

Colonies Zone News

Summer 1998

USMS Colonies Zone Newsletter

Vol. 1 No. 2

News & Info From LMSCs Around The Colonies Zone

Each newsletter, I will be reporting information about LMSC's so we can all know about special activities around the zone. Most of the following I picked up out of LMSC newsletters and web sites. If you have any news or bragging to do for the fall newsletter, send it to me by August 15. This should include any subjects you wish to discuss at convention in September.

LMSC \$50 Donations

Each year, all LMSC's in the Zone donate \$50 to defray the convention expenses for the Zone Rep. The \$500 should just about cover expenses this year. Please send your payments by August 1—Thanks!

LMSC Information Survey

Sometime last year I asked for information from the LMSC's concerning their election procedures. I received answers from some with various levels of completeness. I still need this information for Hugh Moore, Zone Chairman. The four questions asked were:

- 1) When are elections held?
- 2) What positions are elected?
- 3) How are candidates nominated?
- 4) What committees do you have?

I have all the information from Metropolitan, Niagara, Potomac Valley, and Vir-

see LMSCs on pg 2 col 1

USMS 1-Mile Open Water Championship

July 4, 1998
Greenwich, CT

For Information
See Listing on Calendar on Pg 6

USMS Management Committee Studies Structural Changes

You may have noticed in the back of the rule book a listing for the Ad Hoc Professional Management Committee chaired by Hugh Moore, Zone Chairman. This committee is made up of the USMS Board of Directors and members with special assignments. The purpose of the committee is to review the current USMS tasks and administrative structure and to make recommendations for change or non-change in the way we do business.

Even if you're not a member of the committee, it is important that you begin to think about your position on these issues. The committee members have been in touch by e-mail and snail mail since last November. We will have a Wednesday afternoon meeting at convention. At that time we will review where we are in the process

and possibly make some recommendations for action.

If you are asked to vote on a proposal in September (and I don't know that you will be), you need to have clear in your mind at least what your basic orientation is. I'm not saying your opinion needs to be cast in concrete. I have found, however, that in the ten plus conventions I've attended, it is very difficult to make decisions on complicated issues without forethought.

When I don't have a position going in, I sometimes end up voting with people who know more about the issue and whose judgment I respect. Even though this isn't necessarily wrong, I feel it would be better if I formulated my own opinion first and then tested it against other people's arguments.

To help you begin thinking about USMS management, I would like to review the progress of the committee as reported by Hugh Moore in several e-mails.

Survey of Organizations

The first step in the process was to identify organizations like USMS who had gone through a similar transition. Most of them were sports national governing bodies or similar to NGB's and of the 75 who were sent a survey, 19 responded. The memberships ranged from a low of 600 (USA Team Handball) to a large of 700,000 (United States Golf Association). Dues for all these organizations were similar to USMS with \$25-\$30 being common.

Most of them had a variety of activities similar to USMS such as promotion, education, motivation, development, management, and coordination. For their members, they conduct meets/tournaments, have publications, establish standards and rules, maintain records, provide insurance, etc. The major difference from USMS is the training and development of national level

Close to 500 Attend Zone SCY Champs

The 1998 Colonies Zone SCY Championship was held March 27-29 at Rutgers University in New Brunswick, NJ. About 470 swimmers from 17 teams (plus unattached swimmers) came together for the three-day weekend. During the meet, all individual and relay events available were offered. A nice touch, which came with the results, was an individual swimmer meet summary report which showed the swimmer's event results, including splits.

Winner of the large team division (31 swimmers or more) with 4,236 points was Garden state Masters. Colonials 1776 took second with 3,425 points and Empire State Masters third with 1,558 points. In the small team division (29 or less), Connecticut Masters took first with 909 points. White Plains Masters was second with 872 points and Maryland Masters third with 317.

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see MANAGEMENT pg 3 col 1

LMSC News From Around The Zone

LMSCs from pg 1 col 1

ginia. I need the answer to question #3 from Connecticut. Adirondack, Delaware Valley, Maryland, New England, and New Jersey have not responded at all. I would like to get this survey completed as soon as possible.

LMSC Web Sites

Seven of the ten LMSC's now have web sites on the internet. They all have some characteristics in common (administration information, swim team listings, places to swim, meet calendars, meet results, links to USMS Top Ten and All-American, etc.). Some have a few unique components which I have listed below under the LMSC information. If there are any new web sites which I missed, let me know and I will put your URL in the next newsletter.

Adirondack LMSC

Adirondack has their web site at members.aol.com/adms1/. An interesting aspect of this site is their on-line book store where you can search for and purchase books on swimming. In association with Amazon.com, this site also lets you submit your own book reviews of interesting swimming books you have read. The ADMS web site is maintained by Bruce Raver.

Connecticut LMSC

The big news from Connecticut is that a Long Distance National Championship will be held on July 4 at Greenwich Point, CT. It is a 1 mile swim in 70 degree water. This is a well-established event with Peter Crumbine as meet director. Peter is a long time member of the Long Distance Committee (you may have seen his picture in the May-June issue of *Swim*). This is the only open water championship in Colonies Zone this year. A copy of the entry form is included in the newsletter.

Delaware Valley LMSC

Delaware Valley LMSC maintains its web site at www.bee.net/dcastell/DelawareValleyLocalMastersSwimCommittee.htm. It includes an extensive meet schedule, including a local open water schedule compiled by Barney Hungerford. The site is maintained by Dan Castellano.

Maryland LMSC

Maryland's web site can be viewed at www.mindspring.com/~marylandlmsc/. This site is maintained by Craig Dewing. It contains an especially nice touch by includes personal results from local and national meets for Maryland swimmers.

Metropolitan LMSC

Metropolitan LMSC is the location of two swims in the race against cancer. They are the New York-area events in the Swim Across America Series. July 11 will be 1 and 4-mile swims across Long Island Sound. July 23 is a 26-mile team relay swim along the Hudson River.

These swims will raise money for the "Swim Across America Laboratory" at Memorial Sloan Kettering Cancer Center in New York City. See the listings in the Colonies Zone Calendar at the end of this newsletter for entry information.

New England LMSC

New England Masters have recently been busy increasing their competitive edge with the birth of four girls and one boy in March and April. The Andover YMCA won third place in the small team division of the recent Y Nationals. This included seven national champions.

An ocean swim group will start in June. Led by Fred Bartlett, a NEM coach, they will swim every Monday at 5 PM at the town beach, Narragansett, RI. Fred finished 7th in the national triathlon, 13th in the worlds at Perth, 22nd in the Ironman.

The New England web site can be viewed at www.unb.ca/web/Masters_swimming/indexNEM.html. It is maintained by Carolyn Dooman and includes a **very** up-to-date electronic newsletter (the May 98 newsletter is there already!).

New Jersey

The Colonies Zone SCY Championship was held in the NJ LMSC in late March (hosted by Rutgers College Recreation). See the review of the meet on page 1. I'd like to thank the Rutgers team and especially Cathy Copeland for all the work they have done in recent years on Zone Championships. I heard that they want to take some time off (and well deserved!), so the rest of us will have to step forward.

Niagara LMSC

On April 19 at the New York State Championships, Niagara Masters presented Jim Matysek with the 1998 Skehan Award for the "time, effort, and unique expertise that he has brought to Niagara Masters Swimming." Jim is not only a good swimmer, but he helps with meets, administrative business, and is the Niagara and USMS Webmaster and Chairman of the USMS Computer On-Line Committee.

The award is named for the late John Skehan, swim coach at St. Bonaventure University, in recognition of his "pioneering efforts in the early years of Masters Swimming." Established in 1986, the award is presented to the Niagara swimmer who contributes to the success of Masters swimming. (Quotes are from George McVey's presentation speech).

Niagara's web site is located at niagamasters.home.mindspring.com.

Potomac Valley LMSC

Potomac Valley swimmer Jayne Bruner will receive the ultimate reward when she is inducted into the International Swimming Hall of Fame in Ft. Lauderdale, FL. Jayne, who is 62, swims for DC Masters and has been involved in USMS competitive swimming for over twenty years. She currently holds 33 USMS and 8 World age group records. She has achieved over 60 top ten times in the past four years.

Swimmers and competitors visiting Potomac Valley will have the pleasure of swimming in one of the finest new natatoriums in the country at the University of Maryland. It is an all deep water, 8 lane, 50 meter course with fully automatic timing system, color graphics scoreboard, and a separate 8 lane 25 yard warm-up/warm-down pool. The next masters event is an 800/1500 meter meet on June 28.

The PV web site can be viewed at www.swimgold.org/pv/ is maintained by Jeff Roddin.

Virginia Masters

Virginia Masters has once again grabbed the brass ring and secured the USMS Mentor Coach and Swimmer Clinic for September 19 & 20. Last year this clinic was one

USMS Unique Among Large Organizations

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teams, development of training programs, and representing their interests with local, state, and federal governments.

The organizations had paid positions ranging from top administrators down to clerks and receptionists. Nearly all had an Executive Director. The number of paid positions usually related to the size of the organization. The chain of command had the Executive Director at the top who reported to a Board of Directors. Usually the Board of Directors hires the Executive Director and he/she is responsible for hiring the rest of the employees.

Most did not share information on salary, but two reported salaries of \$60,000 and \$65,000 for Executive Director. Funding for paid staff came from membership dues, sponsors, championships, sanctioning fees or assessments, and frequently the USOC. The percent of membership dues used to support paid staff ranged from 20% to 57%. USMS currently pays less than 10% of member dues to support the National Registrars and National Executive Secretary.

Survey of USMS Tasks

The next step in the process was to survey the members of the committee and get

their opinions about the tasks that USMS is doing now. We were asked if we thought a function needed to be done by paid staff and if so, what time frame should be used for the conversion (now, 2-5 years, or 6-10 years). Some of the tasks are now being done by our two paid positions. The rest are accomplished by National Committees. The results of this survey will be available by June 15.

The tasks looked at were divided into three categories: 1) Potential Revenue Generating Tasks; 2) Membership Services; and 3) Administrative. In the sidebar on this page I have provided a mini version of the survey so you can consider how you would vote on changing these jobs. Some of the job descriptions have been altered from their original versions to conserve space, hopefully without changing their meaning.

A Few Questions

Since this column is meant to prime the pump not give conclusions, I would leave you with the following questions to ponder. First, do we want to change the administrative structure of USMS or not? Before we can determine that, we need to decide what we want Masters to become over the next ten years and how changes might help us reach our goals as well as benefit the membership.

From the above survey we learned that we are unique in being a large organization without a CEO or Executive Director. At our current rate of growth, we will go over 50,000 members in another five to eight years. For some jobs, this growth will increase the workload for volunteers.

If we do decide that a change is in order, which jobs will become paid positions and how will we structure it so we still have control over our organization? Essentially, right now the inmates are running the asylum and some people may prefer it that way.

In his e-mail, Hugh noted that "other organizations have shown that you can still control staff by the hiring process and reporting structure (i.e. the Board of Directors and/or Executive Committee remains involved in all major decisions and periodically reviews work performance)."

This brings up an additional volunteer

see MANAGEMENT pg 5 col 3

Survey on USMS Tasks

The following survey was sent to the Management Committee in May.

General Opinion—Select One

- a) USMS should expand paid positions in the next ___ years.
- b) USMS should expand paid positions as soon as practical.
- c) USMS does not need any more paid positions.

If you chose "c", skip the rest of the survey. Rate the following tasks 1-4. Indicate whether they should be converted immediately (1), in the next 2-5 years (2), the next 6-10 years (3), or never (4).

Potential Revenue Generators

- ___ Solicit national sponsors
- ___ Working with national sponsors
- ___ Ads for national meets
- ___ Membership info 800 number

Membership Services

- ___ Website administration
- ___ Swim editor
- ___ National Championship coordination
- ___ National Championship sponsors
- ___ Coach development programs
- ___ Club development programs
- ___ Press releases for meets (all levels)
- ___ Press releases for Natl Champs
- ___ Places to Swim production/distribution
- ___ Calendar of Events production/distribution

- ___ Coaches manuals production/distribution
- ___ Top Ten compilation
- ___ Top Ten distribution

Administrative Tasks

- ___ National Registrar
- ___ Rule Book editing
- ___ Rule Book publication
- ___ Controller
- ___ Executive Director
- ___ Executive Secretary
- ___ LMSC activities coordinator
- ___ LMSC assistance
- ___ Insurance coordinator
- ___ Auditor—national finances
- ___ Auditor—LMSC finances
- ___ Review LMSC by-laws & policies and suggest changes
- ___ Update LMSC handbook annually
- ___ Publish & distribute LMSC handbook
- ___ Coordinate convention activities
- ___ Assist committees in communicating with members
- ___ Assis committees with publications & distribution of same
- ___ Liaisons to USS, YMCA, FINA, USAS, etc.
- ___ Oversee national committees
- ___ Make USMS policy
- ___ Assume current Executive Committee functions

Add Other Tasks

Propose Your Event for Listing in Sept/Oct Swim

Susan Ludwig, USMS Editor for *Swim* has asked each Zone Rep to suggest three events from their zone to be listed in the September/October issue.

This new policy is meant to ensure that the most important events are covered. If you have a significant event which you would like to list, let me know and I will consider it. Include some information which will allow me to differentiate between events.

If I don't hear from any LMSC's on this, I will choose the events I think seem most interesting. For the next issue, I have to reply to Susan by June 24, so I need to hear from you by June 20.

Deadlines for subsequent issues are November/December issue—August 24, January/February issue—October 24.

VMST Swimmers to Swim English Channel

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of the largest in the country with 80 swimmers and 20 coaches participating. Scott Rabalais, current Chairman of the Coaches Committee, will be the coach/mentor this year. The clinic is open to Masters swimmers, triathletes, fitness swimmers, and lap lane swimmers.

Six Virginia swimmers will travel to England in July to swim across the English Channel. Shirley Loftus, John Post, John Shrum, John's daughter Mo and son Joe, and Bob Lazzaro will do a relay swim across the Channel.

Each participant will swim one hour and then the next will swim one hour until they cross the distance. They have arranged for a boat starting July 29. They have a five day window to do the swim. Good luck and we hope to report on the results in the next newsletter.

VMST also announced that registration is up 23% this year over 1997. Their web site can be viewed at "www.serve.com/LMSC_for_VA/index.html." It is edited by a phantom webmaster who is too shy to identify him/herself.

P O T P O U R R I

Zone Chairman Election Scheduled for Fall '98

At the 1997 convention, the job of Zone Committee Chairman became a position to be elected by the House of Delegates. That election will take place in even numbered years, separate from the election of other officers. The first Zone Chairman election will be at the convention in September.

The current Zone Chairman, Hugh Moore, has indicated his intention to run for re-election. He has asked Richard Smith, Oceana Zone Rep, to run the election. If you wish to nominate someone for this position, the following rules will apply:

- 1) Nominator and nominee must both be currently registered with USMS.
- 2) Nominee must have convention experience and served on a committee.
- 3) Limit nomination to one page (8 1/2 x 11). Plus same for limit of one letter of recommendation.
- 4) Nomination must be LMSC approved.
- 5) All nominations must be received by July 1, 1998.

Send nominations to: Richard Smith, 4309 Surita Street, Sacramento, CA 95864-3107.

Long Distance Pages Open on USMS Web Site

In April I put up a web site for the Long Distance Committee. You can view it at www.usms.org/longdist/. This site does not yet have a link in the USMS home page or table of contents, so you will have to go directly to the URL.

The site still needs workouts and training articles. If you are a coach who works with long distance/open water swimmers and have some favorite workouts, send them to me. I would like to set up the training section so it has workouts to do for all times during the year (off-season, pre-season, during competitions, and post-season).

Delinquent LMSC's

In the most recent version of "News You Can Use" (postmarked May 4), Tracy Grilli listed the LMSC's who were delinquent on their reporting of Financial Statements and Annual Meeting Minutes which were due April 30. I'm sorry to say there were quite a few from Colonies Zone in both categories. If you have not yet turned in your documents, please do so immediately. You are now over one month late.

Nike Champions Clinic

Another opportunity exists to bring a high quality clinic to your area as a result of the collaboration between NIKE and USMS. Three clinics, conducted by Olympic swimmers will be sponsored.

For more information on hosting a clinic, contact Scott Rabalais at 504-766-5937 or scottrabalais@compuserve.com.

LCM Postal Zone Championship Delayed Until 1999

It is with great regret that I announce that we will not have a LCM Postal Championship this summer. We have been overtaken by events and the meet has been cancelled for lack of time to properly organize it for this year.

Tracy Grilli, who has headed the effort to get the postal going, will lead a discussion at convention next September so we can work out the details ahead of time. Further information will be in the next newsletter. Thanks to her and others who worked on this project and their efforts will not be wasted.

Corrections to Zone Mailing List

The following are corrections to the list of LMSC Officials printed in the previous newsletter:

Stephanie Walsh Beilman (DV LMSC) - stephswim1@aol.com

Dorothy & Jerianne Donnelly (CT LMSC) - donnellydj@worldnet.att.net

Colleen Driscoll (MR LMSC) - Work 212-312-6714, cdriscoll@amre.com

Esther Lyman (NE LMSC) - TimberSt@aol.com

Tom Lyndon (NE LMSC) - area code 781

Potomac Valley Chair Reports on Survey of USMS Swimmers & Their Activities

Potomac Valley Chairman, Debbie Morrin, reported in the latest issue of *The Swimmer's Ear* on a survey of USMS swimmers. This survey was sent to a random sampling of 3,400 members with a return of 1,243 (54% male and 46% female with a mean age of 45 years).

The following information can be used when planning LMSC activities and competition events:

- 1) Swimmers were involved in swimming for a mean of 22.3 years with mean 6.8 years as USMS members.
- 2) Swimmers do a mean yardage of 2,720 yards per workout and average 3-4 days per week year-round. Most swimming is done at parks, recreation centers, community pools, or colleges & universities.
- 3) Most competitions entered are in local USMS events.
- 4) Performance enhancing foods used are energy bars and fruit.
- 5) Gear is purchased at sporting goods stores, through mail order, and swim specialty shops.
- 6) Most people swim for fun, conditioning, and fitness.
- 7) Reasons for joining USMS were a desire for organized competitions, workouts, and fun activities.
- 8) Most swimmers find out about masters through friends.

Ironman Geoghegan Tops in Individual Points

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In the Swimmer High Point category, three of the top three women and two of the top three men scored 90 points or better (with a maximum of 11 possible swims). For the women, Lida Gaschke (Empire State Masters) led the way with 97 points followed by Janet Moeller (Colonials 1776) with 95 points and Laurie Hug, 90 points.

For the men, Jack "Ironman" Geoghegan (Connecticut Masters) won all eleven of his events and earned swimmer high point honors for the entire meet with 99 points. He was closely followed by 94 year old teammate Gus Langner with 90 points and Bill Rodgers (Maryland Masters) with 79 points.

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 • **Please Don't Forget** •
 • **\$50 Per LMSC for** •
 • **Zone Rep Convention Expenses** •
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Committee Ponders Possible Changes in USMS Management

MANAGEMENT from pg 3 col 3

issue. If you happen to be on the Board of Directors, you will have sufficient interesting and important work to do. What will the rest of the volunteers have to do under this structure? It is sometimes true that to achieve something you have to give something up. As jobs gravitate toward a central office, there may be fewer opportunities available to the many talented people now working for USMS which are comparable to what we are doing now. How do we structure ourselves so we can keep the interest of our current volunteers and recruit others in the future?

An increase in paid positions also implies the need for new revenue sources. The projected growth of membership will increase income. We can also use marketing revenues, national championship surcharges, and dues increases. The question is, how much can we earn from these sources and will members perceive a real benefit to be gained from any dues increase?

Anyone who has opinions on these issues can write to me or anyone else on the committee (9 out of 40 members of the Management Committee are from Colonies Zone). We will see that your ideas are given consideration.

Colonies Zone Calendar of Events

- 1/1/98-12/31/98; Check Off Challenge; PST; Tracy & David Grilli, 9 Wiley Hill Rd., Londonderry, NH 03053; 603-437-1375; E-mail: tracyswims@usms.org; Swim as many of the 18 pool events as possible during 1998. Get a t-shirt to check off each event as you swim it.; Located in NE LMSC
- 1/1/98-12/31/98; Premier Stroke Clinic - Rockville, MD; CLN; Clay Britt; 301-231-9740
- 1/1/98-12/31/98; The Potomac Marlins Stroke Workshop - Potomac, MD; CLN; Barry & Bill Marlin; 703-549-8820
- Summer 98; 1 Mi point to point - Stamford, CT; OPN; Jennifer Listens, Stamford YMCA, 909 Washington Blvd., Stamford, CT 06901; 203-357-7000(x108)
- 6/6/98; 1, 2, & 5 Mi Swims - Westwood, MA; OPN; Jim Doty, Westwood Insurance Co., 555 High St., Westwood, MA; 781-320-1580(h), 781-326-6015(w)
- 6/6/98; Connecticut Senior Olympics - Southington, CT; SCY; 860-621-4220; Qualifying meet for National Senior Olympics, October 1999, Orlando, FL
- 6/6-7/98; Total Immersion Workshop - Long Island, NY; CLN; Total Immersion, 5 Jennifer Ct., New Paltz, NY 12561; 800-609-SWIM, 914-256-9770, 914-256-0658(fax); E-mail: info@totalimmersion.net; On-line registration available; Web Site: www.totalimmersion.net
- 6/7/98; 2 Mi Choptank River Swim - Cambridge, MD; OPN; L & M Computer sports, 89 Park Dr., Berlin, NJ 08009; Robert Drew Vigorito; 410-964-1246
- 6/12-13/98; Massachusetts Senior Games - Springfield, MA; LCM; 413-788-2457; Qualifying meet for National Senior Olympics, October 1999, Orlando, FL; Sanctioned by NE LMSC #028-015-RLCM
- 6/13-14/98; Total Immersion Workshop - Hoboken, NJ; CLN; Total Immersion, 5 Jennifer Ct., New Paltz, NY 12561; 800-609-SWIM, 914-256-9770, 914-256-0658(fax); E-mail: info@totalimmersion.net; On-line registration available; Web Site: www.totalimmersion.net

- 6/14/98; 4.4 Mi Chesapeake Bay Bridge Swim - Baltimore, MD; OPN; GCBS, 211 E. Baltimore St., #6, Baltimore, MD 21202; 410-783-5482; Web Site: www.lin-mark.com
- 6/14/98; ck Bear Meet - ni. of ME, Orono, ME; UNK; ff Wren; 207-581-1076
- 6/20/98; 7.8 Mi Little Red Lighthouse Swim - New York, NY; OPN; Manhattan Island Foundation's Little Red Lighthouse Swim, c/o HRPC, 141 Fifth Ave., New York, NY 10010; E-mail: nycswim@aol.com; Send 2 self addressed mailing labels; Web Site: www.nycswim.org; Located in MR LMSC
- 6/20/98; Rhode Island Senior Games - Providence, RI; SCM; Michael Lyons; 401-438-3154; John O'Neill; 401-865-2268; Qualifying meet for National Senior Olympics, October 1999, Orlando, FL; Sanctioned by NE LMSC #028-012-RSCM
- 6/20/98; Vermont Senior Games 1 - Montpelier, VT; UNK; Ardis Smith; 802-824-6521; Qualifying meet for National Senior Olympics, October 1999, Orlando, FL
- 6/20/98; 1.2 & 2.2 Nautical Mi Swim for Life - Gun Powder River, MD; OPN; Joe Stewart, c/o Swim for Life, PO Box 39464, Baltimore, MD 21212; 410-243-4418; AIDS benefit, Registration 7-8:30 AM
- 6/21/98; Nickel City Splash - Univ. of Buffalo; LCM; Marrie Neumer; 716-645-3628
- 6/21/98; LC Meet - Bedford, MA; LCM; Ed Gendreau; 603-337-1823; Sanctioned by NE LMSC #028-013-SLCM
- 6/21/98; LC Meet - Berwyn, PA; LCM; Dave Craven, Upper Main Line YMCA, 1416 Berwyn-Paoli Rd., Berwyn, PA 19312; 610-647-9622; Web Site: www.bee.net/dcastell/UMLYLongCourseMeet.htm; Sanctioned by DV LMSC #088-08
- 6/21/98; 1 Mi Ocean Swim - Virginia Beach, VA; OPN; Betsy Durrant, 211 66th St, Virginia Beach, VA 23451; 804-422-6811; E-mail: durrantb@aol.com; Sanctioned by VA LMSC
- 6/22-26/98; Dick Bower Clinic - Suffolk, VA; CLN; Suffolk YMCA; 757-934-9622
- 6/26-28/98; Ivy Masters Swim Camp - Dartmouth College Hanover, NH; CLN; Jim Wilson, 13 Dunster Dr., Hanover, NH 03755; 603-646-3433
- 6/27/98; 1 & 3.1 Mi Swim - Mashpee (Cape Cod), MA; OPN; Gus Frederick, Mashpee Leisure Services, 16 Great Neck Rd., N., Mashpee, MA 02649; 508-539-1446
- 6/27/98; 1 Mi & 3 Mi Ocean Swims - Wildwood, NJ; OPN; Viki Altomonte, 209 Embleton Rd., Owings Mills, MD 21117; 410-356-2537; E-mail: altomvi@wpmail.onc.jhu.edu; Web Site: www.med.jhu.edu/cancerctr/plunge
- 6/27/98; 1 Mi Reservoir Swim - Hopkinton, MA; OPN; Louis Cappella; 781-899-7170; E-mail: 1in8@mbcc.org; Benefit for breast cancer - \$100 in pledges required; Web Site: www.mbcc.org
- 6/28/98; 800/1500 Meet - Univ of MD, College Park, MD; LCM; David Diehl, 12511 Littleton St., Silver Spring, MD 20906; 301-946-0649(h), 301-314-5372(w); Brand new natatorium. Competition pool plus 25 yard warm-up/warm-down pool. Deck entries accepted.; Sanctioned by PV LMSC #108-007
- 7/4/98; Merrimack River 2 Mi Swim - Lowell, MA; OPN; Jack Hall, 87 Burnham Rd., Andover, MA 01810; 978-475-2285(h), 978-454-5411(x340); E-mail: jackhall@mec.edu; Ned Tarney; 978-970-4242
- **7/4/98; 1-Mile Open Water Championship - Greenwich Pt., CT; OPN; Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; 203-322-6162; Web Site: members.aol.com/gswim98/1m_entry.html; Sanctioned by CT LMSC #CT8-008**
- 7/11/98; 2 Mi Cable Swim - Charlottesville, VA; OPN; Beth Waters, 10604 Pursuit Ct., Chesterfield, VA 23832; 804-744-8225; Linda McCowan; E-mail: LiMcCowan@aol.com; Sanctioned by VA LMSC
- 7/11/98; 28.5 Mi Manhattan Island Marathon - New York, NY; OPN; Manhattan Island Foundation, PO Box 959, Ansonia Station, New York, NY 10023; E-mail: NYCswim@aol.com; Send 4 self addressed mailing labels, a note specifying if you are a solo or relay swimmer, and a check for \$25 made out to the Manhattan Island Foundation; Web Site: www.nycswim.org
- 7/11/98; 1 & 4 Mi Swims - Long Island Sound, NY; OPN; Anita Holmquist; 888-SWIM-USA, 212-639-3026; E-mail: SAA_LI@yahoo.com; Raise money for the "Swim Across America Laboratory" at Memorial Sloan Kettering Cancer Center in New York City.
- 7/12/98; 1/2 & 1 Mi Ocean Swims - Seaside Heights, NJ; OPN; Seaside Heights Recreation, 800 Ocean Terrace, Seaside Heights, NJ 08751; 732-830-7260; Lin-Mark Computer Sports; 609-468-0010
- 7/12/98; SCM Meet - Newtown, PA; SCM; Bob Platt, George School, PO Box 4090, Newtown, PA 18940; 215-579-6687; E-mail: spirith20@aol.com; Web Site: www.bee.net/dcastell/SpiritSwimmingMeetForm.html; Sanctioned by DV LMSC #088-07
- 7/13-16/98; Technique Swim Camp - Harvard Univ, Boston, MA; CLN; Call for brochure; 617-783-4451
- 7/18/98; 1 Mi Ocean Swim for the Dolphins - Wildwood Crest, NJ; OPN; L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009; 609-767-1337; Dave Hirsch; 609-465-5590
- 7/18/98; 1 & 2-Mi Lake Swim - Canandaiga, NY; OPN; Vern Hecker, 3452 Gehan Rd., Canandaigua, NY 14424; 716-394-4075; New York State Championship; Sanctioned by NI LMSC #97/98 NDOWS 01
- 7/18/98; 1 & 2K Open Water - Silver Creek, Buffalo, NY; OPN; Miles-for-Smiles, c/o Demaree Brady, Children's Hospital, 239 Bryant St., Buffalo, NY 14222; 716-694-2841; Located in NI LMSC
- 7/19/98; 1 Mi Pt to Pt Swim - Westport, CT; OPN; Bill Krumm, c/o Westport/Weston YMCA, PO Box 190, Westport, CT 06881; 203-226-8981(x117); E-mail: bkrumm@aol.com
- 7/19/98; Jenny Thompson Pool - Dover, NH; LCM; Rich Axtell; 781-377-2455; Sanctioned by NE LMSC #028-011-SLCM
- 7/19/98; LC Meet - Washington, DC; LCM; Meredith Gardner, 2737 Devonshire PI, NW #123, Washington, DC 20008; 202-986-7348; E-mail: Meredith@pressroom.com; Web Site: www.swimgold.org/pv/dcrp0798.pdf; Sanctioned by PV LMSC
- 7/23/98; 26 Mi Relay Swim - Long Island Sound, NY; OPN; Anita Holmquist; 888-SWIM-USA, 212-639-3026; E-mail: Holmqia@mskcc.org; Raise money for the "Swim Across America Laboratory" at Memorial Sloan Kettering Cancer Center in New York City.
- 7/25-26/98; Total Immersion Workshops - Lancaster, PA; CLN; Total Immersion, 5 Jennifer Ct., New Paltz, NY 12561; 800-609-SWIM, 914-256-9770, 914-256-0658(fax); E-mail: info@totalimmersion.net; On-line registration available; Web Site: www.totalimmersion.net
- 7/25/98; 1 Mi Jay Lodie Memorial - Boston, MA; OPN; Jim Doty, Westwood Insurance Co., 555 High St., Westwood, MA; 781-320-1580
- 7/25/98; 2.4 Mi Swim - Portland, ME; OPN; Mathew Engineri, Greateer Portland YMCA - Peaks to Portland, PO Box 1078, Portland, ME 04104-1078; 207-874-1111(x210)

- 7/25-26/98; Empire State Games - Rochester, NY; LCM; George McVey; 716-271-2323; E-mail: macswim@usms.org; Empire State Games Office; 518-474-8889; Located in NI LMSC
- 7/26/98; 1.2 Mi Swim - Buzzards Bay, New Bedford, MA; OPN; Coalition for Buzzards Bay, Box 40442, New Bedford, MA 02744-0442; 508-984-7912; E-mail: sbbd98@banet.net
- 7/26/98; Metropolitan 5K USS Champs - Huntington Bay, Long Is., NY; OPN; Bea hartigan; 516-271-3349; USMS sanction pending
- Aug 98; 22 Mi Relay - Boston Harbor, MA; OPN; Mary McCullagh, Exec. Dir., Swim Across America, 106 Russet Ln., Boxborough, MA 01719; E-mail: mmcculla@ma.ultranet.com; Kitty Tetreault; 888-USA-SWIM; E-mail: jacqKat@earthlink.com; Fundraising swim for cancer with former and current Olympic swimmers participating.; Sanctioned by NE LMSC
- 8/1/98; 1 Mi Ocean Swim - Ocean City, NJ; OPN; L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009; 609-767-1337; After July 1 - Darren Hickman; 609-399-4341; E-mail: ochick@aol.com
- 8/1/98; 1.7 Mi Bay Swim - Narragansett Bay, RI; OPN; Save the Bay, 434 Smith St., Providence, RI 02908-3770; 401-841-5970; \$150 minimum pledge; Web Site: www.savethebay.org
- Aug 98; Echo Lake Swim - Mt. Desert Island, ME; OPN; Bill Reeve, RR 5 Box 304 K, Ellsworth, ME 04605; 207-667-3997
- 8/2/98; 2.8 Mi Hudson River Swim - New York, NY; OPN; Manhattan Island Foundation's Great Hudson River Swim, c/o HRPC, 141 Fifth Ave., New York, NY 10010; E-mail: NYCswim@aol.com; Send 2 self addressed mailing labels; Web Site: www.nycswim.org
- 8/2-3/98; Keystone Games; LCM; Pat Madden; 412-794-8471
- 8/2/98; LC Meet - Washington, DC suburbs; LCM; Teresa Martin, 1905 Clayton Pl., Alexandria, VA 22308; 703-660-6379; Sanctioned by PV LMSC #108-008
- 8/8/98; Jantzen 1 Mi Swim for Boston Harbor - Boston, MA; OPN; Janey Keough, c/o Save the Harbor/Save the Bay, 25 West St., 4th Floor, Boston, MA 02111; 617-451-2860, 617-451-0496(fax); E-mail: shsb@bostonharbor.com; Benefit swim for Boston harbor.; Web Site: www.tiac.net/users/shsb/
- 8/8/98; 2 Mi Island Beach Swim - Greenwich, CT; OPN; Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; 203-322-6162; Web Site: members.aol.com/gswim98; Sanctioned by CT LMSC
- 8/8/98; New England Champs - Bedford, MA; LCM; Rich Axtell; 781-377-2455; Sanctioned by NE LMSC #028-014-SLCM
- 8/15/98; 1.2 Mi Deep Water Swim - Gloucester Harbor, MA; OPN; Richie Martin, Race Director, 3 High Popples Rd., Gloucester, MA 01930; 978-281-0670; E-mail: BLLR138@prodigy.com
- 8/16/98; 1 Mi Ocean Swim - Seaside Heights, NJ; OPN; Seaside Heights Recreation, 800 Ocean Terrace, Seaside Heights, NJ 08751; 732-830-7260; Lin-Mark Computer Sports; 609-468-0010
- 8/21/98; 1 mi Inlet Swim - Atlantic City, NJ; OPN; Atlantic City Beach Patrol, City Hall - Mail Room, Atlantic City, NJ 08401; 609-347-5303, 609-347-5312
- 8/22/98; 10 Mi Boston Light Swim - Boston, MA; OPN; Tim Connolly; 617-472-9206; Conrad Bailey; 617-696-2025; E-mail: lightswim@aol.com; Solos and relay teams welcome. Swimmers need an escort boat.
- 8/23/98; 2.5 Mi Bay Swim - Ocean City, NJ; OPN; Polly Caffery, PO Box 850, Pomona, NJ 08240; 609-404-1591
- 8/28/98; 1 Mi Swim - Marblehead, MA; OPN; Deborah Walker, 27 Congres St., Salem, MA 01970; 978-744-8552(9-5), 978-745-6886(fax)
- Sep 98; 1 Mi Half Moon Lake - Alton Bay, NH; OPN; David Grilli, 9 Wiley Hill Rd., Londonderry, NH 03053; 603-437-1375; E-mail: Mushield@aol.com
- **9/1/98-10/31/98; 3000 & 6000 Yard Postal Championship; PST; Ann Svanson, PO Box 425, Greenfield Center NY 12833; 518-893-1967; E-mail: asvanson@skidmore.edu; Sanctioned by AD LMSC #038-005**
- 9/5/98; 1.3 mi Ocean Swim - Cape May, NJ; OPN; Beach Patrol HQ, Capt. Buzz Mogck; Race starts at 6 PM at Beach Dr. & Grant St.
- 9/6/98; 1.5 Mi Miss America Ocean Swim - Atlantic City, NJ; OPN; Bill Brooks, Atlantic City Beach Patrol, 3716 Boulevard Ave., Atlantic city, NJ 08041; 609-344-0809; E-mail: hompie217@aol.com
- 9/9-12/98; Maine Senior Games - Portland, ME; UNK; Anita Chandler; 207-775-6503
- 9/12/98; 1.4 Mi Swim for Life - Provincetown, MA; OPN; Swim for Life, Jay Critchley, PO Box 819, Provincetown, MA 02657; 508-487-3684; E-mail: reroot@tiac.net; Web Site: www.ptownlib.com/swim.html
- 9/13/98; 2.4 Mi "Wrong Way" Harbor Swim - New York, NY; OPN; Manhattan Island Foundation's Wrong Way Swim, c/o HRPC, 141 Fifth Ave., New York, NY 10010; E-mail: NYCswim@aol.com; Send 2 self addressed mailing labels; Web Site: www.nycswim.org
- 9/16/98; Vermont Senior Games 2 - Poultney, VT; UNK; Ardis Smith; 802-824-6521
- 9/25-27/98; New Hampshire Senior Games 2 - Laconia, NH; UNK; 603-332-0055
- 9/26/98; 1 mi Bay Swim - Wildwood Crest, NJ; OPN; L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009; Wildwood Crest Beach Patrol; 609-729-3038; Web Site: www.lin-mark.com
- Nov 98; Turkey Classic - Gaithersburg, MD; SCY; Linda Bowers, 18802 McFarlin Dr., Germantown, MD 20874; 301-540-0158; Sanctioned by PV LMSC
- Dec 98; 1000/1650 Meet - U of MD, Colleg Park, MD; SCY; Dave Diehl, 12511 Littleton St., Silver Spring, MD 20906; 301-946-0649(h), 301-314-5372(w); Sanctioned by PV LMSC
- 12/7/98; Reading YMCA - Reading, PA; SCY; Denis Goda; 610-375-6328
- 1/1-31/99; 1-Hour Postal Championship; PST; Jon Einsidler, 10 Waterside Plaza, Apt. 6D, New York, NY 10010; 212-684-2979; Sanctioned by MR LMSC
- 7/10/99; 2-Mile Cable Championship - Charlottesville, VA; OPN; Beth Waters, 10604 Pursuit Ct., Chesterfield, VA 23832; 804-744-8225; Linda McCowan; E-mail: LiMcCowan@aol.com; Sanctioned by VA LMSC

See the USMS Calendar of Events on the Internet
www.usms.org/comp/calendar.htm
www.usms.org/comp/ldcalendar.htm

Calendar

- April**
30th LMSC minutes of 1997 annual meetings and copy of 1997 financial statements due to National Office for all LMSCs with year-end of December 31. If you are one of the delinquent LMSC's, please do this now.
- June**
13th 2-Mile Cable Championships, Acworth, GA
20th Suggestions for *Swim* event listings to Lynn Hazlewood, Zone Rep.
- July**
1st Nominations for Zone Committee Chair due to Richard Smith, Elections Chairman.
4th 1-Mile Open Water Championships, Greenwich Pt., CT
9th Postmark deadline for LC National Championships
10th Rules and Long Distance changes and Legislation emergency amendments due to Leo Letendre (Rules), Sally Dillon (Long Distance), and Elin Zander (Legislation).
15th "Coach of the Year" nominations due to Coaches Committee Chair, Scott Rabalais.
LMSC SCY Top Ten due to Top Ten Chair, Pieter Cath.
"Fitness Program Award" nominations due to Fitness Chair.
- August**
1st \$50 per LMSC due to Zone Chairman.
"USMS Service Award Nominations" due to Mary Lee Watson, Chairman, Recognition & Awards Committee.
2nd 6-Mile Open Water Championships, Santa Cruz, CA
8th 2.7-Mile Open Water Championships, Truckee, CA
15th Information for Colonies Zone September Newsletter due to Lynn Hazlewood, Zone Rep.
20-23 Long Course Nationals, Ft. Lauderdale, FL
- September**
1st Bids for Long Distance National Championships due to Sally Dillon, Long Distance Chairman.
Bids for Colonies Zone championships due to Lynn Hazlewood, Zone Rep.

SPRING/SUMMER 1998

Colonies Zone News

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