

FAS TLANE



WHAT HAPPENED AT THE BOARD MEETING?

The NJ LMSC board recently met at Ed Tsuzuki's house (thanks, Ed) for its quarterly meeting. Here are the highlights of what was discussed:

- Do you want to attend more local meets? Well, help is on the way: Berkeley Aquatics has offered to hold several mini-meets during the short course yards season.
- Rutgers is considering hosting the 2003 Long Course Nationals along with the support of our LMSC. We're still reviewing costs/benefits. If you have any thoughts, let the board know (e-mail addresses are on the back of the newsletter).

- Stroke Clinics: Ed Nessel's clinic hosted at Rutgers in April was quite the success with 67 people attending. There are six mini-clinics in the works for the fall. They would focus on individual strokes and one would be for turns and starts.
- A reduction in registration costs may come your way soon: in order to take advantage of the internet and to reduce your costs, the board is in the process of finalizing the evaluation of providing the newsletter via the internet in conjunction with a reduced membership cost. If the details work out we hope that this will be available for the next registration period.

- Open Water Swimming: Colonies Zones is working on creating a Masters open-water series. If you have any ideas for great locations let Jack Frain know. In addition, Ocean County YMCA is looking into hosting the 2003 Masters National 1-mile open water swim.
- Annual Picnic: Hold the date—Saturday, September 8th. More information to follow shortly.
- Webmaster: We're looking for someone to take over this position. Please contact Julie Stewart or Ed Tsuzuki if you're interested or know someone who could be the Webmaster.

Stay tuned to your Fast Lane and our web site: <http://www.gsmswim.org/> ☎

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SUMMER SWIMMING PROGRAM

Ed Nessel will coach again (14th year) this summer at the Rahway River Park Pool from Monday, June 25th until Saturday, August 18th. The cost is \$250.00 the season, \$40.00 per week or \$8.00 per day. Swim times are either 6 a.m. till 7:30 a.m., or 7:15 a.m. till 9 a.m. Monday thru Friday, and 7 a.m. till 9 a.m. on Saturdays. People can contact Ed by phone 908/561-5339 or e-mail: Ednessel@aol.com ☎



"DIRTY HALF DOZEN" FINISHES THIRD IN RELAY RACE AROUND MANHATTAN!

Thunder, lightning, 20-foot logs, torrential down-pouring, drizzle, fog, high wind, and 3-foot swells were just a few of the conditions The Dirty Half Dozen had to contend with during their bid to swim around Manhattan on Saturday, June 23, during the 20th annual Manhattan Island Marathon Swim. The relay, made up of six swimmers from New Jersey, included Bonnie Schwartz, Jack Frain, Maddalena Mustillo, Jeanne Coon, Paul Kiell, and Alice Alonso. "On a day when conditions for swimming consisted of everything I was told never to swim in, we managed to make it around Manhattan faster than I had hoped for," said captain Jeanne Coon. "The biggest challenge was mental, having to deal with lightning, and sea-sickness."



CRUISING UP THE EAST RIVER, THE "SAMANTHA ANN" ON THE LEFT, AND KAYAKER MIKE BARNETT ON THE LEFT. PAUL KIELL IS SWIMMING IN THE CENTER.

Bonnie Schwartz, a recent graduate of John Hopkins University, was the relays' first swimmer in the water. "I was having such a great time!" said Bonnie, who in the first 45 minute leg of the race swam under the Brooklyn, Manhattan and Williamsburg Bridges. "There's nothing else that's ever compared to seeing Manhattan like this, it was awesome!"

The second leg was swum by Jack Frain of Ocean County. Jack swam more than 3 miles in 45 minutes in the East River. "The speed in this part of the river was

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ZONE AND STATE RECORDS SET AT THE SCY ZONE MEET

The following GSM swimmers set new SCY Zone Meet records at the recent Zone meet at the Nassau County Aquatics Center in Long Island, NY on April 21-22, 2001.

Women 35-39
Andrea Luallen
200 free 1:57.03
200 fly 2:18.18

Men 25-29
Peter Hezky
100 back :52.28
200 back 1:53.99
400 IM 4:07.19

Men 70-74
Nickolas Demas
50 free :29.38
100 free 1:07.41

All new zone records have been updated and can be found on line at:
www.colonieszone.org

NJ STATE RECORDS WERE SET AT THE RECENT COLONIES ZONE SCY MEET.

Women 35-39
Andrea Luallen
50 free 25.49
100 free 56.43
200 free 1:57.03
1650 free 18:28.98
100 breast 1:13.89
200 breast 2:37.98
200 fly 2:18.18

Men 25-29
Peter Hezky
200 back 1:53.99
400 IM 4:07.19

Men 50-54
Valdis Jurka
200 IM 2:39.63
400 IM 5:36.01

Men 30-34
Brent Matheson
100 free :48.29

Men 70-74
Nickolas Demas
100 free 1:07.41

Men 40-44
Oscar Gonzalez
100 free :50.85
200 free 1:54.70

10TH ANNUAL CHEASAPEAKE BAY SWIM, MANY TOP AWARDS GO TO NJ SWIMMERS



THE START OF THE 2001 CHEASAPEAKE BAY SWIM. THE RACE WAS HELD SATURDAY, JUNE 10TH. 544 SWIMMERS FINISHED, INCLUDING 34 SWIMMERS FROM NEW JERSEY.

3rd Place Overall
Bruce Brockschmidt, 34
1:34:15

1st Place 35-39 Male
Drew Stevenson, 39
1:37:03

5th Place 60-64 Male
Kuni Mihara, 60
2:34:27

1st Place Female
Tiffany Sawin, 23
1:33:44

4th Place 40-44 Female
Emily Kennedy, 41
2:05:26

2nd Place 70-99 Male
Paul Kiell, 70
2:40:36

3rd Place 25-29 Male
Curtis Sawin, 29
1:36:04

1st Place 45-50 Male
Michael Keating, 52
1:51:20

2nd Place 30-34 Male
Jeff Jotz, 31
1:41:21

2nd Place 60-64 Male
Michael Lewis, 61
2:18:09

Continued from page 1 "Dirty Half Dozen" Finishes Third in Relay Race Around Manhattan!

incredible. The current pushes you so fast, except under bridges where you feel a rip going against you."



L-R: JUDY RAMIREZ, ALICE ALONSO, JACK FRAIN, BONNIE SCHWARTZ, PAUL KIELL, MIKE BARNETT, MADDALENA MUSTILLO, AND JEANNE COON.

The third 45 minute leg was swum by Maddalena Mustillo, a senior at Kean University. With 13 minutes left in her leg, the race was paused for 15 minutes for the first of three bouts with lightning.

The fourth leg was swum by Jeanne Coon and the fifth leg was swum by Paul

Kiell. Paul Kiell was the oldest swimmer, at 70 years, to participate in this years race. The last 45 minute leg was swum by Alice Alonso. Most impressive was the fact that this was only Alice's second experience in open water competition. She swam an impressive leg going more then 2 miles in 45 minutes, swimming through Hell's Gate. This is where Long Island Sound, the East and the Harlem rivers all intersect creating strong currents that are not always in the swimmer's favor. "I was a bit nervous about this portion of the swim, I've never raced more then 45 minutes, so I knew time was going to be a mental factor," said Alonso. But with 13 minutes to go and no sign of thunder, Alice passed through Hell's Gate and continued up the Harlem River.

At this point every member of the team had swam a 45 minute leg, and the legs shortened to 30 minutes each. Bonnie entered the water and continued the team's course up the Harlem River. With five minutes to go in Bonnie's leg, the team reached the only part of the swim that was particularly harrowing. At the top of Manhattan there is a section of water called the Spytten Dyvel. This is where the Harlem River meets the Hudson River causing very strong rip tides and currents. "There are times when the currents and conditions in this part of the river are so strong that the coast guard will not let boats go through. This is always a point at which you have to be careful and have a plan," said Jeanne, "It was also at this point that ours had it's only SNAFU." With the Amtrack bridge still unopened and only 5 minutes left in her leg before Jack Frain took over, and another relay team hot on their tails, it was decided to allow Bonnie to go through the Spytten Dyvel with only the team's

kyaker, Mike Barnett, to assist. The rest of the team remained on the boat and behind the bridge. "You are told before the race that this is a situation to be ready for, and you are prepared for it. One of the official race boats will meet up with you on the other side and escort you until the bridge opens and your boat can catch up to you. But this year nature had another idea," said Bonnie. With the bridge remaining down, and time running out, the weather also turned bad. "The rain was coming down in sheets! Rain was splashing off the river with such force that it created a fog in which you couldn't see more then 50 yards," said Maddalena, "that was when it started to thunder and lightning, and Bonnie was on the other side of the bridge, in the fog and the escort boat radioed to say they couldn't find her." At this point the race was paused for the second time. After a harrowing 10 minutes, the bridge opened, the team was able to go through, and it was radioed that Bonnie had been picked up by an official boat. "I knew everything was Okay, but you can't help thinking 'What if...'," said Jeanne. "We knew Bonnie was with Mike, and the chances of anything going wrong were slim to none, but your imagination can get the best of you. You can't help but worry."

Jack Frain swam another half hour leg interrupted by the last blast of thunder and lightning. The rest of the race was down the Hudson River. "It was less swimming and more diving through the waves", said Alice Alonso, "the Hudson was rough, and everybody but Paul, Jeanne and her brother Bill {the boat's captain} was seasick, despite massive doses of Bonine."

With everyone having swam a 45 minute and a 30 minute leg of the relay, the team was nearing the World Trade Center wall, about 20 minutes of swimming from the finish. "I had expected to swim the race around 9 hours," said Jeanne, "but we made excellent time despite the conditions, and finished much faster then I had thought we would." The team, in second place up to this point was then passed by another relay team from the USA.

"It's funny how a race longer the 8 hours, can come down to the final 2 minutes," said Paul, "but we swam to have some fun and excitement, and boy did we ever!"



ALICE ALONSO GETS READY TO JUMP INTO THE HARLEM RIVER AND SWIM THE FIRST OF HER 45 MINUTE LEGS.

AND THEY REALIZED THAT LIFE WAS LIKE A RIVER .
THEY COULD WADE BY ITS EDGES , OR JUMP IN AND SWIM .

TAPERING

(Fitness Tips from the USMS Fitness Committee)

I have never found anything in sports that works as well as tapering. Of course we are talking about tapering your swim workouts in preparation for a big meet. I have discussed the subject with many experienced swimmers and found they had conflicting opinions. Over the years I have tried some or all of their advice and have come up with some conflicting opinions of my own.

Tapering has two very important components. One is to rest the swimming muscles and two, is to refine your racing technique. Resting the muscles is the easy part. Refining your technique takes a little work. See, I told you they were conflicting opinions. If you are a sprinter, start 2 weeks from your big swim meet and reduce your total workout yardage by 25% per day. If you are a distance swimmer, start 10 days out from the big meet and reduce your daily yardage by 33% per day. Take a day off from swimming at some time during this process but try not to take more than one day off. Two days before the start of the meet do not swim at all, don't mow the lawn or shovel snow. Get someone else to do it. You are tapering! The day before the meet, swim 1200 yards nice and easy.

The yardage tapering is straightforward. The intensity tapering takes some thinking. Early in the taper, swim longer intervals but swim slightly faster. If you usually do 5 X 100 on 1:30, and finish the 100 in 1:20, do 5 X 100 on 2:00 and try to finish in 1:15. Also, change speeds when you swim. While doing a 100 swim,

do the first 25 easy and build your speed so that you are at about 85% speed in the last 25. I like to do 75s where you alternate 25s easy, 25s fast. But whatever you do, do not swim anything at 100% speed during the taper period. As we say in the coaching business, "do not leave your best swim in the workout pool."

Another tapering trick I like is to sprint 12 1/2s. That is half the length of the pool. Start at one end, do a good streamline push off and swim half way down the pool and stop. Swim from halfway to the far wall doing a good, fast flip turn and stop. Come back stopping halfway again and sprint the last 12 — practicing a good race finish. All swimming done at 85% speed, practicing moving your hands fast. Take a good deal of rest between swims so whatever you do, you do it well, not fatigued. Good luck at the races and if you cannot dream up a good taper workout, try this one.

1. Warm up... 500 swim.
2. 3 X 200 swim,
80% sprint the 4th and 5th length.
3. 3 X 100 on 2:00
(or an interval 30 seconds longer than your usual).
4. 8 X 75 with the first length a stroke other than freestyle such as one you may be racing, on a 30-50 second rest interval.
5. 8 X 25 ascending on 45 seconds.
(Swim the first one fast and each successive one slower). ☹



OCEAN COUNTY YMCA RELAY SETS YMCA MASTERS NATIONAL RECORD

L-R: PAT BAYER, NANCY
STEADMAN-MARTIN, DANNIELLE
OGIER AND JODIE LISSENDEN,
AFTER SETTING THE YMCA
MASTERS NATIONAL RECORD IN
THE 200 MEDLEY RELAY
(45-54).

LOCAL SWIMMERS BREAK RECORDS, WIN BIG AT YNATS

Almost 30 Garden State Masters swimmers, representing Ocean County YMCA, Red Bank Y and Ridgewood Y, journeyed to Sarasota, Florida, in April to compete in the YMCA Masters National Swimming Championships. Over 140 YMCA Masters records fell in the meet, which attracted some 650 swimmers from across the nation.

finished second, while the 8 women finished fourth. Swimmers from Ridgewood YMCA and Red Bank YMCA also carried the torch for the Garden State.

Andrea Luallen set several new YMCA records in the women's 35-39 age group, including the 400 IM, 100 back, 200 back, 200 IM. Danielle Ogier broke the IM record in the 45-49 age group with a time of 5:11.14 and then set national Y records in the 50

side, Rich Bohan, swimming in the men's 50-54 age group, set new records in the 100 and 200 breaststroke events.

Besides breaking records, Garden State Masters swimmers captured numerous individual gold medals in the meet, including Maggie Stovickova (6), Ed Nessel (4), Lee Nessel (3), Jeff Jotz (3), Jack Zakim (3), Paul Kiell (2) and Julie Lissenden (1). Ocean County's women's 45+ 200 medley relay of Lissenden, Nancy Steadman-Martin, Ogier and Patricia Bayers was the only group of Garden Staters to win a relay.



SOME MEMBERS OF THE OCEAN COUNTY YMCA TEAM POSE WITH THE TROPHY AT THE SARASOTA YMCA. FRONT ROW, FROM LEFT, ARE JULIE LISSENDER, LEE NESSEL AND DANIELLE OGIER. BACK ROW, FROM LEFT, ARE LARRY SEIDMAN, ED NESSEL, PATRICIA BAYERS, JEFF JOTZ, CATHERINE DELNEO, JACK ZAKIM, LUKE PIEDE AND KIRBY BURKHOLDER.

Leading the way for New Jersey was the Ocean County YMCA team, which finished in third place for the combined men and women's teams. The 14 men on the Ocean County YMCA team

breaststroke, 100 IM and 200 IM. Nancy Steadman-Martin set a national Y mark in the women's 1650 free and 200 fly, while her mom, Doris, shattered the 75-79 records in the 100 back, 200 back and 50 back. Teammate Julia Dolce, who holds more Garden State records than any other swimmer, set YMCA records in the women's 90-94 200 free, 100 free and 50 free. On the men's



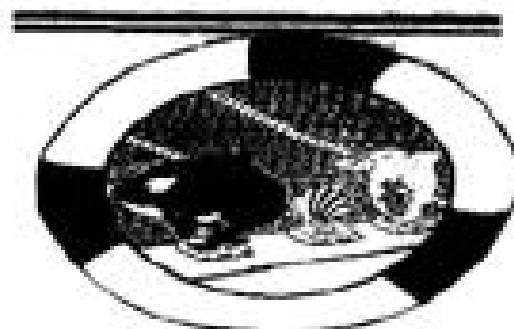
(L TO R) ED NESSEL, KIRBY BURKHOLDER, JEFF JOTZ AND LUKE PIEDE ENJOY THE SUNSET AT SIESTA KEY

Of course, no Masters meet is complete without some fun, and all of the swimmers partied at the meet social (held among the sharks at the Sarasota Aquarium) and enjoyed some quality time admiring the sunset at Siesta Key. For the 2002 nationals, Coach Nessel is already taking reservations for Ft. Lauderdale. ☺



ED NESSEL CRUISES TO VICTORY IN THE 100 BREASTSTROKE.

Jason E Nessel Memorial Invitational



RAHWAY RIVER PARK POOL—Saturday, August 4, 2001
Hosted by Jersey Masters Swimming—Sanctioned by NJLMSC 071-004

Time: Warm-up 7:15AM Deck entries close at 8AM
Meet starts promptly at 8:30AM

Facility: Rahway River Park Pool is an 8-lane, 50-meter outdoor pool; diving well dedicated to warmup/warmdown

Eligibility: Open to all USMS-registered swimmers in good standing for 2001; a New Jersey Registrar will be at the meet.

Fees: Meet sur-charge: \$10.00/\$4.00/swim if pre-entered by August 1, 2001. Deck entries: \$5.00/swim. Relays=\$8.00

Age group: Competition will be in 5-year age brackets beginning @ the 19-24 group. Relays= SUM OF AGES of swimmers.

Awards: Custom medals to the first 3 places in each age group per individual event; ribbons 4th thru 6th places. There will be high-point men's and women's medallions. A 4-color commemorative participation patch will be given to each relay member and/or can be purchased for \$5.00 each.

Director: Ed Nessel (908)-561-6339 e-mail: Ednessel@AOL.com

Registrar: Ed Nessel 10 Irene Court Edison, NJ 08820-1024
(complete the meet sheet & send to registrar with fees)

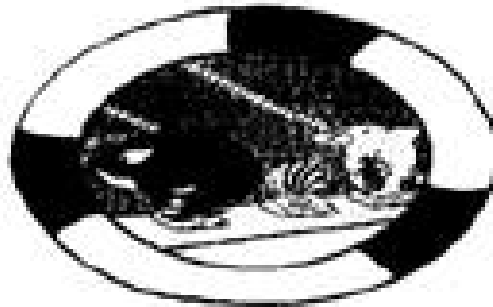
MEET CONDUCT

Must be at least 19 years of age and registered with USMS; a horn starting device with electronic timing will be used (except for 50-meter swims). Mixed participation in heats and deck seeding will be used to speed the meet along, as the pool MUST be cleared by IPM. USMS rules will govern. Top-10 times will be submitted (including relays) for properly-registered swimmers. Since the pool has a shallow end, only 4x100 relays will be run with everyone going off the blocks.

DIRECTIONS

If coming from the NORTH, take the Garden State Parkway South to Exit 135 (Westfield, Clark); once off the Parkway, bear LEFT and follow signs to RAHWAY and "hospital." Go under Parkway and make immediate RIGHT onto BRIANT Ave. Go straight until light (Westfield Ave). Make LEFT onto Westfield Ave and go thru a few lights for about a mile. You will come to a main intersection (ST. GEROGES AVE.). Make a LEFT onto St. Georges Ave and go 1/4 mile and turn LEFT into Rahway River Park. Go around the park till you come to pool complex on your LEFT.

Jason E Nessel Memorial Invitational



Hosted by Jersey Masters Swimming & Sanctioned
by USMS and the NJLMSC. Sanction # 071-024
NAME: _____ USMS# _____
Street: _____ City: _____ St: _____ zip: _____
Phone: _____ Sex: _____ Age: _____ DOB: _____

Check Off Events. Enter times in LCM!

#	EVENT	TIME	✓
1	50M FREESTYLE		
2	100M BREASTSTROKE		
3	400M FREESTYLE		
4	100M BUTTERFLY		
5	200M IND MEDLEY		
6	100M BACKSTROKE		
7	200M FREESTYLE		
8	50M BUTTERFLY		

#	EVENT	TIME	✓
9	50M BREASTSTROKE		
10	100 FREESTYLE		
11	50M BACKSTROKE		
12	400M MED OR FREE RELAY		

FEES	
MEET SURCHARGE \$10.00	\$10.00
EVENTS X \$4.00	\$
TOTAL FEES	\$

Make checks payable to JERSEY MASTERS SWIM TEAM.

RELEASE FROM LIABILITY - ALL COMPETITORS MUST SIGN

"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 competitive) including the 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."

Signature: _____ Date: / /

EXERCISE KEEPS WOMEN'S MINDS IN SHAPE

(Taken from healthcentral.com)

PHILADELPHIA (Reuters Health) — If it has been hard to get motivated for your morning walk, new research findings may inspire you to lace up your sport shoes. A study involving nearly 6,000 women shows that exercise keeps your mind sharp as you age.

Dr. Kristine Yaffe, of the University of California at San Francisco, and colleagues described their findings here Wednesday at the annual meeting of the American Academy of Neurology.

"Active mice have been shown to develop more neural connections and healthier neurons in the hippocampus region of the brain compared to couch-potato mice," she said, which made the researchers wonder if the same would be true in humans.

To test that theory, the investigators had women complete a modified version of the Mini-Mental State Exam, a common measure of brain function, at the beginning of the study and again 6 to 8 years later.

To quantify the amount of exercise each woman normally engaged in, the researchers questioned them on their routine activities around the house, how many flights of stairs they

climbed in a week and the number of blocks they normally walked.

"In the higher-energy groups, we saw much less cognitive decline," which amounted to a protective effect of as much as 40%, according to Yaffe, chief of geriatric psychiatry at the San Francisco Veterans Administration Medical Center.

"It wasn't a matter of all or nothing," she added. "A little bit of exercise was good" in terms of keeping the women mentally healthy, while higher activity levels afforded even more protection.

To make sure the study results were not due to healthier women exhibiting better test results, the investigators took into account such factors as age, presence of health problems and whether or not the women smoked.

"Despite their differences, the relationship between physical activity and cognitive decline was found for all subgroups," Yaffe said. "So it wasn't a matter of just one subgroup doing all the activity."

To keep neurons in tip-top shape, Yaffe recommends playing tennis a couple times a week, walking a mile each day or even playing golf once a week. ☺

YOU MIGHT BE A SWIMMER...

Taken from the USMS Streamlines newsletter who received it via e-mail from Jill Gellatly, Gulf LMSC

- If whenever you hear an electronic beep, you instinctively jump, you might be a swimmer.
- If you have rings around your eyes unrelated to the amount of sleep you got, you might be a swimmer.
- If you have been wearing the same pair of Lycra underwear for the past two weeks, you might be a swimmer.
- If waking up before dawn to exercise seems normal, you might be a swimmer. (you might be crazy)
- If jamming a piece of Styrofoam between your legs is not a kinky sexual activity, you might be a swimmer.
- If bugs die of chlorine poisoning when they land on your skin, you might be a swimmer.
- If you sport long, curling hair with split ends on your legs, you might be a swimmer.
- If the phrase "This set with fins" is better than hearing "You just won \$1,000", you might be a swimmer.
- If you answer, "I don't need to" when someone asks when you showered last, you might be a swimmer.
- If you love a good lightening storm when you have outdoor practice, you might be a swimmer.

- When you learn how to squirt water 15 different ways, you might be a swimmer.
- When your long-term goal is to slap your biceps on your lats, you might be a swimmer.
- When you wake up before 6 am for the free doughnuts, you might be a swimmer.
- When you go through so much latex in one season you could wallpaper your room, you might be a swimmer.
- If a friend asks how a certain guy dresses and you reply, "I only see him without his clothes on", you might be a swimmer.
- If your friends have stopped asking you about your plans for the evenings, you might be a swimmer.
- If you go from store to store desperately trying to find your favorite sports drink, you might be a swimmer.
- If the first place you go when you're stressed out is a swimming pool, you might be a swimmer.
- If among your heroes are Janet, Jenny or Amanda, or you know who I'm talking about, you might be a swimmer.
- If your daily apparel is held together by knots or is torn and see through, you might be a swimmer.
- If you have an inhaler in every color of the rainbow, you might be a swimmer.

- If the phrase, "50 double armed backstroke with a breaststroke kick makes you happier than anything, you might be a swimmer.
- If being fish-like is a compliment, you might be a swimmer.
- If your friends don't even call you anymore because they know that you have no time to do anything, you might be a swimmer.
- If your nightmares consist of a series of numbers ending in 0 or 5, you might be a swimmer.
- If you have hickeys on your neck, you might be a swimmer or you might be lucky!
- If you sweat chlorine even after showering, you might be a swimmer.
- If you just don't understand the charm of the swim suit edition, you might be a swimmer.
- If getting smacked on the butt doesn't bother you at all, you might be a swimmer.
- If someone asks if you have any siblings and you start listing teammates, you might be a swimmer.
- If you cut yourself every time you shave, because you only do it 3 or 4 times a year and are out of practice, you might be a swimmer.
- If you are determined, strong, smart and tough, you might be a swimmer. ☺

EAST COAST-ISH TOTAL IMMERSION WORKSHOP SCHEDULE FOR SUMMER 2001

These are freestyle workshops unless otherwise noted.

July 8-13 Gambier, OH
(KIDS' 4-STROKE CAMP)

July 22-27 Reading, PA
(KIDS' 4-STROKE CAMP)

July 14-15 Cleveland, OH

August 11-12 Kings Point, NY

August 20-26 Killington, VT
(TRIATHLON WORKSHOP)

For more information or to enroll in a workshop, call 800-609-7946 or visit www.totalimmersion.net. Click TI SHOPPING on the main menu, then click WORKSHOPS, then scroll down to your desired workshop. ☺

AGING UP

This June and July, 18 swimmers age up. Happy birthday to:

Florence Melick	80	Dan Morris	40
William Haynes	75	Alice Alonso	40
Richard Flynn	65	Laura Graham	40
Ray Hurst	60	Brad Magee	35
Donald Walsh	55	James Bernard	35
Candace Martin	55	Michael Halfacre	35
Robert Hengeveld	55	Nathalie Wunderlich-Kirkwood	30
Dave Siconolfi	50		
Susanna Nicholson	45		
Mark Smith	40		
Maureen Weir	40		

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

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: Dan Sexton; 201/333-0300 (W) or Jeff Jotz 201/547-6455 (W) or jjotz@yahoo.com, or jjotz@stpetersprep.org. Pershing Field Pool (6 lanes 25 M) M-F, 6-7 am.

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

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

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

JULY 8

KING OF THE PIER SWIM, 1 MILE OCEAN SWIM. Send SASE to Seaside Heights Recreation, 800 Ocean Terrace, Seaside Heights, NJ 08751. Or contact LIN-MARK Computer Sports; 856/468-0010; <http://www.lin-mark.com>

JULY 15

5TH ANNUAL SWIM FOR THE DOLPHINS, 1 mile ocean swim, Wildwood Crest, NJ, 6:30 pm start. Contact L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009 or Dave Hirsch; 609/465-5590.

JULY 21

1-MILE OCEAN CHALLENGE. North Wildwood, Go to <http://www.lmsports.com>.

JULY 22

CROSSING RAINBOW CHANNEL SWIM. Somers Point. Go to <http://www.lmsports.com>

JULY 28

OCEAN CITY MASTERS 1 MILE SWIM. Ocean City. Go to <http://www.lmsports.com>

AUGUST 4

JASON E. NESSEL MEMORIAL INVITATIONAL. Rahway River Park Pool. Entry enclosed.

AUGUST 19

JOHN BOYD MEMORIAL SWIM (1 MILE). Seaside Heights. Go to <http://www.lmsports.com>

MEETS OUTSIDE OF NEW JERSEY

JULY 7

EASTERN STATES 2-MILE CABLE SWIM. Chris Greene Lake, Charlottesville, VA. Contact Beth Waters; 804/276-5229 (no calls after 9 pm) or Patty Powis at ppowis@saturn.vcu.edu

JULY 8

1 AND 2 MILE LEHIGH RIVER SWIM, Allentown, PA. Contact James Platt; 435 Iroquois Street, Emmaus, PA 18049.

JULY 8

1 AND 2 MILE LEHIGH RIVER SWIM. Allentown, PA. Contact James Platt; 435 Iroquois Street., Emmaus, PA 18049.

JULY 14

EMPIRE STATE MASTERS 1 MILE OCEAN SWIM, Point Lookout Town Beach, Long Island, NY. Contact Bob Kolonkowski; 516/766-1264 or rp248@mindspring.com

JULY 15

5TH ANNUAL SWIM FOR THE DOLPHINS, 1 mile ocean swim, Wildwood Crest, NJ, 6:30 pm start. Contact L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009 or Dave Hirsch; 609/465-5590.

JULY 15

2.4 MILE RACE FOR THE RIVER & THE .5 MILE COVE-TO-COVE SWIM Info. and applications available on-line at www.nyccswim.org

JULY 15

2ND ANNUAL SUMMER SIZZLER. Wilton YMCA, Wilton, CT. Contact Bruce Mullen; 203/834-0879, bmullen4@aol.com

JULY 21

23RD ANNUAL POINT TO POINT. Compo Beach, Westport, CT. For entry form contact Linda Brown-Kuhn; 908/479-1038, lbk@sprintmail.com

JULY 28

EMPIRE STATE GAMES. Contact George McVey; 716/271-2323; macswim@usms.org

JULY 29

DC MASTERS 16TH LC MEET. George Mason University. Contact Barbara Frid; 703/550-7314.

AUGUST 4

KEYSTONE GAMES. Contact Judy Brominski; 888/445-4559.

AUGUST 5

THE 2.8 MILE GREAT HUDSON RIVER SWIM Info. and applications available on-line at www.nyccswim.org

AUGUST 11

1-MILE HARBOR SWIM. Gloucester, MA. Contact Jennifer Cullen; 978/744-5169, YJENSWIMS@juno.com

AUGUST 11

1 MILE SWIM AGAINST THE TIDE. Nickerson State Park, Brewster, MA. Contact Shellie Gutman; 781/961-7460, 1in8@mbcc.org

AUGUST 19

THE PARK-TO-PARK ONE MILER Info. and applications available on-line at www.nyccswim.org

SEPTEMBER 15

THE 4TH ANNUAL 7.8 MILE LITTLE RED LIGHTHOUSE SWIM Info. and applications available on-line at www.nyccswim.org

CHAMPIONSHIPS

JULY 14

OPEN WATER 1 MILE NATIONAL CHAMPIONSHIP, Point Lookout, LI. Contact Bob Kolonkowski; 516/766-1264.

JULY 14-28

NATIONAL SENIOR GAMES, Louisiana State University, Baton Rouge, LA. Swimming 50-64 yrs is 7/19-21, For 65+ it's 7/23-25. Contact Scott Rabalais; 228/766-5937 (H); 225/769-4323 (W), scottrabalais@compuserve.com

AUGUST 16-19

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

OCTOBER 28-NOVEMBER 4

PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS, Hong Kong Swimming Association.

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

MAY 2002

USMS SC CHAMPIONSHIPS, HAWAII.

AUGUST 2002

USMS LC CHAMPIONSHIPS, CLEVELAND.



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

