

# EASTLANE

## NEWS FROM THE CHAIRPERSON

Hope everyone is ready for the 100 x 100's. Thanks to Rutgers for sponsoring the event again. It puts us well on our way for the February Fitness Challenge postal event. The application is included in this newsletter. Please remember that we are submitting as a team — the NJLMSC. If you would like additional information, check out the following web page <http://www.barracudas.org/calendar.htm>

The completed form, regardless of whether or not you are doing the Leukemia fundraising, should be sent to: Dave Siconolfi  
1579 Springfield Ave.  
New Providence, NJ 07974

If there are any questions please feel free to contact Bill Barr:  
[william.barr@pharma.novartis.com](mailto:william.barr@pharma.novartis.com)  
Dave Siconolfi: [david@lucent.com](mailto:david@lucent.com)  
or me, Julie [Stewart.jstewart10@csi.com](mailto:Stewart.jstewart10@csi.com)

In other news, the Board added a position of Secretary to the officer list and Sandy Carosi has agreed to take the position for 2001. Thanks Sandy. And thanks to Susan Kirk for helping us with communications via the e-mail. The board is working to keep everyone abreast of upcoming events and interesting information. If you have any announcements please forward them to me for circulation to the rest of the NJLMSC swimmers.

Fast swimming —  
Julie

## NEITHER RAIN NOR HAIL NOR SNOW...



The first Ocean County YMCA Long Distance Meet was held on Sunday, January 21, 2001. Unfortunately, the weather did not cooperate. Snow began falling on Saturday evening and the next morning some areas of our state had as much as 8 inches of snow. But the swimmers came; neither rain nor hail nor snow could stop the event from occurring. Of the 49 swimmers pre-entered for the meet, about half of them braved the weather to attend.

I would like to share an email that Judy Ramirez received, I think it says more about the meet and what Masters Swimming is about better than any words that I could put down here.

“Judy,  
Thanks again for a great meet. I have submitted your meet to the Fitness Swimmer survey as favorite early season meet. I’ve done the Boyertown YMCA, the Lower Bucks YMCA, and they do a nice job, but your event was a cordial

meet, the way Masters was in the 70s. That is a good thing. A distance meet for distance swimmers has been a rare find in my 42 year competitive history. The weather made it possible to watch everyone and truly be happy for people who did well. (You know how easy it can be to lose the personal level at a huge meet!) On some level, I felt like I was able to touch base with someone from everywhere. (Brian Eberhardt and Judie from your team were neat people that I had brief chances to meet. Brian served as my inspiration during the 500 free.) Rob Dobry made the trip up from Maryland, and I guess I could go on, and on. John, Gretchen, and you did everything to make the meet fun. It was a great meet.  
Thank you!  
Jim Ryan”

Many thanks to those of you that were able to make it. Special thanks to the many volunteers who helped make this meet possible.

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## SWIMMING ETIQUETTE

By Nikki Dryden

Finally there will be no more excuses, no more reasons to bite your tongue when fellow swimmers neglect the rules of swimming. This is the last word on how to swim in training. Except for severe extenuating circumstances, no one will be pardoned, no matter what their plea or justification for the way he or she swims, for this is the ultimate collection of rules on swimming etiquette.

### WORKOUTS

Although there is room for slight modification on the following rules, workout etiquette is imperative as fatigue sets in and swimmers' fuses are cut short. The most important rule is to be aware of where the other swimmers are in your lane. Regardless of what you may think, you are not the only person in the pool.

### WARM -UP

Some people like to sprint warm up, which is fine as long as they realize that some people don't need to bust a move on the first 100 of every workout. Lead the lane, take up the rear, do what you need to do to get going, but keep in mind that each swimmer does it differently. No hard feelings when the Olympic medalist in the group wants to run halfway down the pool and dive in with five meters to go.

### TURNS

Okay, we all know lanes can get crowded and there is the chance that you will catch the person in front of you. But when you come into the wall, be conscious of where your teammates are. You must cut across before you turn. No turning and pushing off at an angle, because then you leave no room for the person behind you. I once scratched the eyeball of someone who turned into me. I did feel badly, but rules are rules.

Never try to pass someone on the outside between the flags and the wall. Be considerate, and because the person being passed knows you are there, she can move over early to give you more room to turn. These rules are especially important when passing backstrokers. They cannot see, so make certain they know where you are.

### MAIN SET AND PASSING

This can be somewhat of a free-for-all because you should never give way or roll over to a faster swimmer. However, all swimmers must be considerate of this fact. Faster swimmers must realize that slower swimmers are trying just as hard as they are and that their set is just as important. Slower swimmers must understand that it takes a toll on faster swimmers to have to pass you constantly.

Touching feet is a no-no. One touch of the foot on the side you are passing on is helpful, but one touch only! Swimmers who swim on another's feet are annoying at best. Leaching, or drafting as it is called in cycling, is also a big no-no. Swimmers who leach deserve to be yelled at; coaches should interfere on this if they see it happening. Passing should always be done on the outside. If you pass on the inside there is no room for the passee to go. (The only exception to this rule is on turns. See above for details.) By moving over close to the lane line, by obeying turn rules, and by using the space above the black line for passing only you will facilitate workouts for everyone.

This brings us to an important point. The black line divides the lane; no one should swim over this line unless passing. Those swimmers who swim down the middle are the worst swimming etiquette offenders out there. This space is needed for passing and the extra inches of the arms and legs of breaststrokers, flyers, and backstrokers.

## TV TIME

The Open Water World Swimming Championships filmed in Honolulu in November will air on Wednesday, March 21 at 1p.m.(ET) on the Outdoor Life Network. It is a one-hour show.

—Thanks to Susan Kirk for this one

## THE NEW BODYSUIT: IS IT EQUIPMENT OR COSTUME?

By Cheryl Wagner

### LADIES

Scrap those fingernails trimmed! Scratching is not very nice — although in extreme cases of illegal passing moves and male leaches, I have used this technique as a little reminder to swimming etiquette offenders. Rules of leaching apply to ladies too and remember, when you beat a guy in workout, he might not be particularly happy about it. Don't make matters worse by leaching off him before you beat him. Also, what happens in the pool should be left there. If you get beaten, or you beat someone else, let it go when the workout ends.

### GENTLEMEN

In most cases you are bigger and faster than the women, so act like it. Guys who leach off women should be revealed for the slackers they are. If women want to sprint warm up, let them. But please take it easy on your female teammates when you are passing them. Passing over the top of us is unnecessary. If women follow proper passing rules and move to the edge of the lane, there is no need to ignore our existence.

### PADDLES

Be gentle with these deadly weapons. It is not fun hitting hands with a paddle wearer, especially when your hands are swollen from a long hard set. But just shake it off, because it is usually a mutual and legal hit. Backstrokers must take special notice to avoid slicing teammates under the lane line. Be careful and cognizant of your teammates.

### LEADING

It is physically hard to lead the lane. You have to pull your teammates the whole way unless you can get a good whirlpool going between the first and last swimmer in each lane. Share the burden, lead when you can, and give your teammates a break. Leading is also very challenging mentally. By sharing the burden of watching the clock and thinking about pace times, sometimes you get the chance to follow and give your mind a rest.

So these are the rules. It is up to you to swim properly and not irritate your teammates. You know who you are: slackers, leachers, Sammy-save ups, black line hogs, and those swimmers who swim along without regard for their fellow swimmers.

Workouts can be a joy. But when you are tired, the last thing you need is someone who is clueless about proper swimming etiquette. Be aware and be fair, and the crowded lane can be your happy place.

— Excerpted from *SwimNews Online*,  
October '99 issue

The 2000 Olympics saw the introduction of new high-tech "equipment" in a number of sports. Converse designed a shoe filled with helium to counter Nike's famous air-filled shoe. Pyrros Dimas of Greece wore a weightlifting suit featuring slick material on the thighs and sticky material on the chest, designed to aid him in the "clean-and-jerk." And of course swimming saw the widespread use of the SPEEDO® "Sharkskin."

USA Swimming initially banned the suits from the August Olympic Trials but relented when suits were made available to all competitors. A number of articles such as Brent Rushall's ("A Serious Threat to the Very Nature of Competitive Swimming or Not?," R.Psy [Revised December 19, 1999] [http://www.swimmingcoach.org/articles/2000002/20002\\_1.htm](http://www.swimmingcoach.org/articles/2000002/20002_1.htm)) argue that if the suits provide the boost that the manufacturers claim, they should be banned as equipment, like pull buoys and paddles. And to add to the controversy, a recent article in *Swimming Technique* calls the new bodysuits a "bust" and claims that a study done by Indiana University's Human Performance Laboratory, showed no statistically measurable effect on swim performance at the US Olympic Trials in Indianapolis.

A visit to SPEEDO's® website (<http://www.speedo.com>) reveals a number of claims about the new Sharkskin. It describes how SPEEDO® looked to nature for a better swimsuit design to reduce drag. They studied the shark, which is fast in the water but not naturally hydrodynamic. To emulate the shark, they sought a design, which decreases drag, boosts performance by compressing the muscles, and minimizes discomfort and rubbing. Their website states, "The shark's quickness is attributed to V-shaped ridges on its skin called dermal denticles, which decrease drag and turbulence around its body. Due to the drag effect that occurs when an object travels through water, Fastskin fabric was constructed with built-in ridges emulating sharkskin. Fastskin is composed of 'super stretch' fabric made to improve the suit's fit and compress

muscles. The results are a reduction of drag and muscle vibration, which increases productivity. By scanning digital images of swimmers in eight different positions, SPEEDO® was able to identify exactly how the body moves and stretches. Using this information, SPEEDO® created a suit with a much closer fit.

A recent article in *Swimmer* magazine ("The Emperor's New Swimsuit", by Chip Zempel, Jan./Feb. 2001), notes that treatments of the suit's fabric with a coating of Teflon or a similar substance, result in water sliding off the suit and an interesting side effect: air is trapped between the suit and the swimmer's skin making the swimmer more buoyant. This caused a number of swimmers at the Olympics to go to the blocks dry since they were afraid of losing some of the suit's buoyancy by warming up. So the suits affect behavior as well as performance.

The article in *Swimming Technique*, ("Bodysuits a Bust?" by Joel Stager, J. Skube, D.A. Tanner and H.H. Morris, Oct./Dec. 2000) did a statistical comparison between forecasted times based on a model of the past 12 years of trials, and the final results. They noted that in 13 events, their predictions were off by less than one percent. They concluded that the bodysuits had no statistically measurable effect on swim performance at the 2000 trials.

It seems it's not completely clear whether the suits make you faster. However, there's no doubt they will empty your wallet! A recent SPEEDO® catalog lists versions of the Sharkskin ranging from \$96 for the Recordbreaker to \$288 for the full bodyskin. Happy laps!

— Taken from Jan. 2001 issue of *The Swimmer's Ear*, newsletter of the Potomac Valley Masters Committee

# United States Masters Swimming Local Masters Swimming Committee for New Jersey 2001 Membership Application

Registration Status: New Registration: _____ or Renewal: _____ 2000 USMS Registration Number (if known): _____					
Last Name			First Name		MI
Mailing Address					
City			State	Zip+4	
Home Phone Number		E-Mail Address			
Work Phone Number		Date of Birth: Month	Day	Year	Age Sex
Team Affiliation: GSM		Workout Group Affiliation (or Swim Location):			

Note: if unsure of your workout group, after referring to NJ's [workout group list](#), enter your usual practice location.

**Note: Birthdate and Waiver Signature are REQUIRED for registration.**

WAIVER: 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 and NJ-LMSC.

**Signature:** \_\_\_\_\_ **Date (mm/dd/ccyy):** \_\_\_\_/\_\_\_\_/\_\_\_\_

Registration and benefits of membership from this application will expire on December 31, 2001.

**Benefits of membership include:** A subscription to **SWIM Magazine** and **The Fast Lane** (newsletter) during the length of the membership year.

USMS Registered swimmers are covered with secondary accident insurance.

- 1) In practices supervised by a USMS member or USS certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

USMS + NJ-LMSC 2001 Registration Fee	\$31.00
I wish to purchase a Garden State Masters Swim Cap for \$3.00 (or 3 for \$8). I have added this amount to my registration fees	
I wish to contribute \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my registration fees	
I wish to contribute \$1.00 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my registration fees	
Deduct \$10 from registration fee for second swimmer at an address to eliminate second newsletter. Full information is required on both swimmers.	
Total Amount Enclosed	

Submit this form, along with a **check for Total Amount** (including any additional charges for caps, ISHOF or USMSF; less 2nd swimmer discount, if applicable) made payable to **NJ-LMSC**, and a self-addressed stamped envelope to: **Thomas L. Brunson, 11 Garret Drive, West Paterson, NJ 07424**

## USMS MENTOR COACH & SWIMMER CLINIC

If you're striving to improve your swimming this year, the clinic on April 6, 7, and 8 is an excellent way to go. Ed Nessel is running the clinic at Rutgers University. You can see from the topics listed below that there is a lot packed into the one evening and two days. The clinic is geared both for coaches and swimmers. For swimmers, both days cost \$50; one day is \$30. Coaches pay \$60 for everything, or \$25 per day. For more information or to register, contact Alex Antoniou; 732/445-0462 or antoniou@rci.rutgers.edu.

Clinic Topics include:

- classroom presentation of the physiology of aging
- the science of swimming with the latest technical issues
- how to plan a year long training program
- dryland training and stretching
- proper nutrition
- setting goals for non-competitive swimmers
- Q&A. In-water analysis of strokes for both coaches and swimmers
- video-taping of all the strokes.

## 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

**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.

**Hunterdon County YMCA at Deerpath** Contact: Coach Sandy Carosi at 908/236-0086 or jcarosi@aol.com. Workouts are held T & H, 9:15-10am

**Ocean County YMCA Masters** Contact: Judy Ramirez 732/929-9495.

**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

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

Rutgers works out at the Sonny Werblin Rec Center pool.

Ed Nessel holds workouts M, W, H noon-2, F 7:30-9pm, Sun. 7-8:30pm.

Workouts not coached by Ed: M, T, H, Fri 6-7am.

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

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

**JCC of West Orange** Contact: Ed Nessel at 908/561-5339 or Ednessel@aol.com.

Coach Ed Nessel holds practices M, T, H 8-9:30pm & Sat. 1-3pm.

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

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

**Hoboken Masters** Contact: Don Galluzzi, 201/216-5696 or Kathleen Klein at 212/626-3276.

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

**Montclair Masters** Contact: Scott Lewis at the Y; 973/744-3400.

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

**West Morris Area YMCA** Contact: Anca Szerzo; 201/895-1539.

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

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

### NON-COACHED WORKOUTS

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

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

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

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

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

**Princeton Area Masters** Contact: Ellen Gawalt at 609/688-9496.

Workouts: M-F, 5:00-6:45am at DeNunzio Pool, Princeton Univ.

**Jersey City Masters** Contact: Jeff Jotz; 201/332-7329 (H) or jjotz@yahoo.com.

Pershing Field Pool (6 lanes 25 M) M-F, 6-7am.

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

**Sussex County Masters** Contact: Bob Hopkins; 973/729-6761.

**YM/YWHA of Bergen County** Contact: William Stern; 201/567-7267.

**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



# February Fitness Challenge 2001



**Purpose:** To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

**Host:** Tualatin Hills Barracudas, Beaverton, Oregon.

**Sponsors:** NIKE and Maxwell Medals and Awards.

**Rules & Eligibility:** Use of training aids and equipment IS permitted. You must be at least 19 years of age.

**Three Challenges:** We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

**Group Participation:** To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person on the entry form. There is no additional fee.

**Recording Results:** Beginning February 1, 2001, record on the form below: EITHER the number of YARDS completed each day (for lap swim, jog-a-lap, etc.), OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

**Conversions:** To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

**Monthly Totals:** At month's end, add daily results to obtain monthly total.

**Caution:** Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

**Age Groups:** 19-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2001.

**Awards & Results:** All participants receive final results and an achievement certificate. Three female and three male lap swimmers in each age group with the highest monthly totals receive awards. Any participant who visits the pool every day during the month will receive awards. Please allow 30 days after deadline for mailing of results and awards.

**Group Awards:** This year, group participation will be rewarded. The top three groups with the largest number of participants will receive special awards.

**Entry Fees:** \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

**T-Shirts & Caps:** \$14.00 for short sleeve, 100% cotton T-shirts, with the 2001 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

**Entry Deadline:** Entries must be RECEIVED by March 17, 2001. Late Entries will not be accepted.

**Entry Procedure:** Send form below and fees to:

FEBRUARY FITNESS CHALLENGE  
16055 SW Walker Road #126  
Beaverton, Oregon 97006

e-mail: FitnessFrog@aol.com

**International Entries:** \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

**Workout Brochure:** Send self-addressed stamped envelope for a special February Fitness Challenge Workout Brochure. This year's brochure features swim workouts written by the Coaching Staff of the Tualatin Hills Barracudas.

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## February Fitness Challenge 2001: Entry Form (Please Print)

NAME: \_\_\_\_\_ AGE (as of 2/28/01): \_\_\_\_\_ SEX: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_  
NAME OF GROUP: \_\_\_\_\_ GROUP CONTACT PHONE/ E-MAIL: \_\_\_\_\_

\*Select Your Challenge(s) (please check one): 1) Counting Yardage \_\_\_\_\_ 2) Counting Days \_\_\_\_\_ 3) Both \_\_\_\_\_

Yards/Days		Yards/Days		Yards/Days		Yards/Days	
THU	FEB 1	SUN	FEB 11	WED	FEB 21	SUN	FEB 25
FRI	FEB 2	MON	FEB 12	THU	FEB 22	MON	FEB 26
SAT	FEB 3	TUE	FEB 13	FRI	FEB 23	TUE	FEB 27
SUN	FEB 4	WED	FEB 14	SAT	FEB 24	WED	FEB 28
MON	FEB 5	THU	FEB 15				
TUE	FEB 6	FRI	FEB 16				
WED	FEB 7	SAT	FEB 17				
THU	FEB 8	SUN	FEB 18				
FRI	FEB 9	MON	FEB 19				
SAT	FEB 10	TUE	FEB 20				

MONTHLY TOTALS = \_\_\_\_\_ YARDS/DAYS

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(I attest that the above results are accurate and true)

**FEES:** Entry Fee \$ 8.00 \_\_\_\_\_ (required)  
2nd Challenge \$ 4.00 \_\_\_\_\_ (optional)  
T-Shirt \_\_\_ x 14.00 \_\_\_\_\_ (optional)  
\*Circle T-shirt size (s): S M L XL XXL  
Swim Cap \_\_\_ x 4.00 \_\_\_\_\_ (optional)  
International Fee 8.00 \_\_\_\_\_ (outside US)  
**TOTAL:** \_\_\_\_\_ (US funds only)

(Please make checks payable to **Tualatin Hills Barracudas**)

Please remember that we are submitting as a team—the NJMNSC! Your completed (even if you're not raising money for Leukemia) should be send to: Dave Siconolfi, 1579 Springfield Ave., New Providence, NJ 07974.

# FIFTEENTH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP

Saturday, March 31, 2001

Ocean County YMCA, Toms River, New Jersey

- Approval:** Recognized by New Jersey LMSC, Inc., No. 071-002
- Times:** Warm-ups: 9:00 am Meet starts at 9:45 am
- Pool:** Twelve (12) lanes, 25 yards; two lanes set aside for warm-up and cool-down during meet.
- Eligibility:** Open to all teams and swimmers. Competitors must be 19 years of age or older and may compete in a maximum of 5 events plus relays. **Note: Teams not officially sanctioned may compete.**
- Awards:** TWENTY- FIVE (25) Championship T-shirts awarded to the first place team. Trophies for first through third place teams. Individual awards for first through sixth place.
- Registration:** All entries must be received by 5:00 p.m., Monday, March 26, 2001. Sorry...no deck entries.
- Timing:** Electronic. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of backup (stopwatch) timers.
- Seeding:** Heats will be seeded slow to fast, regardless of sex or age. If you do not have a time, please give us a best estimate. Do not enter NT.
- Age Groups:** Individuals: 19-24,25-29,30-34, etc. through 90+ Relays: 19-24,25-34,35-44,45-54,55-64,65+
- Relays:** A relay must consist of two women and two men. The age of the youngest relay team member shall determine the age group.
- Entry Fees:** Surcharge: \$5.00. Individuals: \$5.00 per event. Relays: \$8.00 per team event. Please make checks payable to Ocean County YMCA.
- Events:**
- |                          |                          |
|--------------------------|--------------------------|
| 1. 200 Medley Relay      | 7. 100 Butterfly         |
| 2. 200 Freestyle         | 8. 50 Backstroke         |
| 3. 100 Individual Medley | 9. 100 Breaststroke      |
| 4. 50 Freestyle          | 10. 50 Butterfly         |
| 5. 100 Backstroke        | 11. 100 Freestyle        |
| 6. 50 Breaststroke       | 12. 200 Mixed Free Relay |
- Scoring:** First through sixth. Individual: 7, 5, 4, 3, 2, 1 points. Relays: 14, 10, 8, 6, 4, 2 points.
- Directions:** Call Ocean County YMCA for directions to meet at (732) 341-9622 or visit our website at: [www.ocymca.org](http://www.ocymca.org) (look under General Information).
- Snacks:** Complimentary coffee, juices, bagels and fruits will be provided to swimmers and officials, courtesy of Ocean County YMCA Masters.

For questions, call John Morrison at (732) 341-9622 x 2222 or Judy Ramirez at (732) 929-9495.

Or E-mail Jack Frain at [jjfrain@hotmail.com](mailto:jjfrain@hotmail.com)

## FIFTEENTH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP

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.: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(STREET) (TOWN) (STATE) (ZIP)

PHONE: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ CLUB: \_\_\_\_\_

“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: \_\_\_\_/\_\_\_\_/\_\_\_\_

(Optional: Email Address: \_\_\_\_\_)

Event #	Event	Seed Time	Event #	Event	Seed Time
1.	200 Medley Relay		7.	100 Butterfly	
2.	200 Freestyle		8.	50 Backstroke	
3.	100 Individual Medley		9.	100 Breaststroke	
4.	50 Freestyle		10.	50 Butterfly	
5.	100 Backstroke		11.	100 Freestyle	
6.	50 Breaststroke		12.	200 Mixed Free Relay	

Meet Surcharge \$ 5.00  
 Number of Events \_\_\_\_\_ @ \$ 5.00 each \$ \_\_\_\_\_  
 Relays \_\_\_\_\_ @ \$ 8.00/team \$ \_\_\_\_\_

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

## HOW DOES AEROBIC EXERCISE HELP MY HEART?

Q: WHAT SPECIFICALLY HAPPENS, PHYSIOLOGICALLY SPEAKING, DURING AEROBIC EXERCISE TO MAKE MY HEART HEALTHIER?

A: WITH AEROBIC EXERCISE, THE HEART MUSCLE IMPROVES IN THESE WAYS:

1. The muscle itself grows thicker and stronger, much the way your other muscles are changed by weight lifting.
2. The size of the chamber (or ventricle) inside the heart enlarges so that more blood is pumped with each heartbeat.
3. Existing capillaries that branch off the heart's coronary arteries dilate — allowing blood to pass through heart muscles more freely so that remote areas of the heart receive blood more easily.
4. The number of capillaries that supply the heart muscle with blood increases. It isn't the size of the capillaries that's significant; it's the number. The more capillaries you have, the more alternate routes there are for the blood to travel to the heart. This decreases the possibility of heart attack and speeds recovery if you do have one.
5. Aerobic exercise also increases the number of capillaries in the muscles. This means that oxygen and fuel are delivered more easily to the individual muscle cells, which in turn decreases the workload of your heart and lungs.

— From *Fit or Fat* with Covert Bailey at [www.healthcentral.com](http://www.healthcentral.com)

### AGING UP

This February, seven swimmers age up.

Happy birthday to:

John Waters	70
Murray Simon	55
Kenneth Lazuruk	50
Frank Fitzgerald	45
Karen Markley	45
Thomas Haggerty	35
Cathy O'Brien	25

## SWIMMING & PREGNANCY

By Dear Doctor Ted

(taken from the Aussi Masters site at <http://aussi.trump.net.au/>)

Could you answer the following questions about swimming and pregnancy:

- What stage is it safe/good to swim/compete up to?
- Is doing breaststroke okay?
- What about butterfly?
- Is there a real danger of getting kicked in a training session?
- Is sprinting OK or should I be doing slower, distance work?
- Are there other water exercises that are better/safer for me to do while I'm pregnant?

— Jodi-Ann

DEAR JODI-ANN:

I forwarded your queries to members of the Medical Advisory Panel and received the following responses:

1. WHAT STAGE IS GOOD/SAFE TO SWIM/COMPETE UP TO?

Depends very much on the person's prior swimming experience. Swimming is safe and beneficial throughout the pregnancy. Competing would be limited mainly by body shape and an inability to get through the water at the right speed.

2. IS DOING BREASTSTROKE OKAY?

Breaststroke is acceptable as long as sacroiliac or pubic symphysis problems are not present. Last trimester may be uncomfortable.

3. WHAT ABOUT BUTTERFLY?

Butterfly would be acceptable for as long as the body will allow. Butterfly would not be easy in the late stages of pregnancy.

4. IS THERE A REAL DANGER OF GETTING KICKED IN A TRAINING SESSION?

Getting kicked should not be a problem. Stay out of busy lanes; amniotic sac should protect the baby and therefore trauma to the baby is most unlikely.

5. IS SPRINTING OKAY, OR SHOULD I BE DOING SLOWER, DISTANCE WORK?

Sprinting in comparison to slower distance work would be an issue regarding maternal heart rate and core temperature; perhaps sprints not longer than 25m, not too many reps and the pool temperature. Heat and lack of oxygen from longer sprints may lead to fetal hypoxia.

6. ARE THERE OTHER WATER EXERCISES THAT ARE BETTER/SAFE FOR ME TO DO WHILE I AM PREGNANT?

Water exercises are safe and appropriate. Swimming would be acceptable as would aquarobics and water running. Water temperature is important, not to exceed body temperature and therefore increasing maternal core temperature. Light to moderate intensity and a cool pool.

NOTE:

The American College of Obstetricians and Gynecologists Guidelines for exercise during pregnancy and postpartum state:

- The maternal heart rate should not exceed 140
- Strenuous activity should not exceed 15 minutes
- No exercise should be performed in the supine position after the 4th month of gestation
- Calorie intake should be adequate to meet the entire energy needs of pregnancy
- Exercise performed and the maternal core temperature should not exceed 38°C.

# MEET CALENDAR

## MARCH 24

**SPRING TUNE-UP INVITATIONAL.**  
Contact Ed Nessel:908/561-5339 or ednessel@aol.com.Entry in next Fast Lane.

## MARCH 31

**15TH ANNUAL UNOFFICIAL OCEAN COUNTY Y CHAMPIONSHIP.** Entry in this issue.

## MEETS OUTSIDE NEW JERSEY

### FEBRUARY 3

**WHEATON COLLEGE MEET**  
Norton,MA.Contact Bella Marlow; lmarlow@wheatonma.edu.

### FEBRUARY 3-4

**VIRGINIA MASTERS WINTER INVITATIONAL.** Midlothian, VA.Contact James Wolfe:540/867-5869; wolfe@aol.com or Nancy Miller; 804/320-2143; nancymillr@aol.com.

### FEBRUARY 10

**VALENTINE'S DAY MEET.** U.S.Merchant Marine Academy, King's Point,NY Contact Steve Shtab; sstab@aol.com

### FEBRUARY 10

**METRO MINI MEET.**  
Long Island,NY SCY: Steve Shtab, 86-22 248th St, Bellerose Manor, NY 11426,718-347-5318, ssthab@aol.com:Sanctioned by MR LMSC #061-02;Pre-entry (2/6/2001)

### FEBRUARY 11

**THE EXETER CHALLENGE.**  
Exeter Academy, NH  
Contact Tracy Grilli:603/437-1375,or tracyswim@mindspring.com

### FEBRUARY 18

**ANNUAL GROUNDHOG MEET (SCY).** Westport,CT.  
Contact Mike Laux:203/226-3392, lauxlaw@aol.com.

### FEBRUARY 25

**METRO MINI MEET.** Nassau County Aquatics Center (Goodwill Games Pool),Long Island,NY.Contact Lisa Baumann:516/294-7946,auafitinc@aol.com.

### MARCH 4

**NY CITY MASTERS MEET.** Bronx, NY SCY: John H.Hutchins,City of NY Parks & Rec,Aquatics Division,Passerelle Building/Flushing Meadows Park,Corona,NY 11368,718-445-2709,718-699-4219(x15);Sanctioned by MR LMSC #061-03;Pre-entry (2/14/2001)

### MARCH 4

**1ST ANNUAL READING SPLASH**  
Reading,MA.Contact Andrew Kirkpatrick;kirkpatrick@bigfoot.com

### MARCH 4

**CITY MASTERS MEET & SWIMQUEST TROPHY RELAY.** Lehman College Pool, Bronx,NY.Entry deadline Feb. 14.Contact Linda Brown-Kuhn; 908/479-1038 or lbk@sprintmail.com

### MARCH 11

**PORTSMOUTH POOL MEET**  
Portsmouth,NH.Contact Ed Gendreau;gendreau@nh.ultranet.com

### MARCH 17-18

**ANNUAL SPRING MASTERS INVITATIONAL.** Asphalt Green pool,NYC. Contact Siobhan Griffin;212/369-8890;sgriffin@asphaltgreen.org or SIO65@aol.com.

### MARCH 18

**COMMUNITY COLLEGE OF RI.**  
Lincoln,RI.Contact Kevin Salisbury; ksalisbury@ccrii.ccii.us

### MARCH 25

**JEWISH COMMUNITY CENTER MEET** Marblehead,MA.  
Contact Richard Crothers;dcrothers@world-net.att.net

### MARCH 25

**BILL CRAWFORD MEMORIAL MEET.**  
Villanova University,PA.Contact Stephanie Walsh Beilman;610/293-0527 or stephswim1@aol.com. Or contact Dan Castellano;dcastell@bee.net. No deck entries.

### APRIL 4

**DOT DONNELLY MEMORIAL/APRIL FOOLS MEET, CT.**

### APRIL 7

**VA MASTERS SC CHAMPIONSHIP MEET.** Newport News, VA.Contact Charles Cockrell;107 Lilburne Way, Yorktown,VA 23693;757/865-6520; cockrell@usms.org.No calls after 9 pm.Entries must be received by 3/30.

### JUNE 23

**MANHATTAN ISLAND MARATHON SWIM.**

## CHAMPIONSHIPS

### APRIL 20-22

**COLONIES ZONE CHAMPIONSHIPS.**  
Long Island,NY.Contact Lisa Baumann:516/294-7946,auafitinc@aol.com or www.aquafitmasters.org

### APRIL 26-29

**YMCA NATIONALS.** Sarasota,FL.

### MAY 17-21, 2001

**USMS SHORT COURSE NATIONALS.** Santa Clara, C.A.  
Contact Alma Guimarin;498/947-2298; aguimarin@aol.com

### AUGUST 16-19, 2001

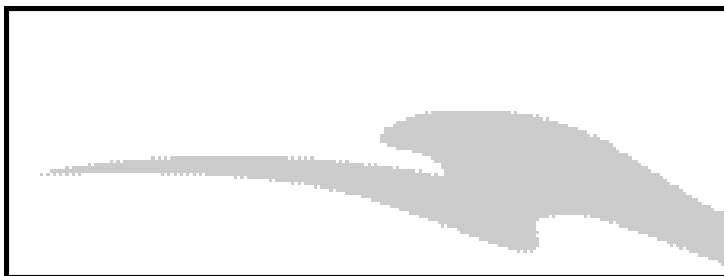
**USMS LONG COURSE NATIONALS.**  
Federal Way,WA.Contact Hugh Moore;253/925-0803; eswim@mindspring.com

### MARCH 29- APRIL 11, 2002

**VIII FINA WORLD MASTERS CHAMPIONSHIPS**  
LCM,Christchurch, New Zealand  
www.fina.org/mastersnews\_corganistion.html



NJ LMSC  
451 Sweet Hollow Road  
Bloomsbury, NJ 08804



THIS IS YOUR LAST  
FAST LANE , IF YOU HAVE  
NOT RENEWED YOUR 2001  
NJ LMSC MEMBERSHIP !!!