

FAST LANE



REIMBURSEMENTS FOR RELAYS

If you plan on swimming in a Zone meet or national meet (not Y Nationals), NJ LMSC will reimburse you for the money you put forward to swim on a relay. Contact Tom Brunson, our treasurer and registrar for details; 973/279-7153, brunson@worldnet.att.net ☎



SPRING CLINIC SERIES

Ed Nessel will hold a series of 5 mini-clinics this coming March and April, Saturday afternoons from 1-5. Each clinic will focus on one stroke and the last clinic will review starts, turns, finishes and IM transitions. They will be held at Rutgers University and will include about an hour of classroom time with the rest of the time spent in the water, culminating with underwater videotaping. If you attend one clinic, the cost is \$20, for two clinics it's \$15 each and if you do all five, it's \$13 apiece. Details will be given in upcoming issues. Contact Ed Nessel at 908/561-5339; ednessel@aol.com . ☎

WHO NEEDS WATER? IMPROVING SWIMMING THROUGH DRY-LAND FITNESS

By Dan Frost

I started exploring the subject of dry-land exercises for swimmers a few months ago, mostly driven by pure necessity. You see, I am a U.S. Navy flight officer spending six months aboard an aircraft carrier about 6000 miles from home, and far enough away from any swimming pool. My goal is to come back from my deployment able to swim as well as I did before leaving. My problem is trying to do that without much opportunity to actually swim.

The value of other exercises and physical activities in improving swimming performance seemed to me to be a source of great debate. I have heard people say things like "The only way to being a better swimmer is to swim (faster)," but I know that all of the college swim teams do various exercises away from the pool. Nonetheless, many experts agree that there are certain dry-land exercises which can improve your swimming.

Terry Laughlin, famous for his Total Immersion swim camps, has what he calls his "Rule of 70." His principle being that 70 percent of swimming performance comes from swimming technique and skill; the ability to efficiently propel through water. The remainder (I assume) is fitness. It is important to recognize that there are two distinct facets of swimming performance: Fitness and skill.

I think of the skills of swimming as perishable, in that they tend to fade away without practice. In many ways, it is like learning to ride a bicycle or landing a plane on an aircraft carrier... Once you learn how to do it, you do not forget, but you do not perform either task well if you have not practiced for a while. We can only practice swimming skills in the water. However, remember that skill is only a part of swimming well. Improving fitness can be done both in and out of the water.

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OPEN WORKOUTS ANYONE?

We have more than 500 registered Masters swimmers in NJ and in an effort to get to know each other better and have a little fun, the idea of having rotating open practices has been brought up. A team would open practice up on a particular day (which would be published in the Fast Lane) and welcome all who want to swim. Who knows? You might get some good workout ideas, make new friends and have some great swims.

Any teams who want to give it a try, contact Jack Frain; 732/477-0785; jjfrain@hotmail.com ☎

FYI

We forgot to mention the source for two articles in November's Fast Lane. "Faster Breaststroke" by Wayne McCauley and "Lap Swimmers, Try an Interval Workout for Your Next Workout" both came from the Southern Pacific Masters Association website www.spma.net. Check out the site if you get a chance. ☎

WEAR YOUR VITAMINS

Not getting enough vitamin C? Pretty soon you can absorb it from a T-shirt. A Japanese company, Fuji Spinning, has developed a fiber that turns into vitamin C through contact with human skin. The company hopes to start selling the shirts in early 2002. Also on its upcoming products list: vitamin-rich underwear.

—From Nov/Dec 2001 issue of MM ☎

NJ LMSC OFFICERS

CHAIRPERSON

Julie Stewart
6 Caldwell Ave.
Summit NJ 07901
908/598-0589
JStewart10@csi.com

CLINICS COORDINATOR/WELLNESS & FITNESS/OFFICIALS

Ed Nessel
10 Irene Ct.
Edison, NJ 08820
908/561-5339
ednessel@aol.com

SOCIAL/SANCTIONS & SAFETY AND OPEN WATER CHAIRPERSON

Judy Ramirez
882 Landers St.
Toms River, NJ 08753
732/244-4602
jiramirez00@aol.com

TREASURER & REGISTRAR

Tom Brunson
11 Garret Dr.
West Paterson, NJ 07424
973/279-7153
tbrunson@worldnet.att.net

SECRETARY

Sandy Carosi
9 Charlotte Dr.
Lebanon, NJ 08833
908/236-0086
jcarosi@aol.com

TOP TEN & WEB MASTER

Ed Tsuzuki
103 Orion Way
Neshanic Station, NJ 08853
908/371-9179
etsuzuk@corus.jnj.com

OPEN WATER CHAIRPERSON

Jack Frain
55 East Pampano Dr.
Brick, NJ 08723
732/477-0785
jjfrain@hotmail.com

NEWSLETTER

Linda Brown-Kuhn, *Editor*
451 Sweet Hollow Rd.
Bloomsbury, NJ 08804
908/479-1038
lbk@sprintmail.com

Jeanne Coon, *Graphic Designer*
137 Washington St./D1
Morristown, NJ 07960
973/401-1574
jeannecoone137@aol.com

AD HOC POSITIONS

MARKETING & PUBLICITY

Millicent Kaplan; 908/725-3342
Cordeliaii@aol.com

SPORTS NUTRITION

Bridget Coll; 973/783-0854
gidgetc@home.com

REGIONAL MEET COORDINATOR

Andrea Luallen; 201/794-9418
Luallea@towers.com

Continued from page 1

According to coach Ernest Maglischo in his book *Swimming Even Faster* (pg. 69-71), he states that "The major adaptations [in swim training]...take place in the muscular system. Adaptations in the respiratory and circulatory systems, while probably contributing to improvements in performance, are not as important as those that are produced in the muscles." Here he explains that there are Central training effects which improve the cardiovascular system through various forms of exercise, and Peripheral training effects improving only the specific muscle fibers exercised.

Exercises away from the pool can help our swimming, particularly if they provide the peripheral training effects. That is, they must work, or specifically train, the same muscles used in swimming. Other exercises that do not provide peripheral training effects (e.g. running) provide central effects that help to improve general conditioning. College swimming teams routinely advocate general conditioning workouts in the pre-season and early season in order to get the body in shape before the long swimming workouts begin in earnest.

There are four different types of dry-land activities that can help your swimming: Stretching, Abdominal Exercises, Weight Training, and General Exercises.

Stretching is an activity that can be done practically anytime. Your ability to convert your mechanical energy into propulsion in the water depends in part on your flexibility, and thus your ability to move water faster and in the proper direction. Proper stretching also helps to keep your muscles warm and limber, reducing the chances for injury. Many books on swimming have chapters on proper stretching techniques (it can be dangerous if overdone). This is one task that I have found easy to do while on the carrier.

I particularly note Abdominal Exercises apart from resistance/weight training in general for two reasons. One reason is that the "abs" are a key aspect of swimming, being the source of power for proper body rotation, propulsion through the legs, and turning. The other is that no special apparatus or machine is required to do these exercises. I recommend performing exercises that are "spine-safe" in that they do not place undue stress on the spine and lower back. Instead of full sit-ups, use crunching movements instead. A company called Health for Life publishes a small manual called *Legendary*

Abs II that I recommend because I have seen college programs like Stanford University pick up on the same exercises. I too have no problem doing these exercises aboard ship.

Many advocates of Weight Training advocate "circuit training" among various exercise stations. They also recommend specifically targeting the muscles like shoulders, back and arms for the peripheral training effects. Jane Moore, in her April president's letter to the WetSet, also advocated resistance training to combat the effects of aging. Again, many swimming books have sections on weight training, although not all agree on the specific exercises that should be employed. Maglischo, for example (p. 644), recommends against push-ups, military presses and dips because of the strain these exercises exert within the shoulder. If you can find a good fitness club or gym with a weight training room, there is usually a certified trainer there who can advise you on starting a beneficial program. Also, it is a good idea to lift after swimming if you choose to do both on the same day. I am fortunate enough to have two small weight rooms aboard my carrier, but rarely use them because I must share the facilities with 5000 other sailors. When I do get into the gyms, I use the machines for triceps presses, lat pulldowns, chest presses and leg curls.

There are a number of other exercises that I do aboard ship which should help my swimming to some degree. I have a pair of stretch cords that I use for resistance training either with swimming stroke movements or with pressing/pulling movements. Jogging on the flight deck or riding stationary bikes help with cardiovascular fitness and leg strength.

Other fitness exercises often mentioned for improving swimming include the use of swim benches and medicine balls. Also mentioned are plyometric exercises utilizing powerful jumping movements.

Hopefully, these ideas will help you become a better swimmer as well as a more rounded athlete. Personally, I can't wait to get home and find out for myself if they work (My coach already wrote me to say that she'll be having 3000 meter workouts with 3x400IM descending at 5:00 A.M. when I return).

(reprinted from the *Wet Set*, July 1996

Taken from *Masters Aquatic Coaches*

Association's website (www.macacoach.org)

STROKE TECHNIQUE: PROS AND CONS

by Dick Jackson

How much stroke technique does one need? What guarantees are there that it will produce results? Should it substitute for yardage? Sound familiar? Probably more questions than answers.

For years, I have brought to my swimmers attention that if there isn't one exact way of doing a certain thing in swimming, then there are three or four. What will work for some swimmers may not work for others.

Take breaststroke for instance. There are more variations of breaststroke than butterfly, backstroke and freestyle. Some of today's swimmers have switched over to the "wave action" style. Many are having problems maintaining the stroke throughout the entire event. This includes age-group and senior level (the kids) and Masters (the adults). They will use the "wave action" style for about 75% and then change over to what they have been accustomed to in the past.

In butterfly, it's basically the breathing that varies. Most swimmers will use forward breathing. Occasionally, a swimmer will use side breathing. A swimmer who breathes to the side will at times have a tendency to ride their hips lower in the water, which will cause more drag. Keep in mind that Melvin Stewart holds the American Record in the 200m fly. He uses side breathing.

For Backstroke, it's basic for most. The swimmer who maintains a steady turnover and a strong kick in the second half of their event will usually come out on top.

As for freestyle, there's a little more technique involved. What breathing pattern (one-sided or bilateral) should one use for which event, and how often should one breathe for that particular event. Also, to use a 2, 4 or 6 beat kick enters into the picture.

This all leads to one thing. What is the perfect stroke? I really feel that today there is too much emphasis placed on stroke technique. As the late Matt Mann (Head Coach of the University of Michigan) once said,

"The only way to swim fast is to swim fast." Some of our best swimmers have the worst stroke that you have ever laid eyes on. This holds true especially in freestyle. For the coach of those swimmers to say "Do this or change that" would be suicidal. After a great swim, the first words a coach should say to his swimmer is "Good job, now go out and break another world record."

Should stroke technique substitute for yardage? There seems to be more emphasis on stroke technique than ever before. Why? Some of today's swimmers appear to be looking for the easy way out with

less yardage and more stroke work. For some, could this be a "cop out"? The late coach Sherm Chavoor used 90% conditioning and 10% stroke mechanics as part of his program. We all know the caliber of swimmers he turned out. Mark Spitz, Debbie Meyer and Sue Pedersen just to name a few. Yale's famous Bob Kiputh use to say,

"Form is not as important as conditioning." Should we return to the days of the "blood and guts" type swimming? Who knows? To sum it up, the pros and cons of this topic will continue on for a long time.

Dick Jackson is Head Coach of the Pennypack Masters, Philadelphia. His swimmers have reached the levels of USMS Top Ten, National Champion and USMS All-American.

EDITOR'S NOTE: The American Swimming Coaches Association (ASCA) recently published a chart compiled by Brian Schrader and Dennis Pursley containing "USA Swimming World Records by Year". This chart illustrates a sharp decline in the number of world records established by American swimmers since 1976. The number has declined from 16 to 1. Coach Jackson comments, "Lately, it appears that things are not getting any better."

— Taken from Masters Aquatic Coaches Association website (www.macacoach.org)



MORE ELITE TRIATHLETES

Last month we reported on the stellar performance that Doug Clark had at the Ironman Hawaii. We've just heard that Magdalena Stovickova also finished this amazing race. Congratulations. And Marie Daniel let us know that she recently completed the Ironman Florida! ☺



WORKING OUT IN THE WATER PARTICULARLY WHEN GETTING SERIOUS ABOUT SWIMMING

By Tom Lyndon MetroSports, Feb. 1993

Shape, stamina, size, speed, sociability, sex, smoking, sober living — or just something to do — are among the many reasons women and men work out. The evidence is piling up on the side of physical fitness. It can definitely be a major player on the path to a better life.

"A good exercise program should include a balance of cardiovascular fitness with strength and flexibility work and should be done three times a week for 20 to 30 minutes per session," says Steve Grulback of the President's Council on Physical Fitness. The American College of Sports Medicine and the American Heart Association favors three to five 20-30 minute sessions. Joan Benoit Samuelson, the 1984 Olympic Gold Medalist, says that "a half-hour in the pool is like a 15-mile run for me..."

Whether you are working out to reduce physical problems, improve physical appearance, swim faster, enjoy the sociability, or just to tune up the good vibes that exercise can turn on, working out in the water will help you achieve it. Swimming combines heart, muscle, and flex work in ways no other activity can. With much of your body in motion, your heart gets whatever level of cardiovascular effort you choose and the rest of your body gets all the muscle challenge you choose to give it. The rhythmical patterns of your arms, legs, and torso in the water are ideal for flexing joints and stretching muscles.

So, if you find yourself standing at the edge of the pool and are tired of doing the same old thing of up and down, up and down until you have swim your allotted time or laps, you may wonder if it will make much of a difference if you work out with a program. The answer is yes, and here is how.

THE SEVEN SECRETS OF A SUCCESSFUL POOL WORKOUT PROGRAM

1. Define Your Goals

Decide what you want from this extended plunge. If you set some tangible achievements in pounds, inches, speed or whatever, you will likely heighten your commitment, helping you to focus on making good use of your time in the water.

2. Be Patient

Results take time. Sure, you may immediately feel better, but you should think about a long term commitment and your resulting long term benefits. Some swimmers embarking on a pool program don't feel all that good at the start. In fact, they may feel sore. That will pass with patience.

3. Start Small and Slow

Unless you are an unusually tough jock, don't leap in the first week or two and extend yourself much in terms of effort and distance. Let it come gradually. It will, and it will feel really good as you begin to sense the changes. You will soon feel comfortable doing more in your workout.

4. Make it a Habit

Try to swim at certain times and on certain days if the rest of your life's schedule can fit it in. Avoid having to repeatedly decide whether or not today's the day to work out. Set up a schedule and just do it when it's time. If you get off your schedule one week, accept it, but get back on it the next week.

5. Avoid Boredom

Yes, swimming can be grimly boring for some. So, as they say, do whatever it takes. Some are content to swim continually for the allotted time or distance and let their minds dwell on matters not related to the workout. While these may suffice, consider making your workout a time to think about your swimming — how your body parts are moving through the water, how they feel and what it is you are trying to make work just a bit more smoothly. As you become more aware of what's going on, you're likely to become invested in getting the most out of your water minutes.

6. Vary your workout

For many, this is the best way to avoid boredom. Swim at different speeds, intersperse different strokes, isolate on your arms or legs with pull buoys and paddles, do stroke drills, and use timed intervals to interrupt and restart your swims. These and other components of a multiple approach will keep your workouts fresh and interesting and make the time pass plenty fast.

7. Details Matter

Swimming is a more complex activity than you may have imagined. Most agree its technique can be more sophisticated than the techniques of bicycling and running. Don't assume all you have to do is put your body in motion and the rest will take care of itself. Matt Biondi, world record holder in the 100 freestyle, told swimmers, "Be aware of how the water is moving across your body. Try to pay attention to body position in the water and what movements cause the least resistance. Even the best swimmers are constantly working on their technique." You should, too.

A coach will make a big difference. Periodic videotapes of you swimming will be informative. Others in the pool with you will sometimes notice little things in your stroke that you are not aware of, such as your arm overreaching when it enters the water, your arm pulling too deep, or your feet kicking in too wide a pattern.

Overall, a swimming workout offers you a long-term opportunity to improve your lifestyle. Give it a solid commitment, stick with it until the benefits start to kick in, then enjoy the changes. For 20 years, the strongest motivation I've had for continuing to work out is — aside from the great hot shower after the workout — wanting to pat myself on the back for having done it and for the good feeling it gives me. I always feel good after I swim and always remember that good feeling whenever I consider skipping a workout. I haven't skipped many.

— Taken from Sept. 2001 NEM News ☎

HELP! I CAN'T KEEP MY GOGGLES ON!

By Dan Frost

Recently, I was cruising down the information superhighway when I saw the following short message posted on the "rec.sport.swimming" newsgroup:

"Any idea on how to keep my goggles on after the start on the blocks?"

It caught my eye because I can not consistently keep my goggles on either. In practice, mine would come off almost half the time. My percentage of goggle retention in competition is slightly better, only because I tie the elastic headbands to "race tension," which for me is slightly looser than the pressure of a well-tied tourniquet. Even so, I have still had more than a fair share of starts where my goggles have partially flooded, fully flooded, partially shifted, or ended up around my lips. In freestyle, it is a simple nuisance, but in breaststroke or butterfly/IM starts, it is blinding.

I eagerly searched around the newsgroup to see what other people were giving for answers. Some seemed reasonable, others seemed far-fetched. Here is a sample:

"I have the same problem. One way a lanemate told me was to pull your cap down so that it is over the top part of the goggles. Ugly, but it does work."

"I guess pulling your cap down over your goggles would help, but I myself wouldn't recommend it. If your goggles are coming off after your start, you've got one of two problems. 1) They need to be tightened, or 2) Work on your start, you're probably diving too low."

"I'd have to agree. Get your head down. Think about getting your ears below your arms. This will force your head down."

"I suggest moving the band up higher on the back of your head. Right over the bump on the back of your noggin. Also try to sandwich your head between your arms on the push-off or dive. This will make you more streamlined and protect your goggles from the brunt of the force of the water."

"Tighten them."

"Crazy Glue."

"Binford 2000 goggle straps, now with turbo boost holding power."

"I prefer to wear Swedish goggles and find that they never come off. After I put my goggles on, I place my fingers on the top of the goggles and pull down with a little force. If it feels loose or pops off, I reposition them or tighten the straps. I always check right before I step up to the block, too."

"The straps going in back of your head must be placed higher than your ears, as high on your head as possible."

I made some adjustments to my starts at my most recent competition, based on some of the more reasonable suggestions listed above. Mostly, I concentrated on keeping my head down and my arms close to the ears. I kept my "Swedes" at "race tension" with my swim cap over the headband (but not on the lenses themselves). The result: Four clean starts in four races. I was overjoyed that I did not have to resort to Crazy Glue.

I'm certainly no expert on the subject of goggle retention, but I think that some of these ideas point in the right direction.

(reprinted from the Wet Set, September 1996)

Taken from Masters Aquatic Coaches

Association's website (www.macacoach.org) ↻



AGING UP

This December, nine swimmers age up.

Happy birthday to:

Carol Auer	60
Bob Likins	55
Daniel O'Connell	50
Cynthia Soma	50
Richard Schluter	45
Brenda Ziegler	40
Maryann Howes	35
Sara Parsowith	30
Carrie Greenplate	25

Carolyn Scalise aged up in November and I forgot to put her in. Sorry! ☹

"NEVER EAT MORE THAN YOU CAN LIFT."

—Miss PIGGY

LEARN ABOUT GERD

Ed Nessel has written a comprehensive article about GastroEsophageal Reflux Disease (GERD) and its Effects (on Swimming). This is an all too common problem for people, especially as they age. Ed's paper discusses who gets GERD, what causes it, GERD's symptoms and diagnosis, how serious it is, and its treatment. The article is too long to present in the Fast Lane, but Ed has agreed to email a copy to those who are interested, if you contact him at Ednessel@aol.com . ☹

GSM CAPS FOR SALE

Ed Nessel's found a company in Colorado who will provide the Garden State Masters with beautiful, bright, long-lasting silicone racing caps that have the GSM logo permanently embossed on each side. They are available in two colors with a three-color logo: bright blue cap with a blue, gold, and black logo or gold cap with a gold, blue, and black logo. They'd make a nice gift as they are long lasting, sleek in the water, very bright in color, and present no allergic reaction to the skin.

The only provision is that he must make an order of at least 25 for each color cap, not a mixed order. He can also get the swimmer's name on the cap for an extra charge if desired.

Prices are: 25 cap total 50 cap total:
cap with 3-color logo,
no name \$9.50 \$8.00
cap with 3-color logo,
w/name \$12.25 \$10.75

If you're interested in placing an order, contact Ed at 908/561-5339; ednessel@aol.com ☹

PLACES TO SWIM

Please let me know if changes need to be made at any time. I rely on you to keep this list updated. You can contact me (Linda Brown-Kuhn) at 908/479-1038 or lbk@sprintmail.com. -Thanks.

COACHED WORKOUTS

Berkeley Aquatics Contact: Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or oticuf@ptdprolog.net. Workouts: M 8:30-9:30pm, W 8-9:15pm, F 8-9pm, Sun. 8:15-9:45am

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink 973/379-8884, Workouts T & F at 8pm.

Hoboken Masters Contact: Don Galluzzi; 201/216-5696

Hunterdon County YMCA at Deerpath Contact: Nancy Shapiro at the Y; 908/782-1030. Practice is W 8:30-9:45pm. Sandy Carosi holds workouts T, H 9:15-10am. Contact her at 908/236-0086 or jcarosi@aol.com.

Lakeland Hills Masters Team Contact: Pam Banks; 973/835-7562.

Morris Center YMCA Contact: Jack Lawson at 79 Horsehill Rd., Cedar Knolls 07927; 973/267-0704.

Ocean County YMCA Masters Contact: John Morrison; 732/341-ymca.

Peddie Aquatics Association Contact: Julie Veremy; 609/490-7547 (W) or 609/371-0334 (H).

Ridgewood Y Contact Garret Orr; gso@entrepreneur-equity.com or 201/934-4222.

Workouts are M & F 8:30-9:30pm.

Rutgers University Contact Ed Nessel; 908/561-5339 or Alex Antoniou; 732/445-0457.

Workouts are held at the Sonny Werblin Rec Center pool. Workouts: M-F noon-2pm,

Sunday 5:30-7pm, M, T, H, F 6-7am, T & H 8-10pm, F 7:30-9pm

Seton Hall University Masters Contact: Jeanne Coon; 973/401-1574 or jeannecoon137@aol.com.

Practices are M, W, H 7:30-9pm; T & H 6:30-8am; Sat. 11:30-1pm.

The Atlantic Club Contact: Stephanie Crofto; 732/223-2100, ext. 318.

West Morris Area YMCA Contact: Bob Hopkins at 973/729-3686.

Westfield Masters Contact: Bill McMeeekan at 220 Clark St., Westfield; 908/233-2700.

Workouts: M, F 7:30-9pm, W 8:30-10pm.

Wycoff YMCA Masters Contact: Doug or Ray at the Y; 201/891-2081.

Workouts are T & H 7:30-8:30pm and Sat., 7:30-8:30am. During the winter call before Tues. workouts, as time may change due to kid's meets.

NON-COACHED WORKOUTS

Hamilton Area YMCA Contact: Nancy Shapiro; 609/585-1014.

Workouts: M 8:30-9:45pm and Sun., 11am-12:30pm.

Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 6811.

Workouts: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.

Madison YMCA Contact: Alan Sawyer; 973/822-1754. Group workouts: M-F, 6-7:30am.

Montclair Masters Contact: Omar Cruz, Montclair YMCA, 25 Pine Street, Montclair, NJ 07043; 973/744-3400x109. Workouts held M, W 6-7 pm, F 6:30-7:30 pm.

Princeton Area Masters Contact Princeton Recreation Dept. and ask for Paul Mucciarone; 609/655-0997. Workouts M-F, 5:45-7am at DeNunzio Pool, Princeton University

Red Bank YMCA/Deal JCC Contact: Doug Rice; 908/741-2503.

Sussex County Masters Contact: Bob Hopkins; 973/729-3686.

Metuchen/Edison YMCA Contact: Jay Koperwhats at 908/548-2044.

Western Monmouth YMCA Contact: Richard Wallace; 732/446-4589 (H), 973/482-6400, ext. 2256 (W).

Whippany Waves Masters Contact: Ben Gilbert; 201/428-9300

MEET CALENDAR

DECEMBER 8-9

COLONIES ZONES SHORT COURSE METERS CHAMPIONSHIP, Rutgers University. Contact Ed Nessel; 908/561-5339, ednessel@aol.com

JANUARY 20

LC MEET AT OCEAN COUNTY Y—TENTATIVE, details to follow.

MEETS OUTSIDE OF NEW JERSEY

DECEMBER 2

TERRAPIN MASTERS 1000/1650 MEET, University of MD, College Park, MD. Contact David Diehl; 301/946-0649 (H before 9 pm), 301/314-5372 (W) or dd119@umail.umd.edu

DECEMBER 2

1ST ANNUAL HOLIDAY CLASSIC, Western CT State University, Danbury, CT. Contact Jill Cook; 203/837-8624 (days) or cookj@wcsu.edu

DECEMBER 31

SWIM IN THE NEW YEAR, University of MD, College Park, MD. Contact Bob Lazzaro; 410/442-7649 (H before 9 pm) or cherylw@crosslink.net

JANUARY 13 OR 20

SCSU, NEW HAVEN MEET (SCY)

JANUARY 27

GROUNDHOG MEET, Westport, CT

FEBRUARY 16-17

VIRGINIA MASTERS WINTER INVITATIONAL, Midlothian, VA. Contact Nancy Miller; 804/320-2143 or nancymillr@aol.com

MARCH 17

BILL CRAWFORD MEMORIAL WINTER CLASSIC, Villanova University Pool, PA. Entry enclosed.

APRIL 18-21

YMCA NATIONALS, Ft. Lauderdale

MAY

CONN SCY CHAMPS

CHAMPIONSHIPS

DECEMBER 8-9

COLONIES ZONES SHORT COURSE METERS CHAMPIONSHIP, Rutgers University. Contact Ed Nessel; 908/561-5339, ednessel@aol.com

DECEMBER 8-9

NEW ENGLAND SHORT COURSE METERS CHAMPIONSHIPS, Wheaton College, Norton, MA. Contact Ed Gendreau; 603/742-7850, gendreau@nh.ultranet.com

MARCH 24-3/30

IX FINA WORLD MASTERS CHAMPIONSHIPS, LCM, Christchurch, New Zealand, www.eventnz.co.nz/masters-swimming/

MARCH 24-MARCH 30, 2002

IX FINA WORLD MASTERS CHAMPIONSHIPS, LCM, Christchurch, New Zealand, www.eventnz.co.nz/masters-swimming/

APRIL 19-20

COLONIES ZONE CHAMPIONSHIP, University of Maryland, College Park, MD.

MAY 2002

USMS SC CHAMPIONSHIPS, HAWAII.

AUGUST 2002

USMS LC CHAMPIONSHIPS, CLEVELAND.



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:



2002

BILL CRAWFORD MEMORIAL WINTER CLASSIC

PRESENTED BY

VALLEY FORGE MASTERS SWIM TEAM

Sanctioned by Delaware Valley LMSC for USMS # 082-03

- DATE:** Sunday, March 17, 2002
- TIME:** 8:00 am warm-up, 9:00 am start for 500 yd. Free. The second event will not start prior to 10:00 am. There will be a 30-minute warm-up between events 1 and 2.
- LOCATION:** Villanova University's Pavilion Pool, Villanova, PA. The facility features a 10-lane, 25-yard pool. 2 warm-up lanes will be available throughout the meet.
- ELIGIBILITY:** The meet is open to all USMS registered swimmers, 19 and older. Swimmers under age 25 are advised that they may jeopardize their amateur standing under FINA rule GR1 if they participate in Masters competition. **You must be USMS registered to swim.** Include a copy of your 2002 USMS registration card with your entry. Results will be submitted to USMS for Top Ten recognition.
- EVENTS:** Participants are limited to five events.
- | | |
|--------------------------|----------------------|
| 1. 500 Freestyle | 9. 50 Butterfly |
| 2. 100 Individual Medley | 10. 100 Breaststroke |
| 3. 50 Backstroke | 11. 200 Freestyle |
| 4. 100 Butterfly | 12. 100 Backstroke |
| 5. 200 Breaststroke | 13. 200 Butterfly |
| 6. 50 Freestyle | 14. 50 Breaststroke |
| 7. 200 Backstroke | 15. 100 Freestyle |
| 8. 200 Individual Medley | 16. 400 Ind. Medley |
- Deck entries will not be permitted.**
- AWARDS:** Awards will be given for 1st through 6th place in each age group for men and women. A high point award will be given to the male and female swimmer in each age group scoring the highest number of points. No awards will be mailed.
- SCORING:** Points will be awarded as follows: 7-5-4-3-2-1 in each event.
- ENTRY FEE:** \$4.00 per event. \$5.00 per swimmer to cover timing equipment/operator.
- SEEDING:** All events will be seeded according to entry time, slowest to fastest.

DUE DATE: The signed release, a copy of your 2002 USMS registration card, entry fee and events you intend to swim must be received by Friday, March 8, 2002. Send to: **Stephanie Walsh Beilman – 997 Old Eagle School Road, Suite 218, Wayne, PA 19087-1706. 610-293-0527 (days)/stephswim1@aol.com.** Checks should be made payable to **Valley Forge Masters.**

INQUIRIES: For additional info, contact Stephanie Walsh Beilman at above address/phone.

WEB SITE: The Valley Forge Masters web page can be accessed for details about the meet, such as heat sheets, meet time line, entry form, on-line registration, and weather updates. The address is: www.bee.net/dcastell/valleyforgemasters.html.

RESULTS: Results of the meet will be posted on our web site three days after the meet. Event results will be posted at the pool as soon as available after each event.

REFRESHMENTS: Healthy snacks and drinks will be available throughout the meet at no charge.

Event #	Event Name	Seed Time	Club Name	Age/Sex
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“I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMIN, DELAWARE VALLEY MASTERS SWIM COMMITTEE, VALLEY FORGE MASTERS, VILLANOVA UNIVERSITY, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.”

No. of events _____ X \$4.00.....\$ _____ Date _____ 2002 USMS # _____

Surcharge + 5.00 Signature _____

Total Enclosed \$ _____ Printed Name _____

Street Address _____ City _____ State _____ Zip _____

Phone (days) _____ E-mail address _____

Entries will not be accepted by fax.

DIRECTIONS: THE VILLANOVA UNIVERSITY PAVILION POOL IS ON THE CORNER OF LANCASTER AND ITHAN AVENUES.

FROM INTERSTATE 476 (BLUE ROUTE): Take exit 5 (Villanova/St. Davids) and take US Route 30 east (Lancaster Ave.) past the intersection of Rte. 320. The second traffic light after Rte. 320 is Ithan Ave. Take a right and park in the large lot on your left. Walk back across Rte. 30 and enter the building through the Ithan Ave. entrance, ¼ block on the right.

FROM NEW JERSEY TURNPIKE: Take exit 6 of the NJ Turnpike (Pennsylvania Turnpike). Exit PA Turnpike at I-476 south to exit 5. Follow above directions.

FROM DELAWARE AND MARYLAND: Take I-95 north into Pennsylvania and exit onto I-476 north to exit 5. Follow above directions.

FROM NORTHEAST EXTENSION/WESTERN NY: Northeast Extension is I-476. Follow south, using above directions.

FROM WESTERN PENNSYLVANIA: Take PA Turnpike to I-76 East (Schuylkill Expressway). Exit on I-476 south and follow above directions.

LOCAL RESTAURANTS: Villanova Diner – Lancaster Ave. west of campus, between the pool and the Blue Route (I-476) – 2 minutes.

Minella's Diner – 320 West Lancaster Ave., Wayne. 610-687-1575 (10 mins. west of campus).

Marbles – 818 Lancaster Ave., Bryn Mawr. 610-520-9100 (5 minutes east of campus).

McDonalds – Lancaster Ave., Rosemont – 2 minutes east of campus.

There are many other restaurants in the King of Prussia area (at exit 24 of the PA Turnpike, where it meets the Schuylkill Expressway, about 15-20 minutes from the campus).

HOTELS: Radnor Hotel – St. Davids, PA. 610-688-5800 (5 mins. west)

Wayne Hotel – Wayne, PA. 610-687-5000 (10 mins. west)

MacIntosh Inn – King of Prussia, PA. 610- 768-9500 (20 mins. northwest)

Marriott Courtyard – Valley Forge, PA. 610-687-6700 (15 mins. northwest)
Devon, PA. 610-687-6633 (15 mins. west)

Marriott Hotel – Philadelphia West – West Conshohocken, PA. 610-941-5600 (10 mins. north)

OCEAN COUNTY YMCA LONG DISTANCE SWIM MEET

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, **but be sure to sign the waiver.**

NAME: _____ USMS No.: _____ (optional)

ADDRESS: _____
(STREET) (TOWN) (STATE) (ZIP)

PHONE: _____ AGE: _____ SEX: _____ CLUB: _____

EMAIL ADDRESS: _____

“I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING; UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS.”

Swimmers Signature: _____ Date: ____/____/____

Event #	Event	Seed Time	Event #	Event	Seed Time
1.	1650 Free		6.	1000 Free	
2.	400 IM		7.	200 Butterfly	
3.	200 Backstroke		8.	200 Free	
4.	500 Free		9.	200 Free T-Shirt relay	
5.	200 Breaststroke				

Meet Surcharge \$ 5.00
 Number of Events _____ @ \$ 5.00 each \$ _____

TOTAL FEE ENCLOSED \$ _____

Make Checks payable to: Ocean County YMCA
 Mail to: Ocean County YMCA
 Attn: Gretchen
 1088 West Whitty Road
 Toms River, NJ 08755