

# EASTLANE

## FROM THE CHAIRPERSON

A short note as we start off on this New Year. Hope everyone is still getting laps in and has steered clear of most of the holiday goodies.

Congratulations to all those that swam in the Zones meet. A special thanks to Ed Nessel and his wife for working with Rutgers to put on the meet and to Ed Tsuzuki for posting the results and records so quickly. Look on page 2 to see who set national and world records. We had a decent turnout and will look forward to working with Ed and Rutgers to put on SCM Zones again in 2001.

Reminder to all regarding the long distance meet in January at Tom's River's new pool. Hope everyone will come to

check it out and support a new meet in New Jersey. Judy Ramirez and Jack Frain have been working hard to organize this meet. Please spread the word to your swimming friends outside the state. And finally, start getting geared up for the February Fitness Challenge and Leukemia fundraiser. There is information about the fundraiser in this issue and to get the form if you want to do the Fitness Challenge, but not the fundraiser go to <http://www.barracudas.org> They sponsor the swim and have the form in a pdf file. Also, get ready for the 100 100s on February 11th.

If anyone has any suggestions, complaints, compliments for your board (and chairperson) please pass them on.

Happy swimming—  
Julie Stewart

## THE SELF COACHED SWIMMER

By David Grilli ([MuShield@aol.com](mailto:MuShield@aol.com))

### FLU SEASON

Have you ever wondered why you feel like the flu is coming on just before a meet? I have known swimmers who can actually will themselves to feel sick days before a meet.

Many of the high school kids I coach are convinced they are about to die prior to the 100 fly. Similarly, I have felt a sudden sapping of strength as I approach the starting blocks. I try to tell my swimmers that this ill feeling is temporary and due to anxiety. Typically teenagers, who listen as well as house cats, are only concerned with the here and now and will not look beyond the moment at hand.

My advice is always the same, "the instant you hit the water, the feeling will vanish." It is amazing but true. As soon as your dreaded race is underway, shazam! You're all better. What causes this and how can we avoid it?

Performance Anxiety can hit us at the worst times. We can feel nervous, scared, insecure, and weak. Not to mention sick. It affects some worse than others but I have seen it turn people to Jell-O.

The best way to handle Performance Anxiety is to have done the prerequisite preparation for your meet. That would be the workouts. If you are confident that your training has been honest, that will take care of the fear.

Eliminating the insecurity is accomplished by practicing racing. In your preparation for the meet, check your goggles. Are they tight so as not to fall off on your dive? Have you checked out the backstroke flags? Practiced your turns?

Eliminating the sick feeling is a difficult task. You just have to get your mind off the meet. Read a book, listen to music, play a game. I have seen swimmers do these things with great effect. Don't get too relaxed. I have also seen people miss their events.

Continued on page 3

## USMS RULE CHANGE FOR 2001

From David Diehl, Chair of the National Officials Committee

The backstroke start has been made the same for all courses (feet must be below the water surface with no curling of toes over the gutter). This should make it less confusing, especially for those LMSC's that utilize USA-Swimming officials to run meets. If you have any questions you can contact David at 301/314-5372 or e-mail to: [dd119@umail.umd.edu](mailto:dd119@umail.umd.edu)

## GET PSYCHED FOR THE 100 100'S

Circle February 11th on your calendar. That's the day when anyone in the state can come to Rutgers University pool and swim 100 100's! Just think of all the calories you'll burn. The swim will run from 8 am until noon and should be done in the long course (50 meters) pool. If you have questions, contact Alex Antoniou at 732/445-0462 or e-mail to: [antoniou@rci.rutgers.edu](mailto:antoniou@rci.rutgers.edu) or Julie Stewart at 908/598-0589 (H), 973/401-8454 (W) or e-mail to: [jjstewart10@compuserve.com](mailto:jjstewart10@compuserve.com)

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## RECORDS FALL AT ZONES

A lot of record setting swims came out of the Colonies Zone Short Course Meters Championship held at Rutgers University on December 9 and 10. At this meet there were 26 teams, 322 swimmers and 1,311 swims. One hundred and fifty new Zone Records were including 62 by the women and 71 by the men. For the relays, 4 women's relays set records, 8 men's relays swam in record-breaking pace and 5 mixed relays set new times as well. The complete results, splits and new Zone records are at <http://www.colonieszone.org>

For the New Jersey swimmers, GSM placed first in large teams, BERK placed 14th in small teams. Forty-eight new NJ men's records were set, 32 women's, and 3 new relay records. Nancy Steadman-Martin, 46, tied for first place (with two other swimmers) for the high point award with 90 points! The records are all updated and available on-line at <http://www.gmswim.org>

Aside from the Zone and NJ records, 7 world records and 8 national (including the 7 World) were set as swimmers posted times below the Short Course Meters World Records (as of 11/1/1999). Here's a write-up from <http://www.swiminfo.com> describing the speedy swimmers who blazed these records.

Laurie Hug, 35 (Colonials 1776), swam faster than Karlyn Pipes-Nielsen's time of 17:36.24, with a 17:27.84 in the 1500 freestyle. Laurie split a 9:15.44 at the 800, which is .04 seconds off Karlyn's world record 9:15.40! Laurie touched with a flip turn instead of a hand touch at the 800 because she was really focused on the 1500, but it is quite possible she could have still set both records with a hand touch at the 800.

Doris Steadman, 76 (Garden State Masters), continues her ongoing world record setting ways in the backstroke as she lowered her own mark from 1:40.47 to 1:39.76. Doris holds the world record in the 50, 100, and 200 SCM backstroke in the 65-69, 70-74, and 75-79 age groups.

On the men's side, Curtis Sawin, 29 (Garden State Masters), debuting his new Speedo Recordbreaker Bodyskin suit, lowered his own national record in the 50 fly from 25.24 to 25.20, which ties Jonas Akesson's (Sweden) time from 1997. He destroyed the 100 fly world record of 55.85, held by Roberto Neto (Brazil) with a 54.98 (the National mark was 56.11, held by Martin Herrmann).

Olympic trials qualifier Wally Dicks, 37 (Montgomery Ancient Mariners), keeps on getting better and better, as he lowered his own world mark in the 100 breaststroke of 1:03.18 with a blistering 1:02.79. His 2:20.90 also broke Serge Score's (Canada) world record of 2:22.64. Wally now holds the national and world records in all three breast-stroke events in the 35-39 age group.

The final world record of the meet was set by the Garden State Masters 200-240 year 200 medley relay team of Richard Alexander (56), Benn Doyle (42), Art Deffaa (52), and Jim Draggon (56). Their 1:58.22 lowered Gold Coast's 1998 time of 1:59.34.

Just missing Bruce Stahl's world mark of 23.80 in the 50 free with a very fast 23.83, Mike Fell, 39 (Montgomery Ancient Mariners), crushed Rick Abbott's 53.25 national record in the 100 freestyle with a 52.80.

## AGING UP

This January, five swimmers age up.  
Happy birthday to:

Jerry Kenney	75
Jane Fisher	65
Patricia Fink	65
Frederick Gerlich	50
Edward Goracy	45

## CLINIC SET FOR APRIL

For those of you who like to plan ahead, Ed Nessel is holding a USMS Mentor Coach & Swimmer Clinic on April 6, 7 & 8 at Rutgers. Friday evening will be for coaches and Saturday and Sunday will be for coaches and swimmers. This ambitious clinic includes valuable discussions and plenty of time in the water for stroke analysis and individual above and below the water video taping. Participants bring their tapes home. Both days for swimmers cost \$50, 1 day is \$30. For coaches, three days cost \$60 and each day is \$25. More information will be provided in the February newsletter but if you want to find out more now contact Alex Antoniou; 732/445-0462 or antoniou@rci.rutgers.edu.

## WORKOUT

### WARM-UP:

200 swim, 300 pull, 300 kick,  
200 swim/drill

### MAIN SET:

5 X 100 free  
(4 lengths drill,  
3 drill/1 swim,  
2 drill/2 swim,  
3 drill/1 swim,  
4 swim)

Set interval by adding 10 secs. to first 100.

4 X 100 pull  
(first 2 free,  
second 2 choice)

Set interval to allow 15 secs. rest.

3 X 100 free, descend

2 X 100 choice, 20-30 seconds rest.  
Pace consciousness. Announce your  
intended time before swimming each  
100. You should be within 2-3 seconds  
of goal time.

1 X 100 choice, work on perfect form.

### COOL DOWN

200 drill/swim

TOTAL IS 2,700

### MORE YARDAGE

Add 10 X 50 after warm-up.  
Descend 1-3, 4-6, 7-9, 10 easy.

TOTAL IS NOW 3200.

(Taken from 12/15/00 VMST Newsletter)

## HAPPY NEW YEARS

"You can win and still not succeed, still not  
achieve what you should. And you can lose  
without really failing at all. — Bobby Knight

## 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 FUNDRAISER FOR THE LEUKEMIA SOCIETY

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In conjunction with the USMS February Fitness Challenge, New Jersey LMSC is organizing a fundraiser for the New Jersey Chapter of the Leukemia Society of America.

The NJ LMSC board would like to promote the February Fitness Challenge and thus are challenging all swimmers in New Jersey to put in the miles and join other swimmers in New Jersey as a "team" to win the February Fitness Challenge and turn those miles into donations for Leukemia. This is a great opportunity to add to all the benefits, that we – as Masters Swimmers – derive from our endless laps. By participating in the fundraiser, you can swim your laps, stay in shape, get ready for the big meets, AND help an extremely worthwhile cause.

### WHAT IS THE FEBRUARY FITNESS CHALLENGE ?

It is an event that USMS sponsors to promote fitness swimming. More information about the event will be provided in the January newsletter.

### WHAT IS THE FORMAT OF THE FUNDRAISER ?

The fundraiser coincides with the February Fitness month and is like the swimathons that we all remember from swimming in our youth. Participants will request or solicit donations prior to February 1st. Starting February 1st, participants then count miles swum during the month of February to earn those donations. Donations can be a set amount (i.e. \$50) or tied to the number of miles swum during the month of February. (i.e. \$2.00 per mile). The latter form of donation obviously provides incentive to swim more miles for the Fitness Challenge.

### HOW DO YOU GET INVOLVED ?

There are two ways to get involved in this fundraising challenge:

- Actively request/solicit pledges for the Leukemia Society:

Attached to this newsletter is a pledge sheet labeled New Jersey LMSC Swimathon – this pledge sheet is all that you need to participate! Simply write your name on the form, estimate the number of miles that you will swim during February Fitness month, and then start asking friends, neighbors, business associates, etc. to sponsor you. As noted on the pledge sheet, you can either ask for a per-mile donation or a set donation. (In next month's newsletter you will find additional information on the Leukemia Society and its vitally important activities. This information should aid you in gaining support from prospective sponsors.)

- Get other masters swimmers to participate in the fundraiser :  
Talk to your fellow NJ LMSC swimmers about the fundraiser – all they will need to get started is the pledge sheet mentioned above. (You can make copies of your sheet, or you can find a copy at [www.gsmswim.org](http://www.gsmswim.org) in the December online newsletter). The more people involved in this fundraiser, the more we will raise!

### WHAT ARE THE IMPORTANT DATES ?

WHEN SHOULD YOU START COLLECTING PLEDGES ?

The Leukemia Society fundraiser coincides with February Fitness Month which begins on February 1st and ends on February 28th. It is recommended – (but not required) – that you have identified your sponsors and pledge amounts prior to February 1st. Starting February 1st, keep track of your miles swum throughout the month. On March 1st

figure out what your sponsors owe, collect the pledges and mail them by March 31st to Dave Siconolfi, address below.

### WHERE SHOULD I SEND THE PLEDGES ONCE I HAVE COLLECTED THEM ?

All pledge funds should be sent to Dave Siconolfi at the following address. (Checks are preferred – especially when sending via mail – and are to be made out to the Leukemia Society of America)  
Dave Siconolfi, 1579 Springfield Ave.,  
New Providence, NJ 07974

### WHAT IS OUR GOAL ?

Our fundraising goal for the 2001 February Fitness Challenge is to raise \$10,000 for the Leukemia Society. In doing so, we help out a worthwhile cause, stay in shape, and grow stronger bonds as New Jersey Masters Swimmers.

### ANY OTHER QUESTIONS ?

Please call or e-mail the following people if you have any further questions about the fundraiser:

Julie Stewart  
973/401-8454 (H)  
908/598-0589 (W)  
[jstewart10@csi.com](mailto:jstewart10@csi.com)

Dave Siconolfi  
908/464-6569 (H)  
908/582-7493 (W)  
[david@bell-labs.com](mailto:david@bell-labs.com)

Bill Barr  
973/781-3015 (H)  
732/563-4759 (W)  
[william.barr@pharma.novartis.com](mailto:william.barr@pharma.novartis.com)

You will be receiving additional updates as we move towards the February Fitness Month/fundraiser. In the meantime:

Good luck, good swimming and good fundraising.

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## THE SELF COACHED SWIMMER Continued from Page 1

Nervousness is the key. You actually want to be a little nervous before a race. The slightly heightened pulse rate will help your body prepare for the upcoming burst of energy. If you are getting ready for a sprint you want your fast twitch muscle fibers stimulated and ready. If your impending race is a distance event, your slightly higher pulse rate will have your body ready to feed the muscles the energy they need. I always ask my high school swimmers if they are nervous before a

race. They will look at me with that "deer in the headlights look" and reply with a curt "ya". I will say "good, you are ready" Nine times out of ten they do just fine.

Avoid the extremes however. Too nervous is not good. Your body will actually start to shut down and your performance will suffer. Too calm will make you too slow.

*(Taken from the December 2000 NEM News)*



# MEET CALENDAR

## JANUARY 21

**LONG COURSE MEET AT BRAND NEW (!) OCEAN COUNTY Y POOL.** Entry in last issue of FastLane. Contact John Morrison; 732/341-9622 x2222

## MARCH 3

**14TH ANNUAL UNOFFICIAL OCEAN COUNTY Y CHAMPIONSHIP**

## MARCH 24

**SPRING TUNE-UP INVITATIONAL.** Contact Ed Nessel; 908/561-5339 or ednessel@aol.com.

## MEETS OUTSIDE NEW JERSEY

### JANUARY 21

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

### JANUARY 21

**THE 3RD ANNUAL GUTBUSTER MEET (SCY),** New Haven, CT. Contact Eric Burns; 203/366-0045, ecbmd@aol.com.

### FEBRUARY 3

**WHEATON COLLEGE MEET**  
Norton, MA. Contact Bella Marlow; bmarlow@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 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

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

### MARCH 11

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

### MARCH 25

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

### JUNE 23

**MANHATTAN ISLAND MARATHON SWIM.**

## CHAMPIONSHIPS

### APRIL 21-22

**COLONIES ZONE CHAMPIONSHIPS,** Long Island, NY. Contact Lisa Baumann; 516/294-7946, aquafitinc@aol.com or www.aquafitinmasters.org

### APRIL 26-29

**YMCA NATIONALS,** Sarasota, FL.

### MAY 17-21, 2001

**USMS SHORT COURSE NATIONALS,** Santa Clara, CA. 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



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