



THE

# Blue York Times

QUOTE OF THE MONTH

"Hello Mom? I forgot my underwear."

-Anonymous

Long-course edition. Vol. 2

Spring 2009

# 12 & UNDER AGE GROUP CHAMPIONSHIPS

Thirty one Bluefish athletes competed in the “12 and under Age Group Championships” hosted by North County Aquatic Club at the Upper Valley Aquatic Center in White River Junction, VT. This was the first major meet held in this new \$21m facility.

As a team, the Bluefish finished 5th overall out of 57 teams that were represented. Bluefish 12 and under athletes have continually moved up in the final standings from 12th place in 2006, 9th place in 2007, 8th place in 2008 and our best ever finish of 5th place in 2009! Ana Castellanos was the top female performer earning a 2nd place High Point award. Others receiving Top 20 honors included Maddie Myers who finished 11th, Duncan Mulleady finishing 10th and Jordan Ross, finishing in 14th place. Overall, Bluefish swimmers were



strong. Of the 247 swims by Bluefish athletes, 68% of them were best times! Bluefish swimmers came back to finals each night and consistently improved on their already impressive prelim swims – a true sign of a champion!

Bluefish team spirit stole the show as those competing in finals were cheered on by swimmers “decorated” with blue and white hats, wigs, beads and boas. Cheers for the Bluefish could be heard throughout the facility from swimmers and parents alike. The energy generated on deck and in the stands was amazing and truly made a difference for all of our swimmers. That night the Bluefish showed everyone in New England what team spirit was all about. It was a memorable night for all!



## WHY IS THIS MAN GREATER THAN MICHAEL PHELPS?

This is 5-time Olympic Gold Medalist **Johnny Weismuller**.

Sure Phelps has won some Gold medals, but Weismuller won medals **and** played **TARZAN** in at least a dozen feature films. And TARZAN is awesome.

# COACH OR PARENT?????

**EVERY DEVELOPING SWIMMER NEEDS TWO ADULTS IN THEIR LIFE.....**

-author unknown

I was the head age group coach of a large, successful program in New Jersey. We had a very strong and supportive parents group. There was one parent in particular that I loved joking with during the meets. I coached several of his kids, but his 12 year old was emerging as one of our stronger swimmers.

His daughter LOVED swimming as a 10-under. She loved going to practice. Her best friends were there, and afterwards she and her dad would go for milk shakes. By the time she was twelve she had grown, her strokes had improved and she was talking to me about setting some very lofty goals.

Over the course of that season she would talk to me about swimming at practice, and then to her dad about swimming after practice. At meets he would give her additional tips in the stands. He was never wrong, and often just emphasized things I had said to her.

At an All-Star meet, she swam two best times in her first two races, but finished third in both. Prior to her third race she was very nervous and visibly upset. I was confused because she was having such a good meet, and she had been so happy after each of her races. That race and the next day went horribly, each race was worse than the last.

She told me after warming down that she felt that she had let her dad down when she got out touched in those two races. I spoke with her dad and told him that any developing athlete needs at least two adults in their swimming life. One to tell them the things they do well, the things they need to improve and how to improve them (the coach). The second to say "I love you—I'm proud of you for working hard" - after their best races and their worst (the parent). I was willing to be either, but he paid me too much for me to be the second.

## FOR SWIMMING NERDS ONLY.

A LITTLE SWIMMING HISTORY TO IMPRESS YOUR FRIENDS WITH.



**Gertrude Ederle**, a famous American swimmer, became the first woman to swim the English Channel. In 1926, at the age of 19, Ederle swam the channel from France to England. Her time of 14 hours 39 minutes for the 35-mile (56-kilometer) distance broke the previous record and stood as the women's record for 35 years.

From 1921 to 1925, Ederle set 29 United States and world records for swimming races ranging from the 50-yard to the half-mile race. In the 1924 Summer Olympic Games, she won a gold medal as a member of the championship U.S. 400-meter freestyle relay team. She also won bronze medals for finishing third in the 100-meter and 400-meter freestyle races. Ederle was born in New York City.



EDERLE WAS AMONG THE FIRST REAL SPORTS HEROINES TO PROVE THAT WOMEN WERE NOT PHYSICALLY INFERIOR OR INCAPABLE OF STRENUOUS ACTIVITY.

# GOT CHOCOLATE MILK?



During a 2004 Summer Olympics filled with controversies over steroids and supplements, one sportswriter noticed that top American swimmer Michael Phelps was playing it safe -- he preferred to drink Carnation Instant Breakfast between races.

Now it appears that Phelps may have been onto something. A new study shows that plain old chocolate milk may be as good -- or better -- than sports drinks like Gatorade at helping athletes recover from strenuous exercise. Milk is a sports drink 'plus,' states Keith Ayoob, a registered dietitian and associate professor of pediatrics at the Albert Einstein College of Medicine.

The study builds on findings that intense endurance exercise reduces the muscles' supply of stored glucose, or glycogen, a key source of fuel for exercise. To maximize glycogen replacement, the American College of Sports Medicine and the American Dietetic Association recommend taking in a serving of carbohydrates within 30 minutes after a long and vigorous workout. Common sports drinks such as Gatorade supply those carbs, as well as fluids and electrolytes lost through sweat. However, more recent research suggests that adding protein to the mix may further hasten recovery.

The findings suggest that chocolate milk has an optimal ratio of carbohydrates to protein to help refuel tired muscles. Got Milk?



## FOOD PANTRY DONATIONS



Thank you to all who made donations to the food pantry during our January meet. The food that was gathered was provided to the Food 'n Friends program that is coordinated through the local Council of Churches that supports soup kitchens and a breakfast program.

There are currently 76 households that benefit from the breakfast program. The soup kitchens currently feed up to 100 or more people nightly and are located in Attleboro, N. Attleboro, Mansfield and Seekonk. Everyone is welcome regardless of what town they live in. In 2008, the kitchens served over 37,000 meals.

Our donation was greatly appreciated and helped make a difference for many children and their families during these tough economic times. Thank you!

# The Ten Commandments for Swimming Parents

## I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

## II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

## III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

## IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

## **V. Thou shalt acknowledge thy child's fears.**

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

## **VI. Thou shalt not criticize the officials.**

Please don't criticize those who are doing the best they can in purely voluntary positions.

## **VII. Thou shalt be loyal and supportive of thy team.**

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

## **VIII. Honor thy child's coach.**

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

## **IX. Thy child shalt have goals besides winning.**

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

## **X. Thou shalt not expect thy child to become an Olympian.**

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

(by Rose Snyder, Managing Director Coaching Division, USOC - Former Director of Club Services, USA Swimming)

# OH, GROW UP!!

M A R C H / A P R I L / M A Y - B I R T H D A Y S

## *March*

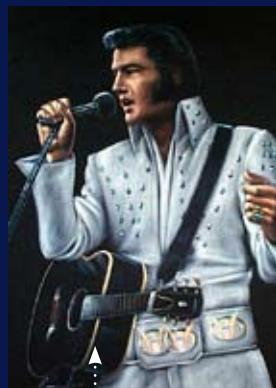
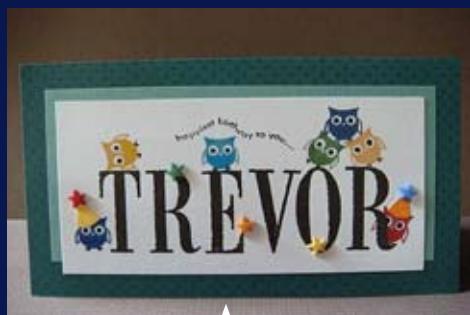
Chuck Batchelor	40
Megan Bailey	11
Kendra Cerce	12
Ripley Devers	9
Brenna Dorgan	14
Rizvan Eteman	12
Matt Houghton	14
Kyle Peach	13
Michael Schermerhorn	13
Nathaniel Schermerhorn	18
Sam Spurrell	13
Gigi Tompkins	14
John Vatkevich	17

## *April*

Brandon Brown	16
Pat Conway	12
Samantha Durand	14
Angela Foley *	11
Lauren Foley *	11
Kelsi Oresman	15
Jordan Ross	12
Mike Ross	41
Laura Sogar	18
Max Spurrell **	10
Sarah Steingold **	12

## *May*

Perry Ashenfelter	18
Danny Beisel	15
Aiden Caulfield	13
Stella Chaves	10
Alyssa Correia	16
Paolo Deluca	18
Hanna Durand	12
Alex Frasier	17
Andrew Gusev	16
Nick Houghton	16
Duncan Mulleady	13
Clarissa Palmer	17
Madison Ross	9
Anna Senko *	17
Grace Senko *	17
Tom Tandetnik	12
Maddie Thomson	13
Leah Tinkham	13
Win Tompkins	11
Frank Vygoder	13
Tara Zhou	10



### YOUR BIRTHDAY PRESENTS.

(COURTESY OF THE BLUE YORK TIMES)

- A picture of a velvet Elvis painting.
- A homemade card for some kid named Trevor.
- Five bucks you can't spend.

HAPPY BIRTHDAY! HOPE YOU LIKE 'EM!!

\* TWINS

\*\* NOT TWINS

# TECHNICAL SUITS: PROS AND CONS



**14th August 2008**

*It was another dominant day for the Speedo LZR Racer today, as all of the medals winners in the pool were wearing the suit.\**

**Speedo's introduction** of the LZR Racer suit last year has caused turbulence in the swimming world. While some view it as a revolutionary breakthrough in racing, others view it compromising the purity of the sport. Although "fast suits" have been around for over seventeen years, previous generations of them have not had the dramatic impact of the LZR and other recent technical suits. While past technology focused mainly on fabric in eliminating drag, the LZR has added compression to reduce skin and muscle vibration, a corset-like internal core stabilizer to help maintain optimal body position, and panels of polyurethane fabric to aid flotation. If you think this sounds scientific, you're right: Speedo used input from NASA in developing this suit.

With 108 world records shattered since the introduction of the LZR one year ago, there is little doubt that these technical suits have an effect—an effect that has increased media attention to the sport in a very positive way. It's exciting to watch records fall!

But as with most innovations, there are varying opinions of its value. Some argue that swimming should be open to technological advances and embrace these new enhancements to racing. They see them as moving the sport forward and claim that other sports are making similar changes. Swimmers feel fast in the water and are happy with the times they are posting.

Others say that the suit creates an unfair, uneven "playing field" in the sport. At an average price of \$500, the LZR creates a financial burden for swim parents and raises an economic barrier to competition at the highest levels. That price is not likely to go down, as once the effect of the LZR has leveled, newer technical suits will be needed to keep records falling. There are claims



that these suits skew the field, since some bodies benefit more from the suit's compression and flotation features than others. Another controversial issue is the way the suit affects strokes. Some athletes are actually changing their strokes to work with the buoyancy aspects of the suit. When swimmers post a fast time wearing technical suits, they often wonder how much of the drop was attributable to the suit as opposed to personal improvement.

As of now, the use of the LZR and other technical suits is not allowed in age group swimming. FINA (the international governing body of swimming) has been studying these suits closely and has come up with some recommendations regarding design, material, thickness and buoyancy (<http://www.swimmingworldmagazine.com/lane9/news/20694.asp>). These rulings are part of a longer-term analysis that will unfold over time.

In the meantime, the LZR has given us many issues to think about. Let's hope that future rulings will bring us to a place where the glory goes to the swimmer and not to the suit.

\*<http://www.speedo80.com/lzr-racer/results/>

# THE ROAD TO FINA WORLD CHAMPIONSHIPS

The next major international event in the swimming world is the 13th FINA World Championships, to be held in Rome, Italy, from July 22 -August 2, 2009. FINA World Championships is the most elite international swim meet in a non-Olympic year. USA National Team selection will take place at World Championship Trials in Indianapolis (July 7-11). To compete in events at these trials, swimmers must have made the cuts (which are equal to and in some cases faster than the '08 Olympic Trial cuts).

Bluefish have five current swimmers who qualify for the Trials (Elizabeth Beisel, Alex Forrester, Laura Sogar, Kaia Simmons and Cara Vogel), and several more close to the cut. In preparation for the trials, all these swimmers will go to Colorado Springs, Co, for high altitude training from April 9th - 26th, and then compete in two Grand Prix meets (Charlotte, NC, in May, and Santa Clara, CA, in June).

At the Trials, a maximum of 26 men and 26 women will be selected to the US team. In filling these slots,



selection priority will start with the top four finishers in the 100 and 200 Meter Freestyles and the top finishers in all other events, followed by the second place finishers in the other events, and then by the 5th and 6th place finishers in the 100 and 200 meter freestyles. More positions are allocated for 100 and 200 meter Freestyle swimmers because of their importance in relays.

Athletes selected for the team will leave directly from Indianapolis for training in Italy. Coverage of both the Trials and the Championships will be available at [www.usaswimming.org](http://www.usaswimming.org)

## FUND-RAISING TOTALS AS OF MARCH 1<sup>ST</sup>

**GoodSearch**  
YOU SEARCH WE GIVE

\$111.65

**shaw's**

\$506.83

# IN THE POOL-OLD SCHOOL

A look back at our very own Mike Ross and Chuck Batchelor. Two goofy kids with a competitive streak.  
*by Mike Ross*

Recently, I was looking through some old Connecticut Swimming year-end results for 1980 and 1981. For those of you who don't know, Chuck and I started swimming together in Connecticut when he was 8 and I was 9. We were teammates until I started high school. I was curious to see how the Bluefish swimmer's times compared with our times and I thought you might be interested too.

When looking at these times consider a few details. First, we didn't have tech suits. A tech suit for us was wearing one Speedo instead of two. Second, we didn't get to race in "fancy" races like the 200

fly and 200 back as 12 & Unders -- people thought we might hurt ourselves -- we weren't just being wimps (well, Chuck wasn't). Third, yes, Chuck is/was one year younger than me.

You will notice a lot of missing times in this chart. Remember, this was before the internet, so the only times that were recorded are those that Connecticut Swimming thought were important. Notice how many more of Chuck's times were important than mine at age 11 and then age 12. Ouch! I should note that at age 12, Chuck was nationally ranked in several events and was, in fact, that fastest 11 & 12

*(continued on page 10)*



1980-1981	CHUCK	MIKE	CHUCK	MIKE
	AGE 11	AGE 12	AGE 12	AGE 13
100 Free	?	57:61	54:73	?
200 Free	2:06:55	2:04:42	1:56:54	?
500 Free	5:29:53	?	5:12:86	?
50 Back	?	29:40	28:97	?
100 Back	1:04:97	1:03:57	1:00:98	1:01:53
50 Fly	?	?	27:27	?
100 Fly	1:02:93	?	58:79	?
100 Breast	?	?	1:09:96	?
100 I.M.	1:04:37	?	1:01:83	?
200 I.M.	2:16:26	2:23:14	2:07:73	?

(continued from page 9)

**MIKE AND CHUCK.  
CAN YOU FIND THEM IN THE PHOTO?**



*There are two things that make it difficult to find Mike and Chuck in this photograph:*

1. *It was shot waaaaaaaaaaaaaaaay before high-resolution photography.*
2. *Chuck's not rockin' the beard yet.*

year old swimmer in the nation in the 200 IM.

What else can be learned from these times, besides the fact that Chuck was really fast? One thing that I think is interesting is how this demonstrates the different rate of development for two swimmers. I didn't beat many of the times that Chuck swam at age 12 until I was 14. In some events like the 100 fly and the 200 IM, I didn't beat the 12-year-old Chuck until I was 15!

Was I discouraged by this? Sometimes. But as my parents and coaches often pointed out, Chuck was not my real competitor. The clock was. I needed to improve my times more than I needed to beat any one person. To do that, I needed to work harder in practice, focus on my technique and improve my attendance. I also needed a bit of patience. As the years progressed, I grew physically and my hard work and focus paid off. My times dropped significantly and by the time I was in college, I too, was being recognized at the national level.

P  
L  
A  
Y  
S  
H  
E

**A RANDOM SELECTION FROM SWIMMERS' IPODS. HOLA!...**

**STARSTRUCK**  
Lady Gaga

**HEARTLESS**  
Kanye West

**VIVA LAVIDA**  
Coldplay

**SUMERTIME**  
N.K.O.T.B.

**I HATE THIS PART**  
Pussycat Dolls

**TAKE A BOW**  
Rihanna

**TROUBLE IN NASHVILLE**  
The Disappointments

**SUPERMASSIVE  
BLACK HOLE**  
Muse

**THE CLIMB**  
Miley Cyrus

**THINKING OF YOU**  
Katy Perry

**YOU FOUND ME**  
The Fray

**HOUSE OF THE RISING SUN**  
The Animals

**LOW**  
Flo Rida

**HUMAN**  
The Killers

**ATOMIC PUNK**  
Van Halen



# **OFFICIAL's information**

I hope that you enjoyed the first publication of our Officials' Information Newsletter! For this Issue I would like to address the art of Chief Judging. For those of you that are not officials let me quickly explain what a chief judge, or CJ as we call the position, is. In our world of officials we have different positions on deck.

I am sure you are all very familiar with who the Referee and the Starter might be, but you might not be aware that there is a lot more going on down on the deck by my favorite group of officials called the chief judges. This group of multi-tasking individuals contribute a major role in the running of a smooth and professional swim meet. They are the stroke and turn official's mentors and the lead chief judge is also the deck official's representative of the meet referee. This is a responsibility that is usually earned from demonstrating a consistent understanding of the stroke and turn rules contained in our USA Swimming Rule Book. A Referee knows that his team is as strong as his chief judges. Their responsibilities are endless and they have to show a constant professional manner at all times.

So you have been asked to be a chief judge by the Referee, this is what some of your duties will be! Get your check list out and never assume that everything is in place, ready and working. Take charge of your quadrant and be ready for anything! Here are a few things you might be responsible for at our local LSC meets.

- LAP COUNTERS FOR DISTANCE SWIMS PLACED AT TURN END
- ALL RADIOS AND EQUIPMENT WORKING PROPERLY AND IN THE CORRECT PLACE ON DECK
- DQ SLIPS AND CLIPBOARDS/PENCILS/HEAT SHEETS
- RELAY TAKE-OFF SLIPS
- WATER FOR YOUR OFFICIALS/ TOWEL TO DRY OFF THE CHAIRS THAT YOU PUT IN PLACE
- ROTATION OF OFFICIALS AND PROVIDING RELIEF AND COVERAGE DURING THE SESSION

That seems like a lot but there is more! As a Chief Judge you may be also asked to lead the stroke briefing before the meet. You may be asked to answer your officials concerns during the meet. The Referee may ask you to provide additional information regarding a disqualification in case a coach has a question. You may be asked to evaluate the performance of the stroke and turn judges. This is always done in an educational and professional manner. I know that you have worked many local meets that do not utilize Chief Judges. When Bluefish host a meet we will always provide the educational tools and mentoring opportunities that will make you a better official. That starts with the Chief Judges! We have been truly lucky to have such an amazing group of officials that have stepped up and worked as a Chief Judges. Thank you for the dedication and pride that you all have in your jobs. You are the best there is!

*~Thanks, Joanie.*

**Now let's try a Situation and Resolution for stroke and turn: This one is not that hard but as we progress I will provide more difficult ones!**

**An 8-year old approaches the first turn in the 50-yard breaststroke. Prior to touching, he does a flip turn and pushes off the wall with both feet. Is this legal?**

**Recommended Resolution:** No. The swimmer must touch the wall at the end of each length with both hands simultaneously. The swimmer should be disqualified.

**Applicable Rule: 101.2.4**