. The earliest of the expiration dates will also appear on the front of the coach membership card. When a certificate is expiring, the office needs up to two weeks to issue a new card. Coaches who were registered for the first time after September 1, 1998 must complete the education requirement before they can reregister for 2006. The test is now on the USA Swimming web site: www.usaswimming.org. New England Swimming requires that all coaches display their cards when on deck at meets. FEE: \$55

TO BE REGISTERED AS AN OFFICIAL: All officials must send a COPY of both sides of their officials' certification card when they submit their 2006 application for registration. It must indicate service in a minimum of four sessions in at least two New England Swimming calendar meets in the past 12 month. Apprentice sessions do not fulfill this renewal requirement. New officials may apply for the "official" notation on their card and their patch when they have completed their apprenticeship. Officials who do not submit a copy of the "officials' certification" card will be listed as "other." New England Swimming requires that all officials display their cards on deck at meets. Registration forms will not be sent to non-athletes this year but will be available through the club and on the web site. FEE: \$55.

NOTE: The Family Fee (\$90) is a non-athlete fee and does not include swimmers.

If you have any questions, contact the New England Swimming office at 781-449-0270 or office@neswim.org.

HIGH POINT WINNERS, 12 and under CHAMPIONSHIPS:

CONGRATULATIONS to the HIGH POINT WINNERS at the 12 and under CHAMPIONSHIPS at MIT:

10 and unders:

| | | | |
|-------------------------|------|---------------------|------|
| 1. Emma Nuzzo | BOSS | 1. Henry Loong | MTSC |
| 2. Margaret D'Innocenzo | MAG | 2. Scott McGinty | ANA |
| 3. Bianca Spinazzola | BOSS | 3. Joseph Hibbert | UN |
| 4. Mary Keough | SAC | 4. Evan Grey | GMA |
| 5. Christa Weaver | GMA | 5. Justin Liu | MTSC |
| 6. Christina Denbow | MST | 6. Adrien Hosking | GTRS |
| 7. Angelica Spinazzola | BOSS | 7. Andrew Klobucher | YNS |
| 8. Christiana Greco | MTSC | 8. Antony Hubbard | LRW |

11 and 12:

| | | | |
|--------------------|------|---------------------------|------|
| 1. Sara Li | MTSC | 1. Roy Sung | SAC |
| 2. Erica Belcher | MAG | 2. Patrick Myers | AAC |
| 3. Evan Fabian | GTRS | 3. Luca Spinazzola | BOSS |
| 4. Rachel Moore | ANA | 4. Matthew Nutter | YNS |
| 5. Katie Kaspar | MAG | 5. Edwin Angjeli | SSYS |
| 6. Rebecca Aiello | BGSC | 6. Jun Oh | MAG |
| 7. Shannon Bender | MAG | 7. Dimitrius McCoy-Palmer | BOSS |
| 8. Katherine Foley | YNS | 8. Matthew Meier | SNAP |

TEAM HIGH POINT:

- | | |
|-------------------------------|-------------------------------|
| 1. Magnus Aquatic Group | 5. Shawmut Aquatic Club |
| 2. Bay and Ocean State Squids | 6. Andover/North Andover YMCA |
| 3. Bernal's Gator Swim Club | 7. YMCA of the North Shore |
| Mei's Typhoons Swim Club | 8. Adirondack Aquatic Club |

 * NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL *
 * 20 Cleveland Road *
 * Needham, MA 02492-3006 *
 * 781-449-0270 *
 * FAX: 781-449-7903 *
 * e-mail: office@neswim.com *
 * Web site: www.neswim.com *
 * OFFICE HOURS: Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m. *
 * Thursday: 8 a.m.--2 p.m. *
 * *****

HIGH POINT WINNERS, OPEN CHAMPIONSHIPS:

CONGRATULATIONS to the HIGH POINT WINNERS at the OPEN CHAMPIONSHIPS at MIT:

13 and 14:

| | | | |
|----------------------|------|---------------------|------|
| 1. Melissa Parratto | SSA | 1. Nick D'Innocenzo | MAG |
| 2. Chiara Spinazzola | BOSS | 2. Jeffrey Thomas | BOSS |
| 3. Kaia Simmons | BOSS | Robert Dowd | BGSC |
| 4. Christina Moore | SSA | 4. Gregory Michels | BGSC |
| 5. Chelsea Downing | CCSC | 5. Ray Estrada | AAC |
| 6. Caroline Weaver | GMA | 6. Phil Brady | CUDA |
| 7. Erin Brady | CUDA | 7. Graham Eve | BOSS |
| 8. Maggie Rosenbaum | SNAP | 8. Taylor Grey | GMA |

OPEN:

| | | | |
|-----------------------|------|---------------------|------|
| 1. Christine Kaufmann | BOSS | 1. Vinny Pryor | GTRS |
| 2. Lindsey Woodward | BOSS | 2. Michael Sullivan | MAG |
| 3. Chiara Spinazzola | BOSS | 3. Nick Lake | PAC |
| 4. Megan Farrell | BGSC | 4. Sam Wensman | SSA |
| 5. Laura Moriarty | CUDA | 5. Kevin Yamada | SAC |
| 6. Meaghan Colling | SAC | 6. Arkady Rasin | BOSS |
| 7. Jill Kearns | SAC | 7. James Fee | BOSS |
| 8. Kristin Prautzsch | CUDA | Kyle Ernst | SSA |

DISTANCE HIGH POINTS:

| | | | |
|-----------------------|------|---------------------|------|
| 1. Christine Kaufmann | BOSS | 1. Nick Lake | PAC |
| 2. Katelyn Martin | MAG | 2. Vinny Pryor | GTRS |
| 3. Jill Kearns | SAC | 3. Michael Sullivan | MAG |

TEAM HIGH POINT:

1. New England Barracudas
2. Seacoast Swimming Association
3. Bernal's Gator Swim Club
4. Magnus Aquatic Group
5. Bay and Ocean State Squids
6. Shawmut Aquatic Club
7. Cape Cod Swim Club
8. Providence Aquatic Club



**USA Swimming
Coaches Safety Curriculum
2005--2006 Requirements and Equivalentents**

Effective since 1988, all coach members are required to fulfill safety training requirements as established by the USA Swimming Board of Directors. USA Swimming currently requires coach members to hold current certification cards for the following courses: Safety Training for Swim Coaches, CPR and First Aid.

ARC/USOC Sport Safety Training is recommended by USA Swimming because of its coaching specific content and materials. This course includes Adult CPR, fulfilling both the first aid and CPR requirements for coach membership.

Cardiopulmonary Resuscitation (CPR)

Any one of the following courses will satisfy the requirement:

American Red Cross: *(all ARC CPR courses are good for one year) (NO instructor certifications are acceptable)*

- Adult CPR (4 hours)
- Adult CPR/AED
- Community CPR (6.5 hours) *(includes adult, infant and child CPR)*
- CPR for the Professional Rescuer (9 hours)

American Heart Association: *(all AHA CPR cards are good for two years)*

- Advanced Cardiac Life Support (ACLS)
- Basic Life Support (BLS) for the Health Care Provider (card will read "Healthcare Provider")
- Heartsaver CPR (Adult and/or Child; Infant only is not acceptable)
(USA Swimming does NOT accept "Heartsaver" or "Heartsaver AED")
- Any AHA Basic Life Support Instructor or Instructor Trainer for the courses listed above

National Safety Council: *(NSC CPR courses are good for either one or two years, depending on the training agency)*

- Adult CPR
- First Responder *(includes First Aid)*

Jeff Ellis & Associates:

- Water Safety+ *(4 hour course includes First Aid)*
- National Pool & Waterpark Lifeguard Training Program *(one year certification, includes First Aid)*

CPR Courses offered by other organizations:

- AAOS (Amer Acad of Orthopaedic Surgeons) Emergency Care & Safety Institute CPR *(two year cert)*
- American Safety & Health Institute (ASHI) CPR Pro
- American Safety & Health Institute (ASHI) CPR/AED for the Community and Workplace *(two year cert)*
- Medic First Aid *(course includes First Aid) (coach must also submit a completed, scored test signed by the course instructor)*
- E.M.S. Safety Services CPR
- Emergency Medical Technician (EMT) Basic *(course includes First Aid)*
- Save-A-Life Educators: CPR
- Tacoma Fire Department First Aid & CPR Course *(course includes First Aid)*
- University Training Centers, Inc. - Healthcare Provider BLS (C)

Continued.....

First Aid

Any one of the following courses will satisfy the requirement:

American Red Cross: *(NO instructor certifications are acceptable)*

- ARC/USOC Sport Safety Training (6.5 hours with Adult CPR; 7 hrs with elective Child CPR)
- Community First Aid & Safety (9 hours) (includes Community CPR)
- First Aid – Responding to Emergencies (23.5 hrs) (includes Adult and/or Infant/Child CPR)
- First Aid Basics
- Emergency Response (43.5 hrs) (includes CPR for the Professional Rescuer)
- Lifeguard Training (includes CPR for the Professional Rescuer)
- Standard First Aid/CPR/AED (includes Adult CPR)

American Safety & Health Institute:

- Adult Basic First Aid (4 hour course)
- Universal Basic First Aid (4-6 hours)

National Safety Council: *(NSC FA certifications are good for two or three years, depending on the training agency)*

- First Aid
- First Responder (includes CPR)

Jeff Ellis & Associates:

- Water Safety+ (4 hour course includes First Aid)
- National Pool & Waterpark Lifeguard Training Program (one year certification, includes First Aid)

First Aid courses offered by other organizations:

- AAOS (Amer Acad of Orthopaedic Surgeons) Emergency Care & Safety Institute First Aid
- Emergency Medical Technician (EMT) Basic (includes CPR)
- Medic First Aid (includes CPR) **(coach must also submit a completed, scored test signed by the course instructor)**
- E.M.S. Safety Services First Aid
- Life Education of Florida – First Aid for All Ages: A Common Sense Approach
- Save-A-Life Educators: First Aid
- Tacoma Fire Department First Aid & CPR Course (includes CPR)
- University Training Centers, Inc. – Standard First Aid

Safety Training For Swim Coaches

Any one of the following courses will satisfy the requirement:

American Red Cross: *(NO instructor certifications are acceptable)*

- Safety Training for Swim Coaches (8 hour course)
- Safety Training for Swim Coaches Review Course (4 hour renewal course)
- Lifeguard Training (may be referred to as *Lifeguarding Today* on some certifications)

Jeff Ellis & Associates:

- National Pool & Waterpark Lifeguard Training Program (one year certification, includes First Aid)

YMCA Lifeguarding

REGISTRATION FEES FOR 2006:

At the Board Meetings of New England Swimming in March and April the following registration fees for 2006 were accepted. For comparison purposes, the current 2005 have also been listed.

ATHLETE FEES:

2006: **\$55** (\$42 to USA Swimming, \$13 to New England Swimming)

2005: \$50 (\$41 to USA Swimming, \$ 9 to New England Swimming)

OUTREACH FEE : \$5 with verification that the swimmer receives free lunch at school.

NON ATHLETE FEES:**INDIVIDUAL:**

2006: **\$55** (\$42 to USA Swimming, \$13 to New England Swimming)

2005: \$45 (\$41 to USA Swimming, \$ 4 to New England Swimming)

FAMILY:

2006: **\$90** (\$80 to USA Swimming, \$10 to New England Swimming)

2005: \$80 (\$77.50 to USA Swimming, \$ 2.50 to New England Swimming)

SPORT MEDICINE:

2006: **\$55** (\$50 to USA Swimming, \$ 5 to New England Swimming)

2005: \$55 (\$50 to USA Swimming, \$ 5 to New England Swimming)

LIFE:

2006: **\$755** (\$750 to USA Swimming, \$5 to New England Swimming)

2005: \$755 (\$750 to USA Swimming, \$5 to New England Swimming)

CLUBS:

2006: **\$175** before 12/01/2005 (\$154 to USA Swimming, \$21 to New England Swimming)

\$225 after 12/01/2005 (\$154 to USA Swimming, \$71 to New England Swimming)

2005: \$165 before 12/01/2004 (\$152 to USA Swimming, \$13 to New England Swimming)

\$200 after 12/01/2004 (\$152 to USA Swimming, \$48 to New England Swimming)

The CLUB fee includes the fee for two non members, the head coach and the safety coordinator. A new club pays the \$175 fee at any time it registers.

These fees will take effect as of September 1, 2005. Clubs, athletes, and non athletes that register after September 1, 2005 will pay the new fees but will be registered from the time they register through December 31, 2006. **The Board also voted that all registrations will come through the club and only club checks will be accepted.**

FUTURE PLANS OF NEW ENGLAND SWIMMING'S GRADUATING SENIORS:

During the final session of the New England Open Championship this summer, New England Swimming, represented by the athlete reps, Ray Grant and Sophia Slote, honored the following graduating seniors who were present at the time.

| | | | |
|----------------|-------------------|-------------------------------------|--------------------------|
| AAC | Mike Ariel | Ithaca College | |
| | Ryan Clark | Providence College | |
| | Heather Jankins | Dartmouth College | |
| | Megan Toney | Duke University | |
| BGSC | Mary Dooe | Columbia University | |
| | Eric Driver | The Marvel Wood Prep School (PG) | |
| BOSS | Thomas Bailey | Harvard University (2006) | |
| | Benjamin Bonte | Johns Hopkins University | |
| | Don Kimball | Kalamazoo College | |
| | Michael Langelier | US Coast Guard Academy | |
| | Alex Quinn | St. Bonaventure University | |
| | Arkady Rasin | Brown University | |
| | Danielle Seltzer | Kenyon College | |
| | Sarah Connell | Fordham University | |
| CMC | Sara Aiello | University of Pennsylvania | |
| CUDA | Tressa Dunn | Mercersburg Academy (PG) | |
| | Robert Lazar | Emory University | |
| | Steve Miller | Rutgers University | |
| | Eric Nilsson | Northwestern University | |
| | David Russell | U of California/Berkeley | |
| | Mike Toran | The Peddie School (PG) | |
| | MAG | Laura Ginish | James Madison University |
| | | Peter Gollands | Syracuse University |
| Rhynn Malloy | | University of Kansas | |
| Jenn McDermott | | Seton Hall University | |
| MST | Casey Renner | Florida Southern | |
| | Kendra Decelle | University of Pittsburgh | |
| | Carolyn O'Hara | Wellesley College | |
| | Chris Walczyk | Rochester Institute of Technology | |
| NWSC | Elizabeth Belmont | Springfield College | |
| PAC | Francie Free | University of Pennsylvania | |
| PSC | Alex Doty | Northeastern University | |
| RAMS | Blair Flynn | Providence College | |
| | Dan Lathrop | Colgate University | |
| | Cara Zapatka | Northeastern University | |
| RAYS | Sam Herman | Colby Sawyer College | |
| SAC | Ivor Asztalos | Tufts University | |
| | Sal Barba | University of Michigan | |
| | Meghan Healey | University of Connecticut | |
| | Jackie Porter | University of Massachusetts/Amherst | |

| | | |
|-----|-----------------|------------------------------|
| SSA | Kara Ernst | Rutgers University |
| | Brittany Frank | University of Connecticut |
| | Josh Haydon | undecided |
| | Katrina Maloney | University of New Hampshire |
| | Jen Silva | Marist College |
| WW | Andrew Sweeney | George Washington University |
| | Casey Whittaker | Hartwick College |
| | Cal Brokamp | Boston College |
| | Brian Conely | Loyola/New Orleans |
| | Jack Folcarelli | Fairfield University |
| | Mike McNulty | Boston College |

The plans of the following graduating seniors have been reported to the office:

| | | |
|------|--------------------|---------------------------------------|
| BGSC | Katie Fritsch | Princeton University |
| | Rebecca Harris | Cornell University |
| | Cornieleke Lammers | Middlebury College |
| CCSC | Alyssa Catalano | University of Vermont |
| CCYM | Kierstin Kean | Clark University |
| CMC | Brian Beahn | University of Connecticut |
| | Erving Colon | University of Southern Florida |
| | Nicole Luukko | University of Hawaii |
| | Mindy Swanson | University of Massachusetts/Amherst |
| CUDA | Keri-Ann Arsenault | Simmons College |
| | Kait Strickland | University of Minnesota |
| GMA | Eliza Callwood | Occidental College |
| | Elizabeth Frenette | Tufts University |
| MAG | Stefan Bartl | University of Virginia |
| | Krista Capece | Boston College |
| | Amanda Carr | University of Rhode Island |
| | Bjorn Falk | University of Virginia |
| | Jonathon Meltz | University of Maryland |
| | Anna Semakhin | McGill University |
| | Jessica Sheridan | University of Vermont |
| NWSC | Andrew Dibenedetto | University of Massachusetts/Dartmouth |
| | Brian Mackness | University of Massachusetts/Lowell |
| | Matt Maguire | Springfield College |
| | Brian McNeil | Boston College |
| PAC | Danielle Delisle | Roger Williams |
| | Steven Kohm | Clemson University |
| | Justin Leary | Roger Williams |
| | Lauren Sepe | Providence College |
| RAMS | Katherine Carter | Fairfield College |
| | Ashley Dentler | Northeastern University |
| | Yifan Luo | Brown University |
| | Kelsey O'Neill | Marymount University |

| | | |
|------|---------------------|-------------------------------------|
| SAC | Carolyn Day | Colby Sawyer College |
| SCA | Sarah Hunt | Occidental College |
| | Marielle Pedro | Fairfield University |
| | Amalia Zychowicz | St. Michael's College |
| SSA | Hilary Alie | Rowan University |
| | Alexis Boyatsis | Bates College |
| | Cassy Garrity | Clark University |
| | Devan Meserve | St. Lawrence University |
| WEST | Kayla Burke | Tufts University |
| | Michael Christensen | University of Massachusetts/Amherst |
| | Rose Harrington | Keene State College |
| WW | Sarah Lawson | Northeastern University |
| | Breda O'Connor | Bentley College |
| | Caitlin Rooney | Sacred Heart |
| | Matt Shaw | Boston University |

We will report any other future plans that are sent to the office.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02492-3006

FIRST CLASS



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC.

AUGUST 2005

**IN THIS ISSUE: NEW ENGLAND SWIMMING CALENDAR,
SHORT COURSE, 2005—2006; DISTANCE
And OPEN WATER CAMP INFO and
APPLICATION.....**

BREAKING NEWS! The New England Swimming Zone Team just completed a very successful meet in Buffalo. The team placed fourth overall, with the boys placing fourth and the girls placing seventh. **CONGRATULATIONS** to the swimmers and the coaches. Watch the next newsletter for more information.

IMPORTANT INFORMATION: New England will be using the SWIMS program to compile the top ten this year. However, since USA Swimming does not recognize eight and unders as an age group, this age group has to be done by hand. If you have eight and unders who achieved their best times in non-New England calendar meets, please forward those results to the office by September 6, 2005. Times received after that date will not be considered.

The Office will be closed from Tuesday, September 13, 2005 through Sunday, September 18, 2005 because of the USA Swimming Convention. Please plan your needs for registration, sanctions, and other information accordingly.

REGISTRATION INFORMATION: A letter has been sent to all teams addressed to the current team contact. The letter requests information from each team concerning contacts for the 2005—2006 year—team contact, head coach, athlete contact, officials contact and registration chair. When this information has been returned to the office, the registration packets will be mailed. **NEW THIS YEAR:** Only team checks will be accepted for athlete registration. Non-athletes will no longer receive their forms at home. Non athlete forms will be on the web site and included in the packets along with a computer print out of all non athletes registered with the club.

The Board of New England Swimming will meet on Tuesday, September 6, 2005 at 7 pm at the Wellesley Community Center, Wellesley, MA.

New England Swimming 2005-2006 SCY Calendar

September 9-11: TNT, SCY/OW, New England Swimming Distance Camp, Haverhill High School, Haverhill MA and local open water site, Carlton Cronin 978-521-4751, croninsic@aol.com .

September 13-18: USA Swimming Convention, Greensboro, NC.

October 7-9: TNT, SCY/OW, New England Swimming Distance Camp, Haverhill High School, Haverhill MA and local open water site, Carlton Cronin 978-521-4751, croninsic@aol.com .

October 8: NSSC, SCY, Distance, Salem State College, Salem, MA, Dan Warner, 978-852-3985, nsscl@aol.com .

October 8: GMSC, SCY, Pentathlon & Distance, Mount Wachusett Community College, Gardner, MA, Roland Bartl, 978-630-1727, Bartlus@localnet.com .

October 9: GMSC, SCY, Pentathlon, Mount Wachusett Community College, Gardner, MA, Roland Bartl, 978-630-1727, Bartlus@localnet.com .

October 9-10: SCA, SCY, \$2.00, Team Specialty, Tripp Athletic Center Natatorium, University of Massachusetts Dartmouth, MA, Cathy Motta, 508-910-6462, cmotta@umassd.edu .

October 14-16: NSSC, SCY, \$2.00, Team Specialty, Salem State College, Salem, MA, Dan Warner, 978-852-3985, nsscl@aol.com .

October 15: CUDA, SCY, Team Specialty, Haverhill High School, Haverhill, MA, Matt Forrest, 603-382-0190, mattforrest77@yahoo.com .

October 16: NWSC, SCY, Relay Carnival, Haverhill High School, Haverhill, MA, Joe Opolski, 978-373-6408, jpopolski@lanlink.us .

October 22: BYB, SCY, Team Specialty, Burbank YMCA, Reading, MA, Cam Townsend, 781-245-1338, cam.townsend@ssa.gov .

October 23: New England Swimming Top 10 Banquet, Mary Riddell 781-449-0270 office@neswim.com .

October 28-30: ABF, SCY, \$2.50, Trials & Finals, Attleboro High School, Attleboro, MA, Paul Mangili, 508-761-8992, abfswim@aol.com .

October 29-30: WMAC, SCY, Team Specialty, Longmeadow High School, Longmeadow, MA, Jane Woodward, 413-567-6962, jfwood43@aol.com .

November 4-6: MYT, SCY, Team Specialty, Samuel P. Hunt Pool, Goffstown, NH, Coleen Capprini, 603-424-1677, jccapprini@adelphia.net .

November 4-6: PAC, SCY, \$2.00, Team Specialty, Roger Williams University, Bristol, RI, Jon Caswell, 401-865-2268, jcaswell@providence.edu .

November 5-6: BGSC, SCY, Team Specialty, McDermott Pool, Warwick, RI, Fran Tocci, 781-642-1234, f.tocci@verizon.net .

November 5-6: PSC, SCY, \$3.00, Team Specialty, Acton-Boxborough Regional High School, Acton, MA, Jeff Johnson, 978-537-5629, pscmjtj@gis.net .

November 6: SAC, SCY, Team Specialty, Keefe Technical School, Framingham, MA, Kristine Van Amsterdam, 508-655-0322, jva@mac.com .

November 11-13: TNT, SCY/OW, New England Swimming Distance Camp, Haverhill High School, Haverhill MA, Carlton Cronin 978-521-4751, croninsic@aol.com .

November 11-13: MAG, SCY, \$2.00, Team Specialty, Greater Lawrence Technical High School, Andover, MA, Kathy Martin, 978-250-8840, Kathy_Martin@hilton.com .

November 11-13: GMSC, SCY, \$10, "AA" Trials & Finals for 11 & Over with additional timed-final Open Session, Boston University, Boston, MA, Walt Meissner, 978-827-6515, wcm@bu.edu .

November 13: NSSC, SCY, Distance, Salem State College, Salem, MA, Dan Warner, 978-852-3985, nssc1@aol.com .

November 13: GMA, SCY, Pentathlon, Saint Michael's College Pool, Colchester, VT, Laura Matuszak, 802-654-2881, lmatuszak@smcvt.edu .

November 18-20: YNS, SCY, Team Specialty, YMCA Sterling Center, Beverly, MA, Brian Harrington, 978-922-9843, bnharrington@comcast.net .

November 18-20: CCSC, SCY, \$1.00, Team Specialty, Massachusetts Maritime Academy, Buzzards Bay, MA, Alan Sanders, 508-759-7107, atsanders@aol.com . .

November 18-20: SEEK, SCY, \$1.00, Team Specialty, Seekonk High School, Seekonk, MA, Ray Grant, 508-336-9982, grant.raymond@comcast.net .

November 19: CUDA, SCY, Team Specialty, Haverhill High School, Haverhill, MA, Matt Forrest, 603-382-0190, mattforrest77@yahoo.com .

November 25-27: HRY, SCY, Team Specialty, Smith College Dalton Pool, Northampton, MA, Sherry Wingfield, 413-586-1727, sherbw@comcast.net .

November 27: SCA, SCY, \$2.00, Pentathlon, Tripp Athletic Center Natatorium, University of Massachusetts Dartmouth, MA, Cathy Motta, 508-910-6462, cmotta@umassd.edu .

December 2-4: SAC, SCY, Team Specialty, Keefe Technical School, Framingham, MA, Kristine Van Amsterdam, 508-655-0322, jva@mac.com .

December 3-4: SSA, SCY, \$1.00, Team Specialty, University of New Hampshire Swazey Pool, Durham, NH, Jeff Wensman, 603-868-8223, mssj4@comcast.net .

December 8-11: BOSS, SCY, New England Senior Championships, Brown University, Providence, RI, Kyle Schack, 248-797-9391, kyleschack@gmail.com .

*December 8-11: NSSC, SCY, \$6.00, Trials & Finals "A" standard for NE teams and "AA" for non NE teams, MIT Zesiger Center, Cambridge, MA, Dan Warner, 978-852-3985, nssc1@aol.com . *Meet pending final approval by NES board.

December 16-18: BGSC, SCY, \$3.00, Team Specialty, Wheaton College, Norton, MA, Fran Tocci, 781-642-1234, f.tocci@verizon.net .

December 16-18: NCAC, SCY, \$2.00, Team Specialty, Hogan Sports Center Colby-Sawyer College, New London, NH, Mary Gentry, 802-295-8976, mary.gentry@hitchcock.org .

December 17-18: EST, SCY, Team Specialty, Phillips Exeter Academy, Exeter, NH, Kristen Platte, 603-778-9086, exeterswimmers@aol.com .

January 6-8: BAT, SCY, \$5.00, Team Specialty, Wheaton College, Norton, MA, Sophie Kulas, 617-489-6583, skulas@verizon.net .

January 6-8: GMA, SCY, Team Specialty, Saint Michael's College Pool, Colchester, VT, Laura Matuszak, 802-654-2881, lmatuszak@smcvt.edu .

January 7: WMAC, SCY, \$1.00, Distance Meet, Springfield College Linkletter Natatorium, Springfield, MA, Jane Woodward, 413-567-6962, jfwood43@aol.com .

January 8: WMAC, SCY, \$1.00, Pentathlon, Springfield College Linkletter Natatorium, Springfield, MA, Jane Woodward, 413-567-6962, jfwood43@aol.com .

January 7-8: SSA, SCY, \$1.00, Team Specialty, University of New Hampshire Swazey Pool, Durham, NH, Jeff Wensman, 603-868-8223, mssj4@comcast.net .

January 7-8: SSYS, SCY, \$5.00, Team Specialty, MIT Zesiger Center, Cambridge, MA, Darlene McGrath, 781-986-6803, ssyssteam@comcast.net .

January 13-15: NSSC, SCY, 11 & Older prelims & finals, 10 & under timed finals, Salem State College, Salem, MA, Dan Warner, 978-852-3985, nssc1@aol.com .

January 14-15: NWSC, SCY, Team Specialty, Haverhill High School, Haverhill, MA, Joe Opolski, 978-373-6408, jpopolski@lanlink.us .

January 14-15: YNS, SCY, 12 & Under Timed Finals, 13 & Over "BB" Timed finals, Ipswich Family YMCA, Ipswich, MA, Brian Harrington, 978-922-9843, bnharrington@comcast.net .

January 14-15: EB, SCY, Team Specialty, White Brook Middle School, Easthampton, MA, Cheryl Fletcher, 413-527-6888, fletchcows@aol.com .

January 20-22: CCSC, SCY, \$1.00, Team Specialty, Massachusetts Maritime Academy, Buzzards Bay, MA, Alan Sanders, 508-759-7107, atsanders@aol.com .

January 21-22: CUDA, SCY, Team Specialty, Haverhill High School, Haverhill, MA, Matt Forrest, 603-382-0190, mattforrest77@yahoo.com .

January 21-22: GMSC, SCY, Team Specialty, Mount Wachusett Community College, Gardner, MA, Howard Green, 978-371-0641, dochgreen@earthlink.net .

January 27-29: SAC, SCY, Team Specialty, Keefe Technical School, Framingham, MA, Kristine Van Amsterdam, 508-655-0322, jva@mac.com .

January 29: NSSC, SCY, Distance, Salem State College, Salem, MA, Dan Warner, 978-852-3985, nssc1@aol.com .

February 3-5: PAC, SCY, \$2.00, Team Specialty, Roger Williams University, Bristol, RI, Jon Caswell, 401-865-2268, jcaswell@providence.edu .

February 5: GMA, SCY, Team Specialty 3-sessions, Saint Michael's College Pool, Colchester, VT, Laura Matuszak, 802-654-2881, lmatuszak@smcvt.edu .

February 10-12: CCSC, SCY, \$1.00, Team Specialty, Massachusetts Maritime Academy, Buzzards Bay, MA, Ruth Curry, 508-540-6950, rcurry@whoi.edu .

February 10-12: BGSC, SCY, \$3.00, Team Specialty, Wheaton College, Norton, MA, Fran Tocci, 781-642-1234, f.tocci@verizon.net .

February 12: SAC, SCY, Team Specialty, Keefe Technical School, Framingham, MA, Kristine Van Amsterdam, 508-655-0322, jva@mac.com .

February 17-19: SCY, New England Regional Meets

Site #1- NSSC, Salem State College, Salem, MA, Dan Warner, 978-852-3985,
nsscl@aol.com .

Site #2- YNS, YMCA Sterling Center, Beverly, MA, Brian Harrington, 978-922-9843,
bnharrington@comcast.net .

Site #3- ABF, Attleboro High School, Attleboro, MA, Paul Mangili, 508-761-8992,
abfswim@aol.com .

Site #4- SEEK, Seekonk High School, Seekonk, MA, Ray Grant, 508-336-9982,
grant.raymond@comcast.net .

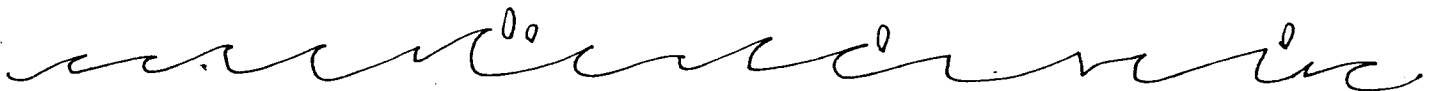
February 23-26: NSSC, SCY, New England 12 & Under Championships, Salem State
College, Salem, MA, Dan Warner, 978-852-3985, nsscl@aol.com .

March 2-5: New England 13-19 Age Group Championships, T.B.A.

March 9-12: BOSS, SCY, Speedo Championship Series (Sectionals), Harvard University,
Boston, MA, Tim Murphy, 617-495-2268, tdmurphy@fas.harvard.edu .

March 20-April 1: LCM, USA Swimming Club Championships (Nationals), Federal
Way, WA.

May 6: New England Swimming Annual Meeting, Wellesley Community Center,
Wellesley MA, Mary Riddell 781-449-0270 office@neswim.com .



MORE SWIMMERS OFF TO COLLEGE:

SSYS: Lynn Gilbody
Megan Glynn
Molly Hallin
Sarah Hope
Nicole Lorigan
Patrick Reams
WW: Cory McCalister

University of Connecticut
Providence College
Syracuse University
University of Colorado
Lehigh University
University of Virginia
Brown University

NEW ENGLAND SWIMMING DISTANCE/OPEN WATER SWIMMING CAMPS

Co sponsored by HAVERHILL SWIMMING (TNT)

Sanction Number: NE-05-54-C

The purpose of the camps is to provide the membership of New England Swimming with an excellent opportunity to train for the distance events and open water swimming.

The main goals are:

1. Offer the swimmers an opportunity to train with swimmers from other clubs who share the same interest.
2. Train in a format that many teams currently are unable to, enhancing the training sessions.
3. Improve distance swimming in New England.
4. Introduce swimmers to Open Water Swimming.
5. Form new and/or build better relationships, providing support for each other.
6. Give the coaches a chance to learn and share ideas regarding distance and open water.
7. Improve the coaches' networking in New England.
8. Enhance the image of New England Swimming by providing monetary funding for training for the membership.

There will be three camps: September 9—11, 2005
 October 7—9, 2005
 November 11—13, 2005

All camps will be held at the Charles C White Pool, Haverhill (MA) High School

CAMP DIRECTOR: Carlton Cronin, New England Distance/Open Water Chair

| | | | |
|--------------|----------|-------------------------|---------------|
| CAMP FORMAT: | Friday | Check in | 6:00—6:30 pm |
| | | First Practice Session | 6:30—8:30 pm |
| | Saturday | Second Practice Session | 8:00—11:00 am |
| | | Third Practice Session | 4:00— 7:00 pm |
| | Sunday | Fourth Practice Session | 7:30—10:30 am |
| | | Fifth Practice Session | 3:30— 6:30 pm |

Attendees are expected to stay the entire time and stay on site in accommodations provided and/or approved by the Camp Director.

Camp in September will include an open water swim. There will be an open water swim scheduled in October, weather permitting. No open water swim is scheduled in November.

HOUSING: Swimmers will be staying at the Comfort Suites, 106 Bank Road, Haverhill, MA 01832, (978-374-7755) which is conveniently located 3 minutes from the pool. Coaches will be staying at the hotel and will serve as chaperones during the camp. All swimmers are expected to behave appropriately during the camp.

Directions: I 495 exit 49 (route 110, River Street). East ½ mile past the 99 Restaurant and Dunkin Donuts. Right onto Bank Road. Hotel entrance is on the right.

MEALS: A deluxe continental breakfast is included and other meals will be at local restaurants. Quick nutritional snacks will be provided during training sessions. Meals are included in the fee.

TRANSPORTATION: Each athlete provides his/her transportation to and from camp. Transportation will be provided for swimmers and coaching staff to and from the pool and also to all restaurants.

COST: The cost of each camp will be \$200 per swimmer. This includes 2 night stays, all pool fees, transportation during the camp, meals, and a t-shirt. Campers should bring money for any additional needs they may require.

All applicants must be USA Swimming registered. Selected applicants will be accepted on a first come, first serve basis. Coaches of teams who are represented at the camp are encouraged to apply for coaching positions. Selected coaches will receive a stipend. The Camp Director will choose the coaching staff. The goal of each camp is to have approximately 30 spots for distance swimmers with 15 additional optional spots.

For further information, please contact Carlton Cronin, 978-521-4751 or croninsic@aol.com.

* **NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL** *

* 20 Cleveland Road *
* Needham, MA 02492-3006 *

* Phone: 781-449-0270 *
* FAX: 781-449-7903 *
* e-mail: office@neswim.com *
* web site: www.neswim.com *

* OFFICE HOURS: Monday: 8 am—2 pm; 7:30 pm—10 pm *
* Thursday: 8 am—2 pm *



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC. SEPTEMBER/OCTOBER 2005

IN THIS ISSUE: OUTSTANDING & TOP TEN SWIMMERS; BANQUET INFO & RESERVATION FORM; KRISTY KOWAL CLINIC; TECHNICAL COMMITTEE INFO; USA SWIMMING RULES CHANGES; ZONE TEAM; KATRINA SWIMMERS.....

TOP TEN INFORMATION:

TOP TEN BANQUET: All Top Ten Swimmers for both Long Course and Short Course are invited to attend the Top Ten Banquet at Lenzi's (formerly The Mill House) 810 Merrimack Avenue (Route 110), Dracut, MA on Sunday, October 23, 2005. The cost is \$18 per person. Those swimmers who are listed as OUTSTANDING SWIMMERS for either long course or short course are invited to be the guests of New England Swimming. All who plan to attend, INCLUDING OUTSTANDING SWIMMERS, must make reservations by Thursday, October 14, 2004. The doors will open at 10:30 am, and the meal will be served at 11:30 am, followed by the awards and the speaker, KRISTY KOWEL, Olympic Silver Medalist.

IMPORTANT RESERVATION NOTE: If you do not make a reservation by the deadline, please not leave a message either on the answering machine or email. Those reservations will not be accepted. Please call on Monday, October 17 after 7:30 pm. If there is room, your reservation will be accepted at that time.

TOP TEN TIMES: This year the Top Ten Times were compiled using The USA Swimming SWIMS program. SWIMS includes the results of all sanctioned meets that have been submitted to USA Swimming, New England Swimming or any other LSC. Observed times (college meets, high school meets, etc.) have been eliminated. Since the 8 and under age group is not included in SWIMS, those times were compiled by hand using New England Swimming calendar meets and other results submitted by teams. Top Ten Times run from September 1 through August 31.

OUTSTANDING SWIMMERS are those who have accumulated the most points through their top ten standings. The scoring is as follows--12 points for first place in an event, 9 points for second place, 8 points for third place, down to 1 point for tenth place.

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 or by mail for \$3.00 each, including postage.

DIRECTIONS: Lenzi's (formerly The Mill House), 810 Merrimack Avenue (Route 110), Dracut, MA. From Route 93 take exit 46, Route 110 Dracut-Lowell. The restaurant is 3 1/2 miles on the right with the banquet entrance in the rear.

NEW ENGLAND ZONE TEAM

Congratulations to the successful New England Zone Team that placed 4th at the Zone Championships in Buffalo, NY. Swimmers with an * in front of their names placed in the top eight of at least one event. Swimmers who won events were: Roy Sung: 200 breast, 200 IM; Sara Li: 50 fly; Mike Pryor: 800 free

9—10: *Jaclyn Alois Kevin Bradley
 *Margaret D'Innocenzo *Evan Grey
 Christiana Greco Joseph Hibbert
 Saya Higano Adrien Hosking
 Mary Keough Antony Hubbard
 *Emily Lajoie Andrew Klobucher
 *Emma Nuzzp Justin Liu
 Cassidy Peterson *Henry Loong
 Lauren Pungler Michael Normoyle
The girls and boys teams each placed in 4 relays.

11—12: Whitney Adrian Rachel Moore
 Lydia Azaret * Amy Needham
 Bethany Douglas Alex Whiting
 * Eva Fabian Dan Ganz
 Johanna Fleming * Matt Meier
 Kelsey Goodwin * Patrick Myers
 Kate Kaspar * Matthew Nutter
 * Amanda Le * Jun Oh
 * Sara Li * Roy Sung
 Anna Mackay Justin Tse
 Janelle McDonald Bryan Walker
The boys relays won the 200 free and 400 medley relays.

13—14: *Tina Belletete Julian Azaret
 Evie Barnard Merritt Boardman
 Christina Estrada * Nick D'Innocenzo
 Clare Foster Ray Estrada
 Lizzie Meier * Curtis Hon
 Caitlin Michaels Ray McGorry
 Maggie Rosenbaum John Valkevich
 Emma Santoro Jacob Wingfield
 Molly Smith
The boys teams placed in 4 relays.

15—18: * Devon Cota Alexander Cardenas
 Maura Houghton * Justin Churchill
 * Kasondra Iadarola Ian Joyce
 * Whitney Rosenbaum * Mike Pryor
 Susie Ruan * Andrew Willbrandt
The boys teams placed in 3 relays.

Thank you to team coordinator, Laura Matuszak, and the other coaches and parents who helped with this very successful trip.

OUTSTANDING SWIMMERS, SHORT COURSE, 2004—2005

| | | | | |
|--------------|---------------------------|------|------------------------|------|
| 8 and under: | RYAN ALEXANDER | YNS | CIARAN DILLON-DAVIDSON | ATST |
| | ABIGAIL BENKERT | BGSC | PIERCE FARRINGTON | GMA |
| | DELANEY HARROP | AAC | JUSTIN LIU | UN |
| | BROOKE MOONEY | GTRS | COLLIN RICHARSON | EST |
| | KAITLIN TRAVERS | HRY | GEORGE SOMMERVILLE | UN |
| 9 and 10: | TANA BOA | HAY | RYAN DEAN | HRY |
| | ACADIA DEATLEY | BAT | EVAN GREY | GMA |
| | RACHEL MOORE | ANA | JOSEPH HIBBERT | PVAC |
| | EMMA NUZZO | BOSS | SCOTT MCGINTY | ANA |
| | TOIREASA RAFFERTY-MILLETT | YNS | JAMESON MCSHEA | CCSC |
| 11 and 12: | ELIZABETH BEISEL | MAG | CONOR MCAULIFFE | MAG |
| | ERICA BELCHER | MAG | PATRICK MYERS | AAC |
| | ERIN BRADY | CUDA | MATTHEW NUTTER | YNS |
| | ALEXANDRIA FRASER | CUDA | LUCA SPINAZZOLA | BOSS |
| | SARA LI | MTSC | ROY SUNG | SAC |
| 13 and 14: | CHELSEA DOWNING | CCSC | ROBERT BAILEY | BOSS |
| | KRISTIN KORSBERG | MAG | NICK D'INNOCENZO | MAG |
| | KATELYN MARTIN | MAG | WILLIAM HOOPER | BOSS |
| | LAURA MORIARTY | CUDA | MICHAEL MONOVOUKAS | BGSC |
| | CHIARA SPINAZZOLA | BOSS | CHRISTOPHER ROGERS | BGSC |
| 15 and 16: | ELIZA BUTTS | CUDA | MAX BUTLER | BGSC |
| | CAITLIN DOHERTY | MAG | JONATHAN HARTMANN | CUDA |
| | MEGAN FARRELL | BGSC | VINCENT PRYOR | GTRS |
| | ERICA MEISSNER | MAG | SAM WENSMAN | SSA |
| | JESSICA PERRY | BGSC | KEVIN YAMADA | SAC |
| 17 and 18: | JACLYN DAVIDSON | YNS | BJORN FALK | MAG |
| | KATHLEEN FOLEY | MAG | TAYLOR GOODWIN | CUDA |
| | JACLYN PORTER | SAC | ERIC NILSSON | CUDA |
| | KAIT STRICKLAND | CUDA | PAT REAMS | SSYS |
| | JENNIFER VOGEL | SSYS | DAVID RUSSELL | CUDA |
| OPEN: | ELIZABETH BEISEL | MAG | BJORN FALK | MAG |
| | ELIZA BUTTS | CUDA | TAYLOR GOODWIN | CUDA |
| | MEGAN FARRELL | BGSC | ERIC NILSSON | CUDA |
| | KATHLEEN FOLEY | MAG | PAT REAMS | SSYS |
| | ERICA MEISSNER | MAG | DAVID RUSSELL | CUDA |

OUTSTANDING SWIMMERS, LONG COURSE, 2004-2005

| | | | | |
|--------------|----------------------|------|------------------------|------|
| 8 and under: | ABIGAIL BENKERT | BGSC | LIAM BOND | PST |
| | KERRY FLEMING | HRY | NICHOLAS BROWN | BGSC |
| | ALISON LIE | MD | CIARAN DILLON-DAVIDSON | ATST |
| | DORIAN MCMENEMY | MD | MATT HRABCHEK | BGSC |
| | KAYLEIGH WRIGHT | SSYS | LUCAS RADOUCH | CUDA |
| 9 and 10: | MARGARET D'INNOCENZO | MAG | EVAN GREY | GMA |
| | MARY KEOUGH | SAC | JOSEPH HIBBERT | UN |
| | RACHEL MOORE | ANA | JUSTIN LIU | MTSC |
| | EMMA NUZZO | BOSS | HENRY LOONG | MTSC |
| | BIANCA SPINAZZOLA | BOSS | SCOTT MCGINTY | ANA |
| 11 and 12: | ELIZABETH BEISEL | MAG | EDWIN ANGJIEL | SSYS |
| | ERICA BELCHER | MAG | PATRICK MYERS | AAC |
| | EVA FABIAN | GTRS | JUN OH | MAG |
| | SARA LI | MTSC | LUCA SPINAZZOLA | BOSS |
| | RACHEL MOORE | ANA | ROY SUNG | SAC |
| 13 and 14: | CHELSEA DOWNING | CCSC | PHIL BRADY | CUDA |
| | MELISSA PARRATTO | SSA | NICHOLAS D'INNOCENZO | MAG |
| | KAIA SIMMONS | BOSS | ROBERT DOWD | BGSC |
| | CHIARA SPINAZZOLA | BOSS | MICHAEL MONOVOUKAS | BGSC |
| | ALEXANDRA SUPPAN | BYD | MICHAEL PRYOR | GTRS |
| | | | JEFFREY THOMAS | BOSS |
| 15 and 16: | ELIZA BUTTS | CUDA | PATRICK BIGGS | BGSC |
| | CHRISTINE KAUFMANN | CUDA | ANDREW MAGUIRE | MAG |
| | JILL KEARNS | SAC | MICHAEL SULLIVAN | MAG |
| | ERICA MEISSNER | MAG | SAM WENSMAN | SSA |
| | JESSICA PERRY | BGSC | KEVIN YAMADA | SAC |
| 17 and 18: | MEGAN FARRELL | BGSC | STEFAN BARTL | MAG |
| | KATHLEEN FOLEY | MAG | TAYLOR GOODWIN | CUDA |
| | TAYLOR MCFARLANE | SSA | ERIC NILSSON | CUDA |
| | KAIT STRICKLAND | CUDA | VINCENT PRYOR | GTRS |
| | NATALIE TOCZYLOWSKI | CCSC | DAVID RUSSELL | CUDA |
| OPEN: | ELIZABETH BEISEL | MAG | STEFAN BARTL | MAG |
| | ELIZA BUTTS | CUDA | ERIC NILSSON | CUDA |
| | MEGAN FARRELL | BGSC | PAT REAMS | SSYS |
| | CHRISTINE KAUFMANN | BOSS | DAVID RUSSELL | CUDA |
| | ERICA MEISSNER | MAG | TOBIAS WORK | CCSC |

TOP TEN SWIMMERS, SHORT COURSE, 2004—2005

AAC: Delaney Harrop, Madalyn Myers, Heather Jankins, Megan Toney, Luke Sprague, Evan Sholudko, John Vatkevich, Patrick Myers, Ray Estrada, Michael Ariel

ANA: Corinna Torabi, Rachel Moore, Monica Patterson, Julia Torabi, Nysa Casha, Whitney Adrian, Salena Casha, Kristen Kasper, Allison Alwan, Desirae Deveaux, Scott McGinty, Bryan Walcker, Benjamin Morris, Jun Oh, Brendan Fortin

ATST: Sophia Dillon-Davidson, Ciaran Dillon-Davidson, Eric Chen

BAT: Acadia DeAtley, Travis Bouscaren, Benjamin Daus-Haberle, Matthew Carper

BGSC: Abigail Benkert, Natalie Petrossian, Jennifer Dooling, Cecelia Burkey, Katherine Ashenfelter, Allison Scott, Francesca Tocci, Leslie Bargmann, Megan Farrell, Susannah Ford, Sarah Ernst, Jessica Perry, Katie Soja, Lauren Wilson, Kristyn Roth, Lisa Donnelly, Cornelië Lammers, Meredith Nelson, Matt Hrabchek, Dimostheris Skandalis, Benjamin List, Greg Lowen, Michael Monovoukas, Christopher Rogers, Greg Michels, Germaine Cadogan, Robert Dowd, Martin Kafina, Max Butler, Alexander Dobrolioubov, Patrick Biggs, Ben Driver

BLUE: Isaac Walker

BYB: Daniel Cunningham

BOSS: Emma Nuzzo, Bianca Spinazzola, Angelica Spinazzola, Chiara Spinazzola, Kaia Simmons, Kathryn Haron, Christine Kaufmann, Mariele Dunn, Caroline Huber, Alexandra Vitale, Danielle Seltzer, Tressa Dunn, Alexandra Quinn, Sam Spurrell, Sasha Giten, Dimitrius McCoy-Palmer, Jeffrey Thomas, Luca Spinazzola, John Bailey, Ben Lachance, Robert Bailey, Peter Buhler, Paola DeLuca, William Hooper, James Fee, Arkady Rasin, Benjamin Bonte

BYD: Briana Melloni, Alexandra Suppan, Kate Hillyard, Catherine Suppan, Nevin Diparto, Johannes Suppan

CCSC: Nicole Quigley, Alexandra Wessel, Chelsea Downing, Helaina Sacco, Melayna Gressetti, Natalie Toczykowski, Kason Ifill, Jameson McShea, Christopher Roan, Christopher Inglis, Alexander Roan, Sam Speroni, Donald Inglis, Benjamin Schmidt

CMC: Kasandra Iadarola

DYD: Robert Brown

CONY: Jennifer Corriveau, Stephen Muzzey, Carter Pribis

CUDA: Alexandria Frasier, Erin Brady, Laura Moriarty, Eliza Butts, Lauren Brady, Kait Strickland, Alicia Negrotti, Sara Aiello, Lucas Radouch, Christopher Downing, Allen Li, Sanghyuk Han, Phil Brady, Jonathan Hartmann, Michael Toran, Eddie Gillie, Eric McKenna, Taylor Goodwin, Stephen Miller, Eric Nilsson, David Russell, Robert Lazar, Phillippe Putzeys, Michael Ross

EB: Jessica Harper

ESC: McKenzie Brown

ESSC: Julia Pielock, Milo Childs Campolo

EST: Collin Richarson

FINS: Jim Glover, Matthew Mahoney, Alexander Cardenas

continued...

GMA: Christa Weaver, Caroline Weaver, Kate Weaver, Eliza Callwood, Pierce Farrington, Jack Dwyer, Evan Grey, Michael Winget, Taylor Grey

GTRS: Brooke Mooney, Heather Mooney, Molly Bulger, Eva Fabian, Adrien Hosking, Max Fabian, Michael Pryor, Vincent Pryor

HAY: Nicole Steiner, Tana Boa, Erin Foley, Kristen Connors

HRY: Kerry Fleming, Kaitlin Travers, Johanna Fleming, Caitlin Driscoll, Marley Wertheimer, Matthew Dean, Ryan Dean, Joel Bierwert, Nicholas Pasteris, Zachary Wingfield, Jacob Wingfield

HYV: Kara Lacoste, Patrick Garaghty, Nathan Bromage, Brendan Kuntz

H2O: Curtis Hon

KING: Mary O'Sullivan

LRW: Colin Shaw, Antony Hubbard

MAG: Rebecca Alois, Lydia Azaret, Kelsi Oresman, Margaret D'Innocenzo, Caroline Capece, Jaclyn Alois, Erica Belcher, Rebecca Aiello, Elizabeth Beisel, Shannon Bender, Viviana Mackay, Elizabeth Rounds, Kerry Dewey, Kristina Martin, Alexandria Castaldo, Marissa Douglas, Bethany Douglas, Kathryn Kaspar, Sarah Kanellas, Katelyn Martn, Kristin Korsberg, Kristin Belletete, Kathrine Kinnett, Ellen Cody, Celia Lewis, Erica Meissner, Caitlin Doherty, Candice Peak, Dominique Caissie, Kashmir Frizelle, Amanda Cecere, Kristin Prautzsch, Corina Hopkins-Vacca, Tiffany Petzold, Carol Green, Kathleen Foley, Erin Gray, Casey Renner, Rhynn Malloy, Jennifer McDermott, Anna Semakhin, Daniel Beisel, Conor McAuliffe, Carl Roycroft, Brett Steinberg, Patrick Sullivan, Nick D'Innocenzo, Christian Bishop, Jonathan Castaldo, Christopher Dailey, Josh Tomas, Tim Smith, Michael Sullivan, Mitchell Dansky, Andrew Maguire, John Farrell, Bjorn Falk, Peter Gollands, Matthew Murphy, Stefan Bartl, Andrew Piquette

MD: Alison Lie, Molly Pierce

MELY: Niamh O'Grady, Colleen McCormack, Kelsey Goodwin, Mary Fothergill, Dan Fothergill, Thomas Huynh

MST: Christina Denbow, Maria Colella, Riley Ewing, Milan Sandhu

MTSC: Emily Lajoie, Sara Li, Justin Liu, Henry Loong, Michael Normoyle, Matthew Grippio

NBST: Austin Dickey

NCAC: Caitlin Michaels, Mary Chapman, Lillian Ciardelli, Jonathan Morse, Patrick Troy

NSSC: Amy O'Brien, Annie Lindland, P J Fallon, Lee Chiang, Matt O'Brien

NWSC: Layao Zhai, Brian McNeil

ORO: David Armstrong

PAC: Kathleen Degan, Matt Lamore, Michael Germane, Colin Fisher, Justin Leary

PSC: Kate Laurion, Graham Boyd, Daniel Ladd

PVAC: Michael Chan, Joseph Hibbert

RAMS: Siliang Luo, Laura Sogar, Alexandra Lalli, Hailey Novis, Kevin Sun, Ryan Garr, Daniel Lathrop

RAYS: Rachel Flinn, Andrew Willbrandt

RCSC: Emma Santoro

SAC: Mary Keough, Carly Biron, Andy Tibbetts, Elena Walterman, Jill Kearns, Jaclyn Porter, Molly Kearns, Sarah Kearns, Meghan Healey, Kevin Hester, John Lagasse, Roy Sung, Justin Tse, Zachary Perez, Ayaas Bhamla, Robbie Porter, Jeffrey Wurm, Kevin Yamada, Sal Barba, Justin Brooks

SNAP: Maggie Rosenbaum, Gianluca Savenije, Matthew Meier

SSA: Kailin DeLeo, Amber Long, Mallory Ament, Christina Moore, Melissa Parratto, Katie John, Carmyn Chapman, Meggie Farrington, Brittany Frank, Katrina Maloney, Kara Ernst, Emily Hammang, David Champoux, Kyle Ernst, Sam Wensman, Ray Grant, Jesse Bickford, Alexander Broadbent, Kenny Roy

SSYS: Kayleigh Wright, Erica Hasson, Caroline Vogel, Ellesse Lunde, Jennifer Vogel, Molly Hallin, Edwin Angjeli, Daniel Caldwell, Jonathan Palmer, Patrick Reams

UN: Alyssa Bush, Breanna Stewart, Kelby Zimmerman, Amanda Carr, George Sommerville, Derek Hathaway, Jonathan Lam, Conor Swanson, Corey Swanson, Andrew Reid, Nate Richard, Brendan Mitchell, Michael Bowen, James Bailey, Brian Zingale

VAST: Charlotte Stuart, Eleanor Laukatis

STS: David Lazarovich

WW: Hope Kissick, Cole Kissick, Jake Kissick

WYST: Erin Lewis, Meaghan Kwarcinski, Josh Cotugno, Timothy Kwarcinski, Nicholas Fantakis

YNS: Maggie Savage, Ryan Alexander, Kara Lucenti, Toireasa Rafferty-Millett, Megan Alexander, Rory McCarthy, Katherine Foley, Rosemary Berardino, Amy Needham, Caroline Belli, Catherine Rafferty-Millett, Jaclyn Davidson, Naomi Delphin, jSamantha Gannon, Kristin Zarba, Diana Harlow, Larsen Bidstrup, Liam Welch, Andrew Belli, Andrew Klobucher, Matthew Nutter, Timothy Bouvier, Matthew Scalise, Andrew Reid, Brian Bouvier, Courtland Parker, Thomas Recko, Jamie Mannion, Kevin McGrath, Perry Chau, Alexander Hurst, Brian Ranta

TOP TEN SWIMMERS, LONG COURSE, 2004–2005

AAC: Kelsey Gray, Christina Estrada, Jack Adams, Michael Adams, Patrick Myers, Christopher Iosue, William Adams, John Vatkevich, Ray Estrada

ANA: Maeve Awiszus, Corinna Torabi, Rachel Moore, Julia Torabi, Whitney Adrian, Eva Skorupka, Allison Alwan, Ryan Harty, Scott McGinty, Bryan Walcker, Ryan Fortin, Ben Morris, Paul Bimmler, Brennan Fortin

ATST: Sophia Dillon-Davidson, Ciaran Dillon-Davidson

BAT: Elizabeth Fireman, Molly Smith, Apoorv Kuman

BGSC: Abigail Benkert, Margaret Chory, Olivia Pierce, Carina Zhang, Rebecca Aiello, Cecelia Burkey, Katherine Ashenfelter, Allison Song, Nina Liu, Francesca Tocci, Leslie Bargmann, Sarah Ernst, Lauren Wilson, Katie Soja, Jessica Perry, Lisa Donnelly, Susannah Ford, Megan Farrell, Kristyn Roth, Rachel Harrison, Cornelieke Lammers, Ashley Lopes, Mary Dooe, Hilary Gram, Karen Gately, Caroline Dowd, Matt Harabchak, Nicholas Brown, Benjamin List, Samuel Gyory, Brandon Brown, Robert Dowd, E J Jesionek, Greg Michels, Dimosthenis Skandalis, Greg Lowen, Michael Monovoukas, Christopher Rogers, Alexander Dobrolioubov, Graham Frankel, John Dillon, Germaine Cadogan, Patrick Biggs, Max Butler, Benjamin Driver

BLUE: Eva Childers, Isaac Walker

BOSS: Maddie Westover, Samantha D'Arpino, Emma Nuzzo, Bianca Spinazzola, Angelica Spinazzola, Emily Josef, Kelin Song, Madison Helies, Chiara Spinazzola, Kaia Simmons, Kathryn Haron, Caroline Huber, Christine Kaufman, Ellen Ramsey, Lindsey Woodward, Christopher Leblanc, Nathan Lachance, Dimitrius McCoy-Palmer, Luca Spinazzola, John Bailey, Benjamin Lachance, Nathan Pursley, Jeffrey Thomas, Robert Bailey, Graham Eve, William Hooper, James Fee, Timothy Szargowicz, Nathan Barrett, Arkady Rasin, Benjamin Bonte

BYB: Nick Stevens, Conor Sweeney, Jeffrey Tan

BYD: Ariel Jarvis, Alexandra Suppan, Catherine Suppan, George Spaniel

CCSC: Keelin Lincoln, Chelsea Downing, Melayna Grasseti, Alexandra Wessel, Natalie Toczykowski, Sam Speroni, Brian Schmidt, Donald Inglis, Alex Roan, Tobias Work

CMC: Evangelina Barnard, Kasondra Iadarola, Ray McGorry

CUDA: Alexandria Frasier, Laura Moriarty, Erin Brady, Eliza Butts, Kaitlin Strickland, Alicia Negrotti, Mariele Dunn, Sara Aiello, Lucas Radouch, Phil Brady, Jonathan Hartmann, Brett McKenzie, Taylor Goodwin, Stephen Miller, Eric Nilsson, Christopher Leggett, Michael Toran, Michael Ross, William Rubenstein, David Russell, Eric Simpson, Robert Lazar, Philippe Putzeys

CCYM: Emma Porteus

ESC: Steven Jellison

FINS: Matthew Mahoney, Alexander Cardenas

EST: Connor Patterson

GMA: Christa Weaver, Caroline Weaver, Kate Weaver, Evan Grey, Merritt Boardman, Taylor Grey

GTRS: Lauren Punger, Eva Fabian, Adrien Hosking, Trevor Kennison, Michael Pryor, Justin Churchill, Vinny Pryor

HAY: Erin Foley, Cristen Connors, Meredith Cronin

HRY: Kerry Fleming, Gia Parker, Miranda Wingfield, Cassidy Peterson, Johanna Fleming, Alexandra Whiting, Caitlin Driscoll, Emily Konieczny, Liam Peterson, Dan Ganz, Josh Cotugno, Jacob Wingfield

HYV: Kristen Veit, Johannah Kos

H2O: Curtis Hon

KING: Christopher Churchill, Barry Su

LRW: Colin Shaw, Antony Hubbard

MAG: Katie MacDonnell, Margaret D'Innocenzo, Ashlee Korsberg, Madison Dinsmore, Amy Dolan, Emily Carolo, Jaclyn Alois, Elizabeth Beisel, Erica Belcher, Lydia Azaret, Shannon Bender, Kathryn Kaspar, Kristina Martin, Viviana Mackay, Monica Patterson, Kerry Dewey, Bethany Douglas, Katelyn Martin, Kristin Korsberg, Celia Lewis, Tori Frizelle, Erica Meissner, Kristin Prautzsch, Tiffany Petzold, Candice Peak, Ellen Cody, Caitlin Doherty, Amanda Cecere, Dominique Caissie, Corina Hopkins-Vacca, Carol Green, Kathleen Foley, Erin Gray, Casey Renner, Rhynn Malloy, Jennifer McDermott, Anna Semakhin, Stacie Lesneski, Kellen McAuliffe, Nicholas Garber, Robert Majoros, Jun Oh, Conor McAuliffe, Lorenzo Conte, Daniel Yamamoto, Nicholas D'Innocenzo, Julian Azaret, Michael Sullivan, Mitchell Dansky, Andrew Maguire, John Farrell, Bjorn Falk, Tim Smith, Stefan Bartl, Cole Courtemanche, Peter Gollands, Paul Sullivan

MD: Dorian McMenemy, Alison Lie, Molly Pierce, Leanne Go, Prashanth Sampathkumaran, Tee McGean, William Bertelson, William Gunsheman

MELY: Kelsey Goodwin, Jack Thomas, Thomas Huynh

MST: Elizabeth Aldrich, Christina Denbow, Leah Burke, Carolyn O'Hara, Karam Sandhu, Milan Sandhu

MTSC: Christiana Greco, Emily Lajoie, Sara Li, Michael Chen, Justin Liu, Henry Loong, Michael Normoyle, Matthew Jacobson, Ian Joyce, Paul Drykacz

NBST: Michael McGinnis, Austin Dickey

MYT: Kaitlyn Capprini

NCAC: Mary Chapman, Caitlin Michaels, Elizabeth Mamourian, Patrick Troy

NSSC: Amy O'Brien, Annie Lindland, Emily Rookwood, P J Fallon, Matt O'Brien

NWSC: Maggie Opolski, Amanda Le, Matthew Hendry

PAC: Erica Vitale, Alexandra Vitale, Michael Germaine, Colin Fisher, Patrick Butler, Nick Lake

PSC: Anastasia Kosykh, Miranda An, Alexandra Doty, Sebastian Bludou, Hyon Wook Kim

PST: Kelsi Hobbs, Liam Bond

RAMS: Laura Sogar, Alexandra Lalli, Julie Stefanski, Kevin Sun, Daniel Lathrop

RAYS: Andrew Willbrant

RCSC: Emma Santoro

SAC: Mary Keough, Saya Higano, Erin Burton, Kathryn Powlen, Clare Foster, Elena Walerman, Jill Kearns, Meaghan Colling, Caitlin Colling, Molly Kearns, Meghan Healey, Kevin Hester, Kevin Legasse, Thomas Machado, Kersten Rapp, Alok Narahari, Roy Sung, Justin Tse, Ayaas Bhamla, Jeffrey Wurm, Kevin Yamada, Zachary Perez, David Thompson, Sal Barba, Justin Brooks, Jeffrey Wurm, Craig Jurgens

SNAP: Elizabeth Meier, Maggie Rosenbaum, Ale Savenije, Maximilian Savenije, Matthew Meier

SSA: Jenna Hayden, Kelsey Hayden, Mallory Ament, Heather Beardsworth, Melissa Parratto, Christina Moore, Carmyn Chapman, Katie John, Meggie Farrington, Kristin Burdett, Lori Yeaman, Taylor McFarlane, Katrina Maloney, Kara Ernst, Emily Hammang, Kate Coker, Michelle Oeser, Lindsey Snyder, John Roy, Anthony Andrews, Ray Grant, Kyle Ernst, Sam Wensman, Alexander Broadbent, Jesse Bickford, Adam Viccaro

SSYS: Kayleigh Wright, Hadley Clark, Erica Hasson, Caroline Vogel, Ellesse Lunde, Jennifer Vogel, Mary O'Sullivan, Molly Hallin, Edwin Angieli, Patrick Reams

UN: Samantha Rose, Cassandra Jones, Kristin Belletete, Jaclyn Porter, Joseph Hibbert, Marcus Yuen, Omri Geva, Ross Clay

WBD: Jen Morin, Thomas Harcox, Kevin Bradley, Kyle Durand

WW: Samantha Sliwinski, Sam Rice, Jake Kissick, Ian Sliwinski

YNS: Bestine Cong, Rosemary Scalise, Maggie Savage, Amy Needham, Katherine Foley, Molly Curran, Naomi Delphin, Caroline Belli, Jaclyn Davidson, Kristen Zarba, Diana Harlow, Aaron Athanas, William Nutter, Matthew Scalise, Timothy Bouvier, Andrew Reid, Jamie Mannion, Brian Bouvier, Kevin Howard, Thomas Recko, Alexander Hurst, Kevin McGrath, Perry Chau

RULE CHANGES: Included in this newsletter are two new rule changes from USA Swimming. There may be further information coming from USA Swimming concerning these rules. Keep an eye on the USA Swimming web site for this information.

CONVENTION: New England Swimming was well represented at the recent United States Aquatic Sports convention in Greensboro, NC. Delegates included: Bob Gauvin, Priscilla Davis, Laura Matuszak, Michelle Bernal, Mary Riddell, Tim Murphy, Sophia Slote. Rosemarie Meissner also attended to take part in SWIMS workshops.

SPREAD THE NEWS!! The newsletter is distributed to all teams via a subscription to the team contact and the team safety coordinator. Also on the list are board members, past board members, officials facilitators, athletes who have applied to be on the board, and anyone else who pays \$10 for a year's subscription. Almost all of the information in the newsletter is on the web site, although not always in the same format

The team contact is responsible to see that all members of the team, coaches, parents, and athletes receive this information. Please be sure that this happens. All teams need to notify their top ten swimmers that they are listed.

REIMBURSEMENT POLICY: At the October meeting the Board will address changes to the reimbursement policy for 2005—2006. Until changes are made, the current policy is in effect. Check the web site or contact the office if you have any questions.

The Board of New England Swimming will meet on **MONDAY, October 17, 2005** at 7 pm at the Wellesley Community Center, Wellesley, MA.

RESERVATIONS--TOP TEN BANQUET, Sunday, October 23, 2005

All Top Ten Swimmers for both Short Course and Long Course are invited to attend the Top Ten Banquet at Lenzi's (formerly The Mill House), 810 Merrimack Avenue (Route 110), Dracut, MA on Sunday, October 23, 2005. Those swimmers listed as **OUTSTANDING SWIMMERS** are invited to be the guests of New England Swimming. All who plan to attend, including Outstanding Swimmers, must make reservations by Thursday, October 13, 2005,.

The cost is \$18 per person for Top Ten Swimmers, their families and coaches. Outstanding Swimmers are the guests of New England Swimming, but need to make reservations. Reservations and checks should be sent to the New England Office to be received by Thursday, October 13, 2005. If you want to try to make a late reservation, please phone (781-449-0270) on Monday, October 17 before 5 pm.

The doors will open at 10:30 am and the buffet will be served at 11:30 am. The awards ceremony and speaker will follow.

RESERVATION FORM—Top Ten Banquet

Please mail to be received by October 13. Mail to New England Swimming, 20 Cleveland Road, Needham, MA 02492. Make checks payable to New England Swimming. Reservations will be listed at the door. If you include an email address, confirmation will be emailed.

| | | |
|---------------------------------------|------------------|-----------|
| OUTSTANDING SWIMMERS ATTENDING | age group | |
| _____ | _____ | no charge |
| _____ | _____ | |
| _____ | _____ | |

| | | |
|-----------------------------------|------------------|------------|
| TOP TEN SWIMMERS ATTENDING | age group | |
| _____ | _____ | \$ 18 each |
| _____ | _____ | |
| _____ | _____ | |

Number of others attending: _____

| | | |
|------------------------------------|-------|-----------------|
| Number of Outstanding Swimmers: | _____ | free |
| Number of Top Ten Swimmers @ \$ 18 | _____ | \$ _____ |
| Number of other meals @ \$ 18 | _____ | \$ _____ |
| TOTAL | | \$ _____ |

Team you would like to sit with: _____

Name: _____ Phone: _____
 Email: _____

CHANGES TO USA SWIMMING RULES TO CONFORM TO FINA**Effective September 21, 2005****Replace existing 101.2 in its entirety with the following:****101.2 BREASTSTROKE**

- .1 Start** – The forward start shall be used.
- .2 Stroke** – From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 Kick** - After the start and after each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- .4 Turns and Finish** – At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3. BACKSTROKE

- .1 Start** – The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. ~~Prior to the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water, where they shall remain until the starting signal.~~ Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start is prohibited.

TECHNICAL COMMITTEE INFORMATION: April 3 and August 29, 2005:

The complete reports of the Technical Committee meetings of April 3, 2005 and August 29, 2005 are available on the New England web site. A summary of some items is below.

CALENDAR MEETS:

Lottery Process: The committee agreed that there has been some unhappiness with the lottery process. There are several common complaints. Teams that are running meets would like to be able to guarantee admission to their meets to an out of district team. Teams also would like to give preference to teams that regularly support their meets. Some teams would like to guarantee a certain level of quality swimmers in their meets. Also, there are concerns about the lotteries that are not being run through the office.

A suggestion was made that addresses some of these concerns while still maintaining admission to all meets to at least some New England teams. The committee recommends the following policy which would be effective as of short course 2005—2006. A team running a meet would set a number of swims that the team could accommodate in the meets, for example, 4,000 swims. The team could then reserve up to 75% of those swims for their own team and any other teams (New England and/or out of district) that they want to invite to the meet. The other 25% of the swims would be open to other teams as they are currently. If on the first day of acceptance, those meet entries exceeded the 25% still available in the meet, there would be a lottery of those teams. All lotteries would be run by the New England Office..

It is hoped that this process will encourage more teams to put their meets on the calendar and will make teams feel more confident about running successful meets while still allowing the smaller teams opportunities to be accepted at meets. The committee wants to stress that this process is optional, but teams that want to utilize it must put it in their invitations. This policy will be effective as of short course 2005—2006.

Meet Fees: Relay fees: Maximum relay fees can be four times the fee for an individual event in the meet. That could be up to \$14 for a timed final meet and up to \$20 for a trials and finals meet. This fee for relays would be in effect for time trials, also.

Distance events: Fees for distance events, 400 and longer, are increased to a maximum of \$5 for all meets. This policy will be effective as of short course 2005—2006.

Photographers on deck: The only photographers allowed on deck during a meet are professional photographers contracted by the host team or press photographers approved by the host team. This policy will be effective as of short course 2005—2006.

Timers: Teams running meets are allowed to require teams to time their own swimmers in all events 400 and longer and all relay events. This would apply to all meets—end of season and other calendar meets—but must be noted in the meet invitation. This policy will be effective as of short course 2005—2006.

Continued...

END OF SEASON MEETS:

Stipends: Stipends which New England pays teams that run end of season meets have been increased. These stipends will be effective as of short course 2005—2006.

| | |
|--------------------|--------|
| 8 and unders | \$500 |
| Regionals (SC) | \$1000 |
| 12 and unders (SC) | \$2000 |
| 12 and unders (LC) | \$2500 |
| 13 and over (SC) | \$3000 |
| Open (SC or LC) | \$3000 |
| Seniors (SC) | \$4000 |

Travel Fund Surcharges: Beginning with long course 2005, travel fund surcharges charged at end of season meets will be included in the checks which the entering teams submit to the host team. The host team will then submit one check to New England Swimming for the total travel fund surcharge.

Relays: There will be unlimited relays at regionals and 12 and under age group championships, and up to 4 relays per team at 13 and over championships, open championships and seniors. The number of relays may be limited by the meet director due to the size of the meet. Only two relays per team can score, however. (There is no scoring at regionals.) There will be no limitation as to who swims on relays except at the regional meets. At the regional meets, since each team can bring so many swimmers, there will be no relay only swimmers. For all other meets relay only swimmers will be allowed, but all relay only swimmers must be listed on the meet entry. If they are not listed, they will not be allowed to swim. There will be no separate 13 and 14 relays at the open since teams can compose 13 and 14 relays as part of their unlimited relays. This policy will be effective for the short course 2005—2006 season.

INVITATIONAL MEETS:

Teams that run invitational meets (which are not on the calendar) will be required to pay the \$.50 per individual swim surcharge on all types of meets, including trials and finals meets and distance meets, and all events, including distance events. New England already has a policy that teams that run invitational meets are not allowed to include a "Swimmer Participation Fee" as part of their fee structure. In addition, teams running invitational meets would have to receive permission from all other teams running calendar meets on their proposed date. If this is not received, the final decision will rest with the Calendar Committee. This policy will be effective as of long course 2006.

**RESOLUTION TO GRANT AN EXCEPTION TO THE 120 RULE FOR
ATHLETES DISPLACED BY HURRICANE KATRINA**

Due to the extraordinary and monumental devastation and destruction of Hurricane Katrina, USA Swimming recognizes that member athletes have been displaced from their homes and clubs;

Further, USA Swimming believes enabling displaced athletes to be included as part of a team is important in recovery;

Therefore, be it resolved that USA Swimming establishes the following procedure to grant a temporary exception to the 120 day representation rule set forth in rule 203.3 of the Rules and Regulations of USA Swimming:

1. By November 1 or within thirty (30) days of beginning workouts with a new club, an athlete must submit the following information to USA Swimming Member Services for verification: His/her name, date of birth, Hurricane Katrina FEMA number, club most recently represented and club which he/she wishes to represent.
2. Member Services will notify the Rules Chairman, or designee, of the eligibility facts. The Rules Chair, or designee, shall make the final determination which shall be binding without right of appeal.
3. Each USA Swimming approved transfer request under this resolution shall be exempt from 203.3 (the 120 day rule) and transfer shall be effective immediately.
4. Each athlete whose transfer is approved under this provision may, at any time within one year of passage of this resolution, return immediately to representing his/her original club or, if the original club is disbanded, any other club in the original LSC.
5. This provision will take effect immediately upon approval by the USA Swimming House of Delegates and expires at the close of business of the House of Delegates meeting in 2006.

tact the office.

** NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL **

20 Cleveland Road
Needham, MA 02492-3006

Phone: 781-449-0270
FAX: 781-449-7903
e-mail: office@neswim.com
web site: www.neswim.com

OFFICE HOURS: Monday: 8 am—2 pm; 7:30 pm—10 pm
Thursday: 8 am—2 pm

Ultimate Technique Swim Clinics™ & New England Swimming

Gladly Present

Olympic Silver Medalist

Kristy Kowal



Saturday ♦ October 22, 2005 ♦ 12:00 p.m. to 4:00 p.m.

♦ The Mayers Natatorium, Seekonk High School, Seekonk, MA. ♦

♦ CHECK-IN STARTS AT 11:30 a.m. ♦

This Clinic Is For All Swimmers!

If you are ages 9 and older and want help in the following areas:

- ♦ All Four Strokes
- ♦ In-Water Demonstration
- ♦ Mental Preparation
- ♦ Life Choices
- ♦ Overcoming Adversity
- ♦ Dryland Training
- ♦ Find out How Kristy Became an Olympic Medalist!

The clinic is only \$30 per swimmer if you pre-register by mail postmarked by **October 15th** or \$40 if you register after this date. The clinic will be limited to the first 100 swimmers registered and on site registration will only take place if openings are available. Each registered/paid swimmer will receive an autograph, a Speedo goodie bag with cool stuff from our sponsors including **an event swim cap**, clinic entry and group instruction from one of the best in the World!

Make checks payable & mail with your completed application and parental release form to:

New England Swimming
20 Cleveland Road
Needham, MA 02492
Attn: Kristy Kowal Clinic

For more information call 781-449-0270 log onto www.neswim.com or e-mail at office@neswim.com

Space is limited to the first 100 swimmers!

For more info on Ultimate Technique Swim clinics visit us at
<http://www.usaswimmer.com>

♦ Parents and Coaches Welcome Free! ♦

SPEEDO 

AURO-DRI

KRISTY KOWAL CLINIC: APPLICATION & PARENTAL RELEASE FORM

New England Swimming is pleased to be hosting a clinic featuring Olympic Silver Medalist Kristy Kowal. The clinic will be sponsored by Ultimate Technique Swim Clinics and New England Swimming and will be held at the Mayers Natatoriu, Seekonk High School, Seekonk, MA on October 22, 2004 from 12 noon to 4 pm.

The clinic is open to all New England registered swimmers ages 9 and older. All participants must submit an application and \$30 fee to be post marked by October 15, 2005. The camp is limited to 100 swimmers and registration will close when it is filled. If there is room, registration will be available at the door for \$40.

Parents and coaches are welcome to observe the clinic from the stands. Bottled water will be available for the swimmers, but if they would like to bring their own drink and/or a snack, they may. Don't forget a bathing suit, towel, and sweats!

continued...

APPLICATION & PARENTAL RELEASE FOR KRISTY KOWAL CLINIC:

NAME: _____ AGE: _____

CLUB: _____ COACH: _____

USA SWIMMING I D NUMBER: _____

PHONE NUMBER: _____ EMAIL: _____

Please list any health considerations: _____

Any swimmer who attends the clinic will for him/herself, his/her heirs, executors and administrators, waive and release any and all rights and claims for damages he/she may have against USA Swimming, New England Swimming, Ultimate Technique Swim Clinics, Seekonk High School, Seekonk Swimming, and Kristy Kowal for any and all injuries suffered by him/her at said clinic.

Parent or Guardian Signature

Please return to: New England Swimming, 20 Cleveland Road, Needham, MA 02492
The application should include a \$30 check made out to New England Swimming.

Directions: The Mayers Natatorium is located at 261 Arcade Avenue, Seekonk, MA 02771. The pool entrance is located adjacent to the main entrance. Parking is available anywhere in the school lot.

From **South of Providence** take Rt. 95 North to Rt. 195 East. Proceed on 195 East to **Exit 7** (Rt. 6 Seekonk/Rt.114 Barrington). Take the Rt. 6 East Seekonk off ramp. Proceed to the second traffic light and turn Left. Again proceed to the second traffic light and turn Left. **Continue below.****

From **North of Providence** take Rt. 95 South to Rt. 195 East. Proceed on 195 East to **Exit 7** (Rt. 6 Seekonk/Rt.114 Barrington). Take the Rt. 6 East Seekonk off ramp. Proceed to the second traffic light and turn Left. Again proceed to the second traffic light and turn Left. **Continue below.****

From the **East** take Rt. 195 West to **Exit 1 in Massachusetts** (Rt. 114A Seekonk). Take exit 1 and turn right at the top of the ramp onto Rt. 114A North. Stay straight and pass through 1 traffic light. **Continue below.****

****Continued for all:** You will reach a fork in the road. Stay straight (do not bear left onto 114) you should have the Grist Mill Restaurant and a gold course on your left side as you proceed. Continue to the next traffic light, proceed straight through that light and continue for approx. ½ mile and the school will be on your left.



**United States Swimming
New England**

20 Cleveland Road Needham, MA 02492-3006

FIRST CLASS

*Alison Lee
174 Lockland Ave.
Framingham, MA 01701*



NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING, INC. NOVEMBER/DECEMBER 2005

IN THIS ISSUE: REIMBURSEMENT POLICY & APPLICATION;
NEW ENGLAND TIME STANDARDS FOR SENIORS,
12 & under AGE GROUPS, 13—19 AGE GROUPS,
REGIONALS; REGIONALS TEAM ASSIGNMENTS;
USA SWIMMING COACH SAFETY CURRICULUM;
NEW ENGLAND BOARD MEMBERS, COMMITTEES,
& COORDINATORS; REPORT OF OCCURRENCE..

ZONES: The list of swimmers at Zones in the last newsletter should have included **RACHEL MOORE** with an * in front of her name and also should have listed her as winning the 11 and 12 girls 100 yard butterfly. Our apologies to Rachel..

Our **APOLOGIES** to some swimmers who had errors in their names in the last newsletter! **ALLISON SCOTT, MATTHEW NUTTER, TANA BAO, JACK TOMASI.**



NEW ENGLAND SWIMMING 13—19 AGE GROUP CHAMPIONSHIPS:

New England Swimming is pleased to announce that the 13—19 Age Group Championship will be held on March 2—5, 2006 at MIT. The meet will be run by New England Swimming with the cooperation of all the teams attending. The initial arrangements have been made by Calendar Chair, Bob Gauvin. Mariella Allard has volunteered to be the Meet Director. The computer work will be done by Mary Gentry. All teams who enter the meet will be expected to help with the meet. Teams will be expected to time and also assist with all other aspects of the meet—marshals, runners, awards, hospitality, door, clean up, etc—and we will need the full cooperation of everyone to achieve a great meet for the swimmers.

The Board of New England Swimming will meet on Tuesday, November 29, 2005 at 7 pm at the Wellesley Community Center, Wellesley, MA.

CLINIC: New England Swimming sponsored a very successful clinic featuring Olympic Silver Medalist KRISTY KOWAL at Seekonk High School on Saturday, October 22, 2005. Kristy inspired seventy swimmers (and some of their parents and coaches) with her talk and helped them improved their techniques in the water. Kristy was very gracious in signing autographs and posing for pictures. The swimmers also received a cap and a selection of "goodies." Our thanks to Ray Grant and the coaches at Seekonk, to Sherry Wingfield and Melinda Antonucci who also helped on deck, and to Bob Gauvin who made all the arrangements for the clinic and provided transportation for Kristy.

TOP TEN BANQUET: On the following day, Sunday, October 23, KRISTY KOWAL was the featured speaker at the Top Ten Banquet at Lenzi's in Dracut, MA. A group of 500 swimmers, their relatives, and their coaches enjoyed a buffet meal, honored the swimmers and again enjoyed a talk by Kristy who again signed many autographs and posed for numerous pictures as she helped pass out the certificates and patches. Thanks n to Priscilla Davis and Mariella Allard who helped at the door, Mariella Allard who read the names, Ray Grant who introduced Kristy, Ray Grant, athletes rep, who also addressed the group, Michelle Bernal who helped with the certificates, and Bob Gauvin who brought Kristy to the banquet and then took her to the airport.

 ** NEW ENGLAND SWIMMING OFFICE: MARY RIDDELL **
 **

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 Needham, MA 02492-3006

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 e-mail: office@neswim.com
 web site: www.neswim.com

OFFICE HOURS: Monday: 8 am—2 pm; 7:30 pm—10 pm
 Thursday: 8 am—2 pm

HELP WANTED

Assistant Swim Coach wanted for USS age group swim team in Salem, NH. Must have competitive swim or coaching experience. First Aid, CPR, Lifeguard Training or Coaches Safety Traning required. Submit resume or apply in person to Salem Boys and Girls Club, 3 Geremonty Drive, Salem, NH 03079. 603-898-7709 ext. 18.

The ANA YMCA Hurricanes are looking for a few part-time swim coaches, Please contact James Sweeney at jsweeney@mvyymca.org for more details.

Newton South High School seeks an assistant swim coach for the winter 2005—2006 season. The practice schedule is Monday—Friday, 5 pm – 7 pm with meets on Tuesday and Fridays. The season starts November 28 and runs into mid-February. Please contact Kristen Chappelle (Kristen_aries@yahoo.com)



USA Swimming Coaches Safety Curriculum 2005--2006 Requirements and Equivalents

Effective since 1988, all coach members are required to fulfill safety training requirements as established by the USA Swimming Board of Directors. USA Swimming currently requires coach members to hold current certification cards for the following courses: Safety Training for Swim Coaches, CPR and First Aid.

ARC/USOC Sport Safety Training is recommended by USA Swimming because of its coaching specific content and materials. This course includes Adult CPR, fulfilling both the first aid and CPR requirements for coach membership.

Cardiopulmonary Resuscitation (CPR)

Any one of the following courses will satisfy the requirement:

American Red Cross: *(all ARC CPR courses are good for one year) (NO instructor certifications are acceptable)*

- Adult CPR (4 hours)
- Adult CPR/AED
- Community CPR (6.5 hours) *(includes adult, infant and child CPR)*
- CPR for the Professional Rescuer (9 hours)

American Heart Association: *(all AHA CPR cards are good for two years)*

- Advanced Cardiac Life Support (ACLS)
- Basic Life Support (BLS) for the Health Care Provider (card will read "Healthcare Provider")
- Heartsaver CPR (Adult and/or Child; Infant only is not acceptable)
(USA Swimming does NOT accept "Heartsaver" or "Heartsaver AED")
- Any AHA Basic Life Support Instructor or Instructor Trainer for the courses listed above

National Safety Council: *(NSC CPR courses are good for either one or two years, depending on the training agency)*

- Adult CPR
- First Responder *(includes First Aid)*

Jeff Ellis & Associates:

- Water Safety+ *(4 hour course includes First Aid)*
- National Pool & Waterpark Lifeguard Training Program *(one year certification, includes First Aid)*
- National Pool & Waterpark Lifeguard Training Program Instructor License *(12-18 month certification)*

CPR Courses offered by other organizations:

- AAOS (Amer Acad of Orthopaedic Surgeons) Emergency Care & Safety Institute CPR *(two year cert)*
- American Safety & Health Institute (ASHI) CPR Pro
- American Safety & Health Institute (ASHI) CPR/AED for the Community and Workplace *(two year cert)*
- Medic First Aid *(course includes First Aid) (coach must also submit a completed, scored test signed by the course instructor)*
- E.M.S. Safety Services CPR
- Emergency Medical Technician (EMT) Basic *(course includes First Aid)*
- Save-A-Life Educators: CPR
- StarGuard
- Tacoma Fire Department First Aid & CPR Course *(course includes First Aid)*
- University Training Centers, Inc. - Healthcare Provider BLS (C)

First Aid

Any one of the following courses will satisfy the requirement:

American Red Cross: *(NO instructor certifications are acceptable)*

- ARC/USOC Sport Safety Training (6.5 hours with Adult CPR; 7 hrs with elective Child CPR)
 - Also called ARC Sports Injury Prevention and First Aid
- Community First Aid & Safety (9 hours) (includes Community CPR)
- First Aid – Responding to Emergencies (23.5 hrs) (includes Adult and/or Infant/Child CPR)
- First Aid Basics
- Emergency Response (43.5 hrs) (includes CPR for the Professional Rescuer)
- Lifeguard Training (includes CPR for the Professional Rescuer)
- Standard First Aid/CPR/AED (includes Adult CPR)

American Safety & Health Institute:

- Adult Basic First Aid (4 hour course)
- Universal Basic First Aid (4-6 hours)

National Safety Council: *(NSC FA certifications are good for two or three years, depending on the training agency)*

- First Aid
- First Responder (includes CPR)

Jeff Ellis & Associates:

- Water Safety+ (4 hour course includes First Aid)
- National Pool & Waterpark Lifeguard Training Program (one year certification, includes First Aid)
- National Pool & Waterpark Lifeguard Training Program Instructor License (12-18 month certification)

First Aid courses offered by other organizations:

- AAOS (Amer Acad of Orthopaedic Surgeons) Emergency Care & Safety Institute First Aid
- Emergency Medical Technician (EMT) Basic (includes CPR)
- Medic First Aid (includes CPR) **(coach must also submit a completed, scored test signed by the course instructor)**
- E.M.S. Safety Services First Aid
- Life Education of Florida – First Aid for All Ages: A Common Sense Approach
- Save-A-Life Educators: First Aid
- StarGuard
- Tacoma Fire Department First Aid & CPR Course (includes CPR)
- University Training Centers, Inc. – Standard First Aid

Safety Training For Swim Coaches

Any one of the following courses will satisfy the requirement:

American Red Cross: *(NO instructor certifications are acceptable)*

- Safety Training for Swim Coaches (8 hour course)
- Safety Training for Swim Coaches Review Course (4 hour renewal course)
- Lifeguard Training (may be referred to as *Lifeguarding Today* on some certifications)

Jeff Ellis & Associates:

- National Pool & Waterpark Lifeguard Training Program (one year certification, includes First Aid)
- National Pool & Waterpark Lifeguard Training Program Instructor License (12-18 month certification)

YMCA Lifeguarding

NEW ENGLAND SWIMMING BOARD MEMBERS:

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HAROLD WHITNEY, Web Site Development Committee Chairman
whitney@seacoastswimming.com

RICK OSTERBERG, Web Site
webmaster@neswim.com

UNITED STATES SWIMMING NUMBERS:

UNITED STATES SWIMMING

One Olympic Plaza, Colorado Springs, CO 80909
 719-866-4578 (O); 719-866-4761 (fax), www.usaswimming.org

RISK MANAGEMENT SERVICES, INC.

PO Box 32712, Phoenix, AZ 85064-2712
 800-777-4930; 602-667-1822; 602-274-9138 (fax); sblumit@theriskpeople.com

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 Keri Cunningham

New England Regional Championships Qualifying Times for Short Course 2005-2006

| Girls | | 8 & Under | Boys | |
|---------|---------|-----------|---------|---------|
| Cut-on | Cut-off | EVENTS | Cut-on | Cut-off |
| 30.00 | | 25 FR | 30.00 | |
| 1:00.00 | 32.70 | 50 FR | 1:00.00 | 33.60 |
| 2:00.00 | 1:12.20 | 100 FR | 2:00.00 | 1:15.40 |
| 35.00 | | 25 BK | 35.00 | |
| 1:10.00 | 38.90 | 50 BK | 1:10.00 | 40.20 |
| 40.00 | | 25 BR | 40.00 | |
| 1:20.00 | 44.30 | 50 BR | 1:20.00 | 47.10 |
| 35.00 | | 25 FL | 35.00 | |
| 1:10.00 | 37.70 | 50 FL | 1:10.00 | 40.90 |
| 2:20.00 | 1:22.80 | 100 IM | 2:20.00 | 1:26.30 |

| Girls | | 9-10 | Boys | |
|---------|---------|---------|---------|---------|
| Cut-on | Cut-off | EVENTS | Cut-on | Cut-off |
| 49.49 | 32.70 | 50 FR | 49.59 | 33.60 |
| 1:43.09 | 1:12.20 | 100 FR | 1:41.89 | 1:15.40 |
| 3:17.29 | 2:37.00 | 200 FR | 3:15.19 | 2:44.50 |
| 55.99 | 38.90 | 50 BK | 55.89 | 40.20 |
| 1:49.09 | 1:24.10 | 100 BK | 1:46.79 | 1:28.70 |
| 1:00.69 | 44.30 | 50 BR | 1:00.09 | 47.10 |
| 1:59.49 | 1:35.40 | 100 BR | 1:57.79 | 1:44.30 |
| 55.59 | 37.70 | 50 FL | 55.29 | 40.90 |
| 1:47.19 | 1:29.90 | 100 FLY | 1:45.39 | 1:40.50 |
| 01:55.5 | 1:22.80 | 100 IM | 1:53.59 | 1:26.30 |
| 3:31.99 | 3:01.20 | 200 IM | 3:27.89 | 3:15.70 |

| Girls | | 11-12 | Boys | |
|---------|---------|---------|---------|---------|
| Cut-on | Cut-off | EVENTS | Cut-on | Cut-off |
| 35.89 | 28.80 | 50 FR | 36.79 | 29.60 |
| 1:18.99 | 1:02.60 | 100 FR | 1:21.79 | 1:04.50 |
| 2:43.99 | 2:15.60 | 200 FR | 2:48.39 | 2:19.80 |
| 7:05.49 | 6:04.50 | 500 FR | 7:00.89 | 6:12.80 |
| 42.99 | 34.10 | 50 BK | 44.59 | 35.30 |
| 1:32.19 | 1:12.10 | 100 BK | 1:31.49 | 1:15.50 |
| 2:51.29 | 2:38.70 | 200 BK | 2:50.19 | 2:49.00 |
| 47.99 | 38.10 | 50 BR | 49.09 | 38.80 |
| 1:42.99 | 1:21.50 | 100 BR | 1:42.89 | 1:25.50 |
| 3:23.49 | 2:58.00 | 200 BR | 3:22.29 | 3:09.80 |
| 43.79 | 32.50 | 50 FL | 43.79 | 33.90 |
| 1:31.09 | 1:13.50 | 100 FLY | 1:30.09 | 1:18.10 |
| 2:54.39 | 2:47.50 | 200 FL | 2:50.89 | 2:47.50 |
| 1:32.19 | 1:12.10 | 100 IM | 1:31.29 | 1:14.50 |
| 3:06.69 | 2:33.50 | 200 IM | 3:04.49 | 2:39.50 |
| 5:54.39 | 5:36.70 | 400 IM | 6:03.89 | 5:46.00 |

| Girls | | 13-14 | Boys | |
|----------|----------|---------|----------|----------|
| Cut-on | Cut-off | EVENTS | Cut-on | Cut-off |
| 31.39 | 26.90 | 50 FR | 32.09 | 25.90 |
| 1:08.59 | 58.30 | 100 FR | 1:11.69 | 57.10 |
| 2:23.49 | 2:06.20 | 200 FR | 2:34.59 | 2:03.00 |
| 6:39.99 | 5:36.00 | 500 FR | 6:35.39 | 5:34.00 |
| 21:21.19 | 19:26.00 | 1650 FR | 20:25.19 | 19:16.00 |
| 1:25.39 | 1:06.60 | 100 BK | 1:24.99 | 1:05.70 |
| 2:50.69 | 2:24.00 | 200 BK | 2:48.09 | 2:22.60 |
| 1:34.99 | 1:16.80 | 100 BR | 1:31.99 | 1:15.60 |
| 3:14.09 | 2:44.00 | 200 BR | 3:05.79 | 2:42.60 |
| 1:25.89 | 1:06.10 | 100 FLY | 1:25.79 | 1:06.00 |
| 2:53.29 | 2:29.00 | 200 FL | 2:44.09 | 2:32.00 |
| 2:57.49 | 2:23.60 | 200 IM | 2:54.19 | 2:21.00 |
| 5:47.79 | 5:05.00 | 400 IM | 5:55.69 | 5:04.00 |

| Girls | | 15-18 | Boys | |
|----------|----------|---------|----------|----------|
| Cut-on | Cut-off | EVENTS | Cut-on | Cut-off |
| 29.99 | 26.10 | 50 FR | 27.99 | 23.60 |
| 1:05.79 | 56.60 | 100 FR | 1:00.49 | 51.80 |
| 2:21.49 | 2:01.80 | 200 FR | 2:15.99 | 1:52.60 |
| 6:08.29 | 5:24.20 | 500 FR | 5:52.29 | 5:06.10 |
| 19:56.89 | 18:51.00 | 1650 FR | 19:04.19 | 18:18.00 |
| 1:16.69 | 1:04.30 | 100 BK | 1:13.59 | 59.10 |
| 2:35.79 | 2:17.90 | 200 BK | 2:28.09 | 2:10.10 |
| 1:25.79 | 1:12.60 | 100 BR | 1:17.89 | 1:06.70 |
| 2:56.59 | 2:37.40 | 200 BR | 2:42.19 | 2:27.80 |
| 1:14.99 | 1:03.00 | 100 FLY | 1:12.09 | 58.00 |
| 2:35.09 | 2:21.30 | 200 FL | 2:21.09 | 2:11.30 |
| 2:40.59 | 2:18.20 | 200 IM | 2:31.79 | 2:07.40 |
| 5:19.79 | 4:52.50 | 400 IM | 5:30.19 | 4:38.50 |

Qualifying Period: September 1, 2005 through entry date.

New England Regionals: Team Assignments 2006

ATTLEBORO HIGH SCHOOL

Team Name

Adirondack Aquatic Club
Attleboro Blue Fish
Attleboro YMCA Typhoons
Bay State Swim Club
Boys and Girls Club of Pawtucket
Burbank YMCA Bluefins
Cumberland-Lincoln Boys Club Penguins
Central Mass Cyclones
East Longmeadow Marlins
Greenwood Memorial Swim Club
KSC Valley Gators
Hampshire Regional YMCA
Holyoke YMCA Vikings
Hockomock Area YMCA
Kent County YMCA
Mei's Typhoon Swim Club
Middleborough YMCA Sea Devils
The Mighty Ducks
Providence Aquatic Club
Shawmut Aquatic Club
South Shore YMCA Strypers
Western New England Aquatic Club
Worcester Storm Swim Club

Team Location

Franklin, MA
Attleboro, MA
Attleboro, MA
Sturbridge, MA
Pawtucket, RI
Reading, MA
Cumberland, RI
Worcester, MA
East Longmeadow, MA
Gardner, MA
Keene, NH
Northampton, MA
Holyoke, MA
North Attleboro, MA
RI
Longmeadow, MA
Middleboro, MA
MA
Providence, RI
Framingham, MA
MA
Springfield, MA
Gardner, MA

SEEKONK HIGH SCHOOL

Team Name

Nantucket Dolphins
Aquamaids and Aquamen of Worcester
Amherst Tritons Swim Team
Cape Cod Swim Club
Cape Cod YMCA Mackos
Easthampton Barracudas
Eaglebrook School Swim Club
Kingsbury Club Swim Team
Mystic Valley Swim Club
Newport Blues Swim Team
Rams Swim Club
River City Swim Club
Simons Rock/ Southern Berkshire YMCA Snappers
South Coast Aquatics
Seacoast Swimming Association
Willy's East Swim Team
Weymouth Waves
Whitensville Blue Dolphins
Westfield YMCA Waves Swim Team

Team Location

Nantucket, MA
Worcester, MA
Amherst, MA
Bourne, MA
Barstable, MA
Easthampton, MA
MA
Kingston, MA
Winthrop, MA
Newport, RI
Kingston, RI
Westport, MA
Great Barrington, MA
North Dartmouth, MA
Dover, NH
North Eastham, MA
Weymouth, MA
Whitensville, MA
Westfield, MA

New England Regionals: Team Assignments 2006

BEVERLY YMCA

Team Name

Andover North Andover YMCA
Belmont Aquatic Team
Bernals Gator Swim Club
Bay and Ocean State Squid
New England Barracudas
Diversified Aquatics Recreation Team
Danvers YMCA Dolphins
Executive Swim Club
H2O - Woburn Boys and Girls Club
Hampshire Hills Seawolves
Lakes Region Wavemakers
Manchester Swim Team
Melrose YMCA Sharks
North Country Newts
Oyster River Otters
Patriot Swim Club
Portsmouth Swim Team
TNT - Haverhill Swimming
YMCA of the North Shore

Team Location

Andover, MA
Belmont, MA
Waltham, MA
Cambridge, MA
Waltham, MA
MA
Danvers, MA
Manchester, NH
Woburn, MA

Laconia, NH
Manchester, NH
Melrose, MA
Franconia, NH
Durham, NH
Acton, MA
Portsmouth, NH
Haverhill, MA
Beverly, MA

SALEM STATE COLLEGE

Team Name

Blule Dolphins
Burlington YMCA Dynamos
Carter Community Building Swordfish
Concord YMCA
Claremont Tiger Sharks
Central Vermont Wavemakers
Exeter Swim Team
Southern New Hampshire FINS Swim Team
Green Mountain Aquatics
Magnus Aquatic Group
Merrimack Valley Pirates
Middlebury Area Swimming Association
Manchester YMCA Tritons
Nashua Area YMCA Prospectors
New Wave Swim Club
North Country Aquatic Club
North Shore Swim Club
Peterborough Waves Swim Club
Rockingham Area Youth Swim Team
Rowell's Raiders Swim Club
Saint Albans Sharks
Stowe Swimmers
Vermont Area Swim Team

Team Location

Concord, NH
Burlington, VT
West Lebanon, NH
Concord, NH
Claremont, NH
Northfield, VT
Exeter, NH
Nashua, NH
South Burlington, VT
Haverhill, MA
Andover, MA
Middlebury, VT
Manchester, NH
Nashua, NH
Lowell, MA
Hanover, NH
Salem, MA
Peterborough, NH
Rockingham, NH
Derry, NH

Stowe, VT
Williston, VT

New England 12 and Under Championships Qualifying Times for Short Course 2005-2006

Qualifying period: February 11, 2005 through the entry deadline.

| Girls | | | 10 & Under EVENTS | Boys | | |
|---------|---------|---------|----------------------|---------|---------|---------|
| SCM | LCM | SCY | | SCY | LCM | SCM |
| 36.39 | 37.29 | 32.69 | 50 FR | 33.59 | 39.79 | 37.09 |
| 1:19.49 | 1:23.09 | 1:12.19 | 100 FR | 1:15.39 | 1:28.99 | 1:23.19 |
| 2:52.99 | 2:59.99 | 2:36.99 | 200 FR | 2:44.49 | 3:09.99 | 3:02.09 |
| 6:12.49 | 6:25.59 | 7:11.39 | 400/500 FR | 7:11.39 | 6:35.49 | 6:13.49 |
| 43.29 | 45.19 | 38.89 | 50 BK | 40.19 | 47.59 | 44.39 |
| 1:32.39 | 1:36.89 | 1:24.09 | 100 BK | 1:28.69 | 1:45.19 | 1:38.79 |
| 49.29 | 50.69 | 44.29 | 50 BR | 47.09 | 54.69 | 52.09 |
| 1:46.49 | 1:48.39 | 1:35.39 | 100 BR | 1:44.29 | 1:59.59 | 1:55.89 |
| 41.99 | 44.49 | 37.69 | 50 FLY | 40.89 | 48.09 | 45.19 |
| 1:38.79 | 1:46.49 | 1:29.89 | 100 FLY | 1:40.49 | 1:50.49 | 1:50.09 |
| 1:31.39 | | 1:22.79 | 100 IM | 1:26.29 | | 1:35.19 |
| 3:19.89 | 3:23.79 | 3:01.19 | 200 IM | 3:15.69 | 3:40.49 | 3:36.29 |

| Girls | | | 11-12 EVENTS | Boys | | |
|----------|----------|----------|---------------------|----------|----------|----------|
| SCM | LCM | SCY | | SCY | LCM | SCM |
| 32.09 | 32.79 | 28.79 | 50 FR | 29.59 | 33.69 | 32.69 |
| 1:08.89 | 1:11.99 | 1:02.59 | 100 FR | 1:04.49 | 1:13.99 | 1:11.19 |
| 2:29.39 | 2:34.19 | 2:15.59 | 200 FR | 2:19.79 | 2:37.99 | 2:34.79 |
| 5:14.79 | 5:22.39 | 6:04.49 | 400/500 FR | 6:12.79 | 5:41.49 | 5:22.69 |
| 11:24.99 | 11:37.09 | 13:00.99 | 800/1000 FR | 13:00.99 | 11:37.09 | 11:23.29 |
| 22:30.99 | 21:47.69 | 22:30.99 | 1500/1650 FR | 22:30.99 | 21:47.69 | 22:30.99 |
| 37.92 | 39.19 | 34.09 | 50 BK | 35.29 | 41.49 | 38.99 |
| 1:19.19 | 1:22.19 | 1:12.09 | 100 BK | 1:15.49 | 1:26.99 | 1:24.09 |
| 2:55.89 | 2:58.19 | 2:38.69 | 200 BK | 2:48.99 | 3:11.29 | 3:07.69 |
| 42.39 | 43.49 | 38.09 | 50 BR | 38.79 | 46.49 | 42.89 |
| 1:30.99 | 1:34.49 | 1:21.49 | 100 BR | 1:25.49 | 1:41.39 | 1:34.99 |
| 3:19.09 | 3:23.69 | 2:57.99 | 200 BR | 3:09.79 | 3:35.39 | 3:42.79 |
| 36.19 | 36.69 | 32.49 | 50 FLY | 33.89 | 38.79 | 37.49 |
| 1:20.79 | 1:22.59 | 1:13.49 | 100 FLY | 1:18.09 | 1:32.09 | 1:25.59 |
| 3:04.09 | 3:12.99 | 2:47.49 | 200 FLY | 2:47.49 | 3:12.99 | 3:03.29 |
| 1:19.59 | | 1:12.09 | 100 IM | 1:14.49 | | 1:22.09 |
| 2:49.29 | 2:54.99 | 2:33.49 | 200 IM | 2:39.49 | 3:03.49 | 2:56.29 |
| 6:11.29 | 6:17.99 | 5:36.69 | 400 IM | 5:45.99 | 6:31.69 | 6:23.09 |

The office will be closed from Tuesday, November 22, 2005 through Sunday, November 27, 2005. Please plan your registration needs accordingly!!!!

Included in this newsletter is a **Report of Occurrence**. Please complete one and submit it for all accidents no matter how small.

New England 13-19 Championships

Qualifying Times for Short Course 2005-2006

Qualifying period: February 11, 2005 through the entry deadline.

| SCM | Girls LCM | SCY | 13-14 EVENTS | SCY | Boys LCM | SCM |
|----------|--------------|----------|---------------------|----------|-------------|----------|
| 29.99 | 30.59 | 26.89 | 50 FR | 25.89 | 29.89 | 28.59 |
| 1:04.19 | 1:07.19 | 58.29 | 100 FR | 57.09 | 1:04.89 | 1:02.99 |
| 2:19.09 | 2:24.49 | 2:06.19 | 200 FR | 2:02.99 | 2:21.89 | 2:16.19 |
| 4:50.09 | 5:04.49 | 5:35.99 | 400/500 FR | 5:33.99 | 4:58.99 | 4:59.19 |
| 10:14.79 | 10:32.09 | 11:45.99 | 800/1000 FR | 11:30.99 | 10:23.39 | 10:04.59 |
| 19:13.39 | 19:50.29 | 19:25.99 | 1500/1650 FR | 19:15.99 | 19:30.89 | 18:54.79 |
| 1:13.09 | 1:18.29 | 1:06.59 | 100 BK | 1:05.69 | 1:18.99 | 1:13.19 |
| 2:39.59 | 2:47.99 | 2:23.99 | 200 BK | 2:22.59 | 2:43.99 | 2:40.59 |
| 1:25.69 | 1:29.99 | 1:16.79 | 100 BR | 1:15.59 | 1:26.79 | 1:23.99 |
| 3:03.39 | 3:09.99 | 2:43.99 | 200 BR | 2:42.59 | 3:08.99 | 3:02.29 |
| 1:12.69 | 1:15.99 | 1:06.09 | 100 FLY | 1:05.99 | 1:16.09 | 1:12.29 |
| 2:43.79 | 2:49.59 | 2:28.99 | 200 FLY | 2:31.99 | 2:48.99 | 2:46.29 |
| 2:38.39 | 2:44.59 | 2:23.59 | 200 IM | 2:20.99 | 2:44.39 | 2:35.79 |
| 5:36.29 | 5:49.99 | 5:04.99 | 400 IM | 5:03.99 | 5:48.99 | 5:36.59 |

| SCM | Girls LCM | SCY | 15-19 EVENTS | SCY | Boys LCM | SCM |
|----------|--------------|----------|---------------------|----------|-------------|----------|
| 29.09 | 29.79 | 26.09 | 50 FR | 23.59 | 26.89 | 26.09 |
| 1:02.29 | 1:04.59 | 56.59 | 100 FR | 51.79 | 59.09 | 57.19 |
| 2:14.19 | 2:18.79 | 2:01.79 | 200 FR | 1:52.59 | 2:08.79 | 2:04.69 |
| 4:39.99 | 4:55.99 | 5:24.19 | 400/500 FR | 5:06.09 | 4:42.09 | 4:24.99 |
| 9:47.19 | 10:20.29 | 11:14.29 | 800/1000 FR | 10:43.59 | 10:04.49 | 9:23.09 |
| 18:38.79 | 19:45.29 | 18:50.99 | 1500/1650 FR | 18:17.99 | 18:59.39 | 17:57.79 |
| 1:10.59 | 1:13.29 | 1:04.29 | 100 BK | 59.09 | 1:07.49 | 1:05.79 |
| 2:32.79 | 2:37.19 | 2:17.89 | 200 BK | 2:10.09 | 2:28.29 | 2:24.49 |
| 1:21.09 | 1:22.49 | 1:12.59 | 100 BR | 1:06.69 | 1:15.99 | 1:14.09 |
| 2:56.09 | 2:59.49 | 2:37.39 | 200 BR | 2:27.79 | 2:48.48 | 2:45.69 |
| 1:09.29 | 1:09.89 | 1:02.99 | 100 FLY | 57.99 | 1:06.09 | 1:03.59 |
| 2:35.29 | 2:41.09 | 2:21.29 | 200 FLY | 2:11.29 | 2:29.69 | 2:23.69 |
| 2:32.49 | 2:37.49 | 2:18.19 | 200 IM | 2:07.39 | 2:25.19 | 2:20.79 |
| 5:22.49 | 5:33.49 | 4:52.49 | 400 IM | 4:38.49 | 5:17.49 | 5:08.29 |

NEWSLETTER PLUS SUBSCRIPTIONS: Subscriptions are sent to two members of each team—the club contact and the safety coordinator. Subscriptions are available to other members of the New England Swimming community for \$10 per year. Please send your check to the New England Swimming Office, 20 Cleveland Road, Needham, MA 02492.

REIMBURSEMENT POLICY FOR NATIONAL AND SECTIONAL MEETS, 2005—2006

The following policy was passed by the Board of New England Swimming at its meeting on October 17, 2005. There may be some clarifications added at the next board meeting.

ATHLETE REIMBURSEMENT POLICY:

A New England Swimming registered swimmer who meets the eligibility requirements and who qualifies for and swims in an individual event at the Conoco Phillips National Championships, Olympic Trials, USA Swimming Club Championships, USA Swimming Disability Championships (or other disability meet designated by USA Swimming), USA Swimming Junior Nationals, NCSA Junior Nationals, USA Swimming Open, a World Cup meet sponsored by USA Swimming, or the USA Swimming Speedo Championships (Sectionals) will be reimbursed by New England Swimming.

The reimbursement per swimmer will be as follows:

| | |
|--|-------|
| Conoco Phillips National Championship, Olympic Trials, USA Swimming Club Championships | \$750 |
| USA Swimming Disability Championships | 750 |
| USA Swimming Junior Nationals | 500 |
| USA Swimming Open | 400 |
| NCSA Junior Nationals | 300 |
| World Cup meet sponsored by USA Swimming | 300 |
| Speedo Championships (Sectionals) | 100 |

ELIGIBILITY:

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

During the short course season, September 1, 2005 to April 31, 2006, a swimmer must fully participate in three New England Swimming calendar meets to be eligible for reimbursement. During the long course season, May 1, 2006 to August 31, 2006, a swimmer must fully participate in two New England Swimming calendar meets to be eligible for reimbursement. As an option, swimmers may fully participate in a total of five New England Swimming calendar meets during the period of September 1, 2005 to August 31, 2006 to be eligible for reimbursement. "Full participation" means participation in all or at least two days of competition and at least one individual event at each day of participation. Disabled swimmers are strongly urged to participate in New England Swimming meets, However, the Board will consider waiving the minimum meet requirements on a case by case basis.

A swimmer must request the reimbursement within eight weeks of the meet . The request must include receipts (plane ticket, hotel, etc.) to equal or exceed the amount of the requested reimbursement. If the required number of meets has not been met at the time that the request is submitted, the updated meet list must be sent to the office as soon as this requirement has been met. Incomplete requests will be returned.

Waivers: If an athlete does not meet the New England Swimming eligibility requirements, all reasonable request for waivers will be considered by the New England Swimming Board of Directors following the long course season. To request a waiver, complete the reimbursement

request form and attach a detailed explanation of your request for waiver signed by both the coach and athlete (or parent if under 18). Incomplete reimbursement forms will not be considered for a waiver.

COACH REIMBURSEMENT POLICY:

For each team that sends a swimmer to the Conoco Phillips National Championships, Olympic Trials, USA Swimming Club Championships, USA Swimming Disability Championships (or other disability meet designated by USA Swimming), USA Swimming Junior Nationals, NCSA Junior Nationals, USA Swimming Open, a World Cup meet sponsored by USA Swimming, or the USA Swimming Speedo Championships (Sectionals) will be reimbursed by New England Swimming.

Coach reimbursement will be as follows:

| | |
|--|-------|
| Conoco Phillips National Championship, Olympic Trials, USA Swimming Club Championships | \$500 |
| USA Swimming Disability Championships | 500 |
| USA Swimming Junior Nationals | 300 |
| USA Swimming Open | 300 |
| NCSA Junior Nationals | 200 |
| World Cup meet sponsored by USA Swimming | 200 |
| Speedo Championships (Sectionals) | 150 |

The number of New England registered coaches per team to be reimbursed will follow the policy for deck passes established by USA Swimming for the Conoco Phillips National Championships. All swimmers in the calculation must be New England registered swimmers who meet the eligibility requirements for swimmer reimbursement and qualify for and swim in at least one individual event in the meet.

| | |
|----------------------|------------------------|
| 1—3 swimmers: | 1 coach reimbursement |
| 4—6 swimmers: | 2 coach reimbursements |
| 7—9 swimmers: | 3 coach reimbursements |
| 10—20 swimmers: | 4 coach reimbursements |
| 21—30 swimmers: | 5 coach reimbursements |
| 31—40 swimmers: | 6 coach reimbursements |
| 41—50 swimmers: | 7 coach reimbursements |
| 51 or more swimmers: | 8 coach reimbursements |

Coaches must complete the reimbursement form and submit it to the office within eight weeks of the meet with receipts for expenses that equal or exceed the amount of the requested reimbursement. Incomplete requests will be returned.

OFFICIAL REIMBURSEMENT POLICY:

New England Swimming member officials that volunteer and work at the Conoco Phillips National Championships, Olympic Trials, USA Swimming Club Championships, USA Swimming Disability Championships (or other disability meet designated by USA Swimming), USA Swimming Junior Nationals, NCSA Junior Nationals, USA Swimming Open, a World Cup meet sponsored by USA Swimming, or the USA Swimming Speedo Championships (Sectionals) will be reimbursed by New England Swimming.

An Official can apply for be reimbursed for actual expenses at a rate not to exceed the current coaches reimbursement (see above). To receive this reimbursement an official must meet the following criteria:

1. Be a current registered member of New England Swimming.
2. Work all sessions of the eligible meet (as listed above).
3. Annually work 5 sanctioned calendar meets (a minimum of two sessions in each meet) in New England during the year (September 1, 2005—August 31, 2006)

An Official may only apply for this reimbursement for a maximum of one of these meets conducted in each fiscal year (September 1, 2005—August 31, 2006) regardless of the number of meets worked. The application for reimbursement must include receipts to equal or exceed the amount of the requested reimbursement and a copy of the official's blue official's card to verify the number of sanctioned calendar meets worked in New England.

2005-2006 New England Senior Time Standards

Qualifying period: December 1, 2004 through the entry deadline.

| SCM | Women | | Events | SCY | Men | |
|----------|----------|----------|-----------------------|----------|----------|----------|
| | LCM | SCY | | | LCM | SCM |
| 28.49 | 29.39 | 25.59 | 50 Free | 22.99 | 26.89 | 25.59 |
| 1:01.49 | 1:03.99 | 55.39 | 100 Free | 50.89 | 58.59 | 56.49 |
| 2:12.09 | 2:16.99 | 1:58.99 | 200 Free | 1:50.59 | 2:06.99 | 2:02.79 |
| 4:41.49 | 4:47.49 | 5:16.99 | 400/500 Free | 4:57.89 | 4:33.09 | 4:24.59 |
| 9:42.09 | 10:02.39 | 10:55.49 | 800/1000 Free | 10:28.79 | 9:37.99 | 9:18.39 |
| 18:43.09 | 19:17.09 | 18:32.99 | 1500/1650 Free | 17:53.59 | 18:20.59 | 18:03.39 |
| 1:09.79 | 1:13.19 | 1:02.79 | 100 Back | 58.09 | 1:06.29 | 1:04.49 |
| 2:29.09 | 2:39.99 | 2:14.29 | 200 Back | 2:06.99 | 2:25.79 | 2:20.99 |
| 1:18.19 | 1:20.29 | 1:10.39 | 100 Breast | 1:04.99 | 1:15.09 | 1:12.19 |
| 2:49.69 | 2:58.99 | 2:32.79 | 200 Breast | 2:23.29 | 2:47.89 | 2:39.09 |
| 1:08.09 | 1:09.89 | 1:01.29 | 100 Fly | 56.09 | 1:05.09 | 1:02.29 |
| 2:32.69 | 2:38.19 | 2:17.49 | 200 Fly | 2:07.59 | 2:25.49 | 2:21.69 |
| 2:30.09 | 2:35.59 | 2:15.19 | 200 IM | 2:04.99 | 2:24.79 | 2:18.79 |
| 5:16.39 | 5:31.89 | 4:44.99 | 400 IM | 4:30.99 | 5:15.99 | 5:00.89 |

**USA SWIMMING
Report of Occurrence**

(Circle one) Personal Injury/Property Damage

(Please Print Clearly)

Date of Incident: _____ Time of Incident: _____ LSC: _____ Name of Club: _____

Injured: Athlete Coach Official Member/other: _____ Guest/Spectator Other: _____

Name (Legal): _____ USA Swimming ID#: _____

Address: _____ City/State/Zip: _____

Date of Birth: _____ Age: _____ Sex: M F Phone: (____) _____

Where did the incident occur?: In Water Deck On Blocks Locker Room Bleachers Hallway Stairs
 Gym Outside Venue (List) _____ Other _____ Activity:
 Meet/Competition Meet/Warm-up Meet/Warm down
 Practice/Water Practice/Dry-land Other: _____

Facility Name: _____ City/State: _____

Facility Type: Indoor Outdoor

Describe the incident: _____

Affected Body Part (Specify R or L): Head/Neck Leg/Foot Ears/Nose/Mouth/Teeth Hand/Arm Knees
 Shoulder Torso Internal Other: _____

Describe the Injury: _____

On Site Care Given by: Coach Parent EMT/Paramedic Facility Staff: _____
name of person giving care

Care Given on Site: Ice Immobilized Bandage Cleaned Other: _____

Care Refused by Injured: Yes No

If yes, Signature of Injured or of Guardian/Parents if under 18 yrs of age: _____

Parent/Guardian notified: No Yes Comment? _____

Taken to Clinic/Hospital: No Yes If yes, location: _____

Please include names and phone numbers of two (2) witnesses: (If others, list on reverse)

| | | |
|-------|---------|--------|
| _____ | _____ | (____) |
| Name | Address | Phone |
| _____ | _____ | (____) |
| Name | Address | Phone |

Activity Supervisor: _____ (____) _____ (____) _____
Please print Daytime Phone Evening Phone

Report Submitted By: _____ (____) _____ (____) _____
Please print Daytime Phone Evening Phone

Date Report was submitted: _____

Club Personnel/Club Safety Coordinator is responsible for returning completed form immediately following incident to:

USA Swimming
Risk Management Department
One Olympic Plaza
Colorado Springs, CO 80909
FAX: (719) 866-4050

and: Risk Management Services, Inc.
P. O. Box 32712
Phoenix, AZ 85064-2712
FAX: (602) 274-9138

and: LSC Safety Chairman
Priscilla Davis
205 Woodbury Street
South Hamilton, MA 01982

Please attach any additional reports (facility reports, newspaper articles, witness statements).