

EASTLANE

IF YOU'RE GOING TO THE OCEAN COUNTY Y MEET

Due to ongoing construction at the facility, the bleachers will not be set up during the meet. So, please bring your own chairs. Also, the Sport Spot will be on hand during the meet selling swim merchandise. Any questions call John Morrison at 732/341-9622, ext. 2222.

USMS MENTOR COACH & SWIMMER CLINIC

We've mentioned this one for the past couple of months, but for anyone who still wants to get in on this, Ed Nessel will be running an excellent clinic at Rutgers University on April 6-8. A lot of valuable information will be covered and there will be ample water time that includes video-taping of all strokes. For more facts or to register, contact Alex Antoniou; 732/445-0462 or antoniou@rci.rutgers.edu.

THE CORE

By Paul Kiell, MD (pkiell@aol.com)

When you think of the core, what springs into your head? The center, the middle, the essence, the source of power. In terms of the universe, what comes to mind is the sun, a source of infinite power, with satellites rotating about it. The swimmer's prime thoughts should be of the core for it is the source of your power.

When we think of power, the special organ system that generates and delivers the power is the musculature. A muscle has an origin or anchor, and an insertion. At its origin it is anchored, attached. At its insertion it performs its action. A muscle generates movement by shortening. Think of the muscle fibers as strands of a crude slingshot made up of a rubber band held between the thumb and the index finger. Pull on the back strand, then release. Letting go shortens the band, but also sends into flight the attached spitball. The further back you stretch the band up

THINKING ABOUT YMCA NATIONALS?

YMCA Nationals will be held in Sarasota, FL this year from April 26-29. Ed Nessel would like to pull together a team of NJ folks who want to compete representing the Ocean County YMCA in Toms River. If you're interested, contact Ed at 908/561-5339 or EdNessel@aol.com.

A SAD NOTE

One of USMS's most prominent members, Gus Langer, passed away on January 9 at the young age of 97. Gus was a Hall of Fame swimmer who belonged to Connecticut Masters. He was quite a wonderful character. He often swam the distance freestyle events at Nationals and would stop to chat with the people counting his laps. Anyone who would like to send cards, can mail them to Emily Langner (Gus's granddaughter), 78 Harborside Drive, Milford, CT 06460.

TOP TEN PATCHES

If you made the Top Ten and want a patch to commemorate your awesome accomplishment, they are being sold by the Lake Erie LMSC. Darlynn Ferguson is stepping down and Thomas Gorman is now the person to contact to order Top Ten Patches. Thomas can be reached at 3369 Desota Ave, Cleveland Heights, OH 44118 or trgorman@att.net

(Thanks to Tracy Grilli, Executive Secretary, USMS National Office, for this information)

INSIDE THIS ISSUE

Page 2	Aging Up
Page 2	100 100's A Big Success In Many Ways
Page 3	The Core (Cont.)
Page 4	Spring Tune-Up Invitational Entry Form
Page 5	Pop Quiz!
Page 5	Places to Swim
Page 6	Meet Calendar

to a point the more it can shorten, the more shortening the more mobilizing power and the further the spitball flies. By shortening, the muscular action is usually to either flex (fold or bending a joint upon itself), or extend (straighten) a joint.

Power, for the swimmer, speaks to those prime muscles that deliver the power, muscles whose solid anchor is at the center or core of the body, whose attachment is to stable relatively immovable structures. The core of the body is both in the center and then extending to structures firmly attached and just adjacent to the center, i.e., the vertebrae (spinal column) and sternum (breast bone) at the midline with the attached ribs and pelvis. It is at these anchored junctures that the core muscles attach and deliver power to the limbs. The muscles, however, that originate in the limbs, even the shoulders, make up the periphery, (triceps, biceps, rotator cuff muscles,

hamstrings, quadriceps, etc.). These peripheral (usually smaller) muscles may be considered the satellites, augmenting and delivering, but also deriving power from the core. Furthermore, these peripheral muscles are attached to less stable anchors such as the scapula, are usually shorter and less powerful compared to the "core" muscles. Core muscles are the pistons that drive the engine. Hands and arms are like the propellers of the boat. They "hook" on to the water. In swimming, the prime source of the power to move is generated by rotating the body. Those very core muscles that bring about the rotation can be found, coincidentally, under the outlines of a standard one-piece racing suit.

How to strengthen and work these muscles is beyond the scope of this article. The one-piece suit, however, with its tight feeling, does serve to make the swimmer conscious of their location.

Continued on page 3

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100 100's A BIG SUCCESS IN MANY WAYS

by Millicent Kaplan

On Sunday, February 11th, thanks to the work of several volunteers, several swimmers fought the good fight and did a near marathon length Swimathon from 8:00 AM to 12:00 noon to meet the February Fitness Challenge and raise vital funds for the Leukemia Society of America. The event was hosted at New Jersey's best pool, Rutgers natatorium in Piscataway, part of the Sonny Werblin Recreation Center. Rutgers Aquatic Director, Alex Antoniou took diligent and smooth care of coordinating this event which has been taking place at various locations for the last half-dozen years or so, seeing to it that USMS had free use of pool time for this important fundraiser event. Thanks go to Alex and his staff!

There were nearly 45 USMS swimmers who participated in this ultra-length swim of 100 X 100's. The pool was set up in 50-meter lanes- in long course fashion. The fastest and fittest group finished in a speedy 2 hours 45 minutes for the full 10,000 meters, while others, like me, managed less than three hours (with generous breaks) and less than half that distance with a total of 4,200 meters.

Thanks to the efforts of Tom Lawson, who supervised on deck, swimmers were appropriately placed in the correct lanes where the timed interval of 100's were manageable for them, with the outside lanes moving a bit slower. I found that the only way I could keep going was to take a break every 1,000 meters since I was concerned about foot and leg cramps. I would get out, have a piece of fruit on every other break, drink some water and then get back in again. This was a very long swim

for me, and I know it was much longer for the others that went more than double the distance I swam.

I did not see many swimmers taking that many breaks and I marveled at the stamina and speed and a sort of team unity that was taking place in each lane with the strongest swimmer out first, keeping a keen eye to the pace clock. This eyewitness glimpse of the other lane swimmers, swimming with a mission, gave me the fortitude to go on a little further.

My initial goal was to swim 75 lengths, and the last time I got in the water, the thought occurred to me while swimming to go for 83 lengths, a length for each year my late Dad lived, a hairy cell Leukemia victim. He had other ailments too, but the Leukemia really took its toll and made his final year very difficult.

There is a point in doing any extreme athletic distance event, where the mind must take over a bit and mentally calculate or nearly ignore what the body is saying. It can mean a risk to do what you have not done before and in the tangle of one's mind you want to venture into the deep water, but you also want to stay near the shore where it is safe. So it is in life: you want to go a distance not accomplished before, but you also want to be cautious too.

In swimming a distance and in exceeding a distance I had not swum in recent years, I found the last part lost in thought about my father who died in 1983 at age 83. He used to quote Thomas Edison, "99 percent perspiration and 1 percent inspiration" And in thinking about my father's life, his creative brilliance and wit, his incredible life's work, and how he excelled in most things, and inspired his whole family to go on and persevere—I kept on swimming.

But to be honest, the distance was swum for me too, beginning a fitness challenge in February that had been neglected for too many months—resulting in being out of shape and carrying more pounds around than is necessary or healthful. Every once in a while we all need a wake up challenge—so I've been logging my distance and buying more

Continued on page 5

AGING UP

This March, eight swimmers age up.

Happy birthday to:

Charles Harris	80
Lou Abel	65
Glen Fries	50
Mary Ann Harmon	45
Kirby Burkholder	40
Thomas Link	40
Sandy Carosi	35
Chris McGiffin	35

POP QUIZ!

By George McVey

The following is a sample of questions that meet officials have to answer when they take the recertification test every two years. How well can you do?

1. In the butterfly, if the breaststroke kick is used, it must alternate with the arm stroke and additional dolphin kicks between breaststroke kicks is not permitted. True or false?
2. If a swimmer swims into another lane and then back into his/her own lane, the swimmer must be disqualified. True or false?
3. If a counter insists on counting in a descending order, the swimmer in that lane is disqualified. True or false?
4. For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the age of December 31 of the year of competition. True or false?

(Taken from the Jan.-March 2001 issue of the Water Power Gazette)

ANSWERS: 1. False. Clarification effective 1/1/01. 2. True. 3. False. Swimmer is ultimately responsible. 4. True.

100 100's *Continued from Page 2*

fruits and vegetables, and managing my time better so I can swim more—because I know I feel healthier and have a brighter outlook on life if I make time to swim a few times a week.

In the next issue, we hope to have a report for you, on the February Fitness Challenge for the NJ-LMSC (yardage completed by us all) as well as a tally of funds raised for the Leukemia Society of America from February 11th.

If you haven't already done so, you can mail your Leukemia Society of America donations and yardage count on your forms to Dave Siconolfi, 1579 Springfield Ave, New Providence, NJ 07974. Dave is another volunteer, behind the scenes working for you and we express gratitude to him as well.

And for those strong swimmers who managed the impressive 10,000 Meters: We applaud you! So keep your eye on the Fast Lane for announcements of future challenges, and keep in mind upcoming open water swims in lakes, rivers, and the Atlantic summer swims in our beautiful coastal state of New Jersey—or contact our open water experts, Jack Frain or Judy Ramirez, listed under NJ LMSC officers for more information.

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.

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 McMeehan 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.

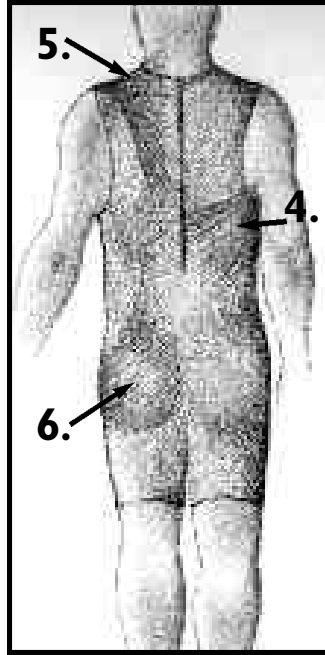
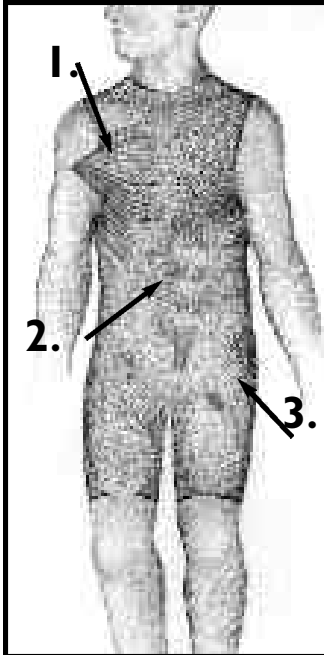
YM/YWHA of Bergen County Contact: William Stern; 201/567-7267.

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

THE CORE Continued from Page 1



There is, nevertheless, one sure way of strengthening these muscles and using them to their potential. And that is by conscious attention to basic technique and basic mechanics: Rotate, roll and make the body long. In so doing, besides all the reasons a long body goes faster, you are, at the same time, stretching the body. The more the recovering side with its core muscles is stretched, the more surface there is to then shorten, the more the ability to shorten the more power; thus the more movement, the more speed, the more you fly through the water like that spitball through the air. And that, you could say, is...*the core* of the matter.

ORIGIN & ACTIONS OF CORE MUSCLE GROUPS

- 1. Pectoralis:** These muscles are anchored in the clavicle (collar bone), sternum (breast bone), upper 6-7 ribs, are inserted into the upper arm (humerus). This brings the arm to the side and to the mid-line and forward, besides rotating the arm.
- 2. Abdominals (Rectus Abdominis, External Oblique):** These muscles are anchored (originate) in the midline of the pelvis and lower ribs. The Rectus inserts into the 5th, 6th and 7th ribs. The External Oblique inserts into outer and inner portions of the pelvis compressing the abdomen and at the same time flexing the vertebral (spinal) column and thorax (chest).
- 3. Hip Flexors (e.g., Psoas, Iliopsoas):** These muscles attach to the lower lumbar spines and insert into the upper portion of the thigh bone near the hip joint causing flexion (down-beat on freestyle, up-beat on backstroke) of the thigh and pelvis.
- 4. Dorsi:** This is a broad flat muscle that is anchored (origin) on the lower half of the thoracic spines and to connective tissue, also attached to the lumbar spines, also anchored to the sacrum and part of the pelvis. It is partially connected too to the lower four ribs. It is inserted (where it acts) into the upper arm (humerus) causing it to rotate internally and to extend and thus draw it down and back.
- 5. Trapezius:** This muscle is anchored to the lower portion of the skull and to the cervical (neck) spines, is inserted into both the clavicle and scapula (shoulder) drawing the head backwards or sideways, also it pulls, rotates and lowers the scapula back and elevates the shoulder.
- 6. Hip Extensors (e.g., gluteals):** These muscles are attached to the hip, insert on the thigh, extend the thigh (up beat), and turns the thigh outward.



MEET CALENDAR

MARCH 24

SPRING TUNE-UP INVITATIONAL.
Contact Ed Nessel;908/561-5339 or ednessel@aol.com.Entry in this issue.

MARCH 31

15TH ANNUAL UNOFFICIAL OCEAN COUNTY Y CHAMPIONSHIP, Entry in last issue. Contact John Morrison at 732/341-9622,extension 2222

MEETS OUTSIDE NEW JERSEY

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@worldnet.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 1

DOT DONNELLY MEMORIAL/APRIL FOOLS MEET, CT.
New Haven,CT.Contact Eric Burns; 203/366-0045 or ecbmd@aol.com

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.

APRIL 27-29

NEW ENGLAND CHAMPIONSHIPS, Harvard University, Cambridge, MA. Contact Bob Seltzer; 617/576-1203.To add name to meet email distribution list, send message to seltzer@metasoft.com . Meet website is: www.swimindex.com/meets/2001/nem-scy/

JUNE 23

MANHATTAN ISLAND MARATHON SWIM
Info. and applications available on-line at www.nycswim.org

JULY 15

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

AUGUST 5

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

AUGUST 19

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

SEPTEMBER 15

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

CHAMPIONSHIPS

APRIL 20-22

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.Contact 941/922-9622 or sysharks@hotmail.com.

MAY 17-21, 2001

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

JULY 14

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

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.

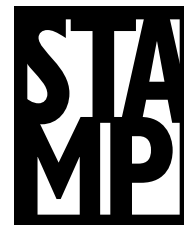
AUGUST 2002

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