

EASTLANE

WHAT MAKES AN ATHLETE A WINNER?



Researchers at Loyola Marymount University, Los Angeles, compiled a list of 128 characteristics of what makes an athlete a winner. They asked 658 coaches from 43 different sports to choose five characteristics that they felt determined a person's ability to be a winner. The following five top characteristics were chosen for success in sports:

- The athlete loves to play his game or sport.
- The athlete has a positive attitude in general towards life.
- The athlete is teachable/coachable.
- The athlete is self-motivated.
- The athlete has the discipline and drive to take the necessary steps to improve his/her game.

Most sports psychologists believe that success in sports is mostly mental. Plans or strategies for becoming an elite athlete along with expert coaching are the prerequisites to success. Preparation is the key to success.

— Taken from 2/01 Lane Line newsletter ☺

SPLASH TV HITS AIR IN JUNE



Finally, a television show devoted completely to wet heads. Splash TV begins airing on the Outdoor Life Network Monday, June 4th at 8:30 PM ET/PT and will continue each Monday night thereafter at the same time(s). They will be posting previews about the shows as they get closer to the launch date, so be sure to check back.

— Thanks to Susan Kirk for this item. ☺

EVERYTHING YOU WANT TO KNOW ABOUT SWIMMING IN OPEN WATER

by John F. Walker

Visibility of less than 2 feet. No stripe to follow on the bottom. Unseen creatures lurking under you. Seen creatures kicking you and flailing their arms all around you. Choppy water trying to splash in your mouth on every breath. Cold water. Flotsam and jetsam... I can't understand why anyone would be concerned about open water.

Seriously though, open water swimming can be a wonderful activity. Open water swimming is to pool swimming as trail running is to track running. It is a chance to get out and simply enjoy your surroundings. You can stretch out your stroke and get into a rhythm that you can't achieve when there are walls every 25 or 50 meters. Here are a few tips and ideas that I've collected over the years.

GET COMFORTABLE Admittedly, it is important to feel comfortable in open water before you can really enjoy it. And to feel comfortable, you have to understand what the water can do, what you can do, and have some confidence that you can handle whatever it throws at you. Don't go into the water with the attitude that you can depend upon someone else to bail you out. Lifeguards, and other people, will do what they can to help you, but if seven other people also go in with the same attitude and have trouble at the same time you do...

Continued on page 3

THOUGHTS TO PONDER

FLEXIBILITY: Your kick either propels you forward, or stops you dead in the water. Your hands start the flow of water, your feet can continue it or destroy it. First item to check is ankle and toe flexibility. Look at your feet. Do you have hammer toes (maybe your running shoes are a half size too small)? If you do, every time you kick, your toes will catch the water. Whenever possible, take your shoes off and start curling your toes under your feet. Initially, toe stretching will hurt, but as you continue you will get used to it. You can also place a newspaper or a towel under your feet and curl it up using your toes. Last, grab the bottom of your foot with both hands just behind the toes and press up as you use your thumbs to press your toes down.

ENDURANCE: Vince Lombardi once said, "Fatigue makes cowards of us all." Practicing your stroke in long, low quality sets helps groove in correct neuromuscular patterns. Build your yardage slowly so that you do not get sloppy during a set. If you are doing an interval set, take enough rest to partially recover before your start again. If you feel that your

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stroke is falling apart, or you are out of breath, slow down. Rest between workouts allows muscles to repair and handle more stress. You need a balance of stress to build endurance and maintain skill.

KICKING SKILLS: Put on a pair of fins, roll over on your back and kick 800-1000 a few times a week. Dolphin kick off each wall and flip your turns. You will be helping your butterfly, backstroke and honing turns while increasing ankle, hip and toe flexibility. Notice how your overall swimming improves.

Taken from 2/01 Lane Line. They got it from 6/99 Water Power Gazette. ☺

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EXERCISE BEATS DRUGS FOR SOME WITH DEPRESSION

NEW YORK (Reuters Health) — Besides its physical health benefits, exercise is often said to help people simply feel good. And a growing number of studies are showing that these mood-boosting effects may even fight clinical depression.

The latest evidence that exercise can be an antidepressant comes from a German study of 12 men and women with major depression. Researchers found that walking for 30 minutes each day quickly improved the patients' symptoms — faster, in fact, than antidepressant drugs typically do, according to a report in the April issue of the British Journal of Sports Medicine.

Dr. Fernando Dimeo and his colleagues at Freie University in Berlin measured the patients' depressive symptoms before and after 10 days of treadmill workouts. The investigators found that by the study's end, 6 of the 12 patients had improved significantly and 2 had improved slightly. Five of these patients had failed to benefit from antidepressant drugs, the authors note.

"Our results indicate that, in selected patients with major depression, aerobic training can produce a substantial improvement in symptoms in a short time," the researchers write.

Previous studies have suggested that exercise is a potent mood-booster, and some research indicates that for some patients regular activity may be a better depression treatment than psychotherapy or medication. Exactly why is unclear, but

exercise does influence certain mood-related hormones. And it is also believed to enhance people's sense of control over their lives.

In one study that compared exercise with antidepressants among older adults, investigators found that physical activity was the more effective depression-fighter. That study's lead author, Dr. James A. Blumenthal of Duke University in Durham, North Carolina, told Reuters Health that exercise is potentially an important component of depression treatment.

But, he said, "one treatment may not work for everyone, and it's important to match the right treatment to the right person."

Blumenthal called the current study findings "provocative," but noted that he and his colleagues have found that it typically takes at least 1 month of regular exercise before patients' moods improve.

Exercise is gaining more research interest as a way to battle depression, according to Blumenthal.

"Depression is so prevalent and can be so debilitating," he said, "that alternative treatments do need to be looked at." It is important that such studies have the "scientific rigor" to show exercise is a valid treatment option, he added.

—Taken from www.HealthCentral.com. ☺

AGING UP

This May, ten swimmers age up.
Happy birthday to:

Happy birthday to:

Diane Mottola	65
Stanley Sokolowski	50
John Decker	45
Margaret Ball	45
Andrew Maggion	45
Rose Ellen Dunn	45
Randi Anderson	40
Jeffrey Schobe	40
Suzanne Parton	35
Matthew Donovan	25

MAINTAINING YOUR COMPOSURE Although it is not uncommon for even very experienced swimmers to occasionally feel a little panicky in open water, panicking is about the worst thing you can do in open water. The biggest mental challenge to open water swimming is to maintain composure no matter what happens. This may require doing some breaststroke, or even treading water or floating for a little while. I have always valued my life a lot more than staying with the pack, a fast time, or riding a great wave. Find some way to keep afloat and to regain your composure. With that in mind, I am not aware of any open

20 strokes as opposed to every 6 strokes. But that is a big "if." Not looking up may speed you up, but that doesn't do much good if you start swimming in circles. The classic solution to this is to practice swimming a length of the pool with your eyes closed. The lane ropes will quickly make it apparent in which direction you naturally veer.

Work to straighten out your stroke. Know where to expect the buoy (I'll use the term buoy, even though you may end up using some other landmark) when you look. It is a whole lot easier to spot a buoy or some other target if you generally look in the right direction and know where to expect it. Don't look for too long. If you don't spot your marker (buoy) quickly, take another stroke and look again then. In choppy or rough water, you may be in the trough of a wave in one stroke, making a buoy impossible to see. But two strokes later, you may be on the crest and able to see for hundreds of yards. Note also that even though you may be on the crest of the wave, the buoy may be in a trough. Oh well, it is better to keep swimming in the direction where you think the buoy is located than to stop until you sight it.

Follow others. If you are swimming with others, and they appear to be swimming in a straight line, just follow them. But even though they will probably not intentionally veer off course, you should still check periodically.

Find things to the side that you can use as markers.

Although at 4.4 miles, the Great Chesapeake Bay Swim is one of the longer popular open water swims, it is quite easy navigational. The swim goes from the western shore of the bay to the eastern shore between the two spans of the bridge. I rarely had to look forward in this swim. I saw the south span whenever I breathed on my right and the north span when I breathed on my left. Likewise, you can use the shore to keep you on target.

Don't make big adjustments to your position. If you find yourself quite a ways to the side of the course, change your direction to slowly move back. Remember that the shortest distance from your current position to the next turn is a straight line, no matter where you are. Don't bother swimming straight back to the other swimmers before heading for the next turn; just go for the next turn. You really do not swim much further if you gradually move away from the shortest path and then gradually move back. On an out and back 1.5K swim, you can swim over 40 meters to the side on each leg of the swim, and still swim only an additional 10 meters for the entire swim.

RACING WITH OTHERS Racing in open water is not quite the same as just swimming in open water. There are lots of other people around. Do you feel comfortable swimming in the midst of 400 flailing arms and legs? Do you prefer having a little space around you? Keep this in mind during the swim. You almost always have the ability to control how large of a pack you are swimming in. If there are too many arms and legs, move to the outside of the course. I recommend the outside of the course over the inside of the course because of turns. At turns, everybody bunches up as close to the buoy as they can. If you are on the inside, you must work your way into that group in order to swim around the buoy (rules generally frown upon swimming to the inside of the turn buoy). If you are on the outside, you can remain just to the outside as everybody else fights to get within touching distance of the buoy.



water races that require you to swim any particular stroke, so do whatever stroke you feel most comfortable with.

DON'T SWIM ALONE Even if you have tried to prepare for every possible problem, it is always possible that something unexpected will happen and you find yourself needing help. That is not the time to be alone. If there are lifeguards, let them know your plans before you start swimming. If there are no lifeguards, then swim with someone else (keeping an eye on each other and knowing lifesaving will both help). Even if there are lifeguards, a partner will be able to get to you a lot sooner.

MAKE YOURSELF VISIBLE Along those same lines, make yourself easy to see. Not only will it help people find you if you need help, but it may also help boats see you and only come close instead of running over you. Those bright swim caps they make you wear at races aren't just for decoration! The only times I ever wear a swim cap are in open water and cold water (like when the heater goes out in the pool).

NAVIGATION Can you swim in the right direction when there is no line painted on the bottom? Most of the articles I have read on open water swimming deal with this issue by telling you to look up every few strokes. Practice in a pool. Try lifting your head up and looking at the end of your lane. Lift your head at different times during your stroke and see what feels most comfortable. With that accomplished, you have tackled the most important part of navigation in open water. That is really all you need to be able to do, although there are refinements to help you speed up and make it easier.

REFINEMENTS *Looking up slows you down and tires you out.* If you can stay on course, you will be much better off looking up every

THE START OF THE KING OF THE PIER ONE MILE OCEAN SWIM IN SEASIDE HEIGHTS, NJ. THIS SWIM USUALLY ATTRACTS UPWARDS OF 250 SWIMMERS, THE RACE STARTS IN WAVES OF 100 SWIMMERS EACH.

FROM ALCATRAZ TO SAN FRANCISCO

By Paul J. Kiell, MD

The ancient philosophers knew it, the poets, the writers, the statesmen, they all knew it. Then contemporary scientists validated it: Stress is the spice of life. Accepting and overcoming physical and mental stimuli, we get stronger. At any age. (Such as the grain of sand the oyster responds to by manufacturing a pearl.) And one example of stress (the spice of life type) is physical exercise performed as play.



WASHINGTON & JEFFERSON COLLEGE SWIMMING TEAM, 1951.
PAUL KIELL, TOP RIGHT; STU McCOMBS BOTTOM, SECOND FROM RIGHT.



RELAY TEAM, INDIANAPOLIS, 1997

Plato writing in the Republic contended that the first ten years of education should be physical and should be in the gymnasium. The Romans preached a sane mind in a healthy body. Their dictum *Ad astra per aspera* (to the stars through struggle) applies to everything we do. It applies in medicine where the introduction of a stressor (a weakened bacterium

or virus) incites the body to overreact and develop an arsenal against the specific noxious influence. Such is the basis of immunization. Weight lifting is another example. We become stronger by introducing ever increasing challenges. There is a struggle whose outcome is a strengthening. It even applies to the stock

market which always must overcome a "wall of worry." In overcoming it, the stocks get higher, reaching for the proverbial stars. Exercise is a form of mild stress. The poet Dryden penned: "The wise for cure upon exercise depend/God never made his work for man to mend." In many cultures, forms of play have evolved, all of which provide mental and physical challenges which then become a dress rehearsal for life's demands.

My swim from Alcatraz to San Francisco's shore in 1997 translates to one of those dress rehearsals.

That dress rehearsal of escaping Alcatraz meant maneuvering through 520 water against cross currents of waves assaulting me with disorienting force, obscuring my vision and therefore the direction of my journey. Do I try to hit back at the waves?

I would pit my puny power against nature just as well as I would try to out scream the aggressive defense attorney trying to disrupt my equilibrium and throw me off course when I give medical testimony. In both instances, what is needed is a certain finesse and certain learned techniques. How we cope with the play rehearsal become metaphor for "real life."

We studied William James at W&J. In The Principles of Psychology (1890), he coun-



THE AUTHOR, PAUL KIELL, AT THE FINISH OF THE 1997 ESCAPE FROM ALCATRAZ SWIM.

seled to "keep the faculty of effort alive in you by a little gratuitous exercise every day ...so that when the hour of dire need draws nigh, it may find you not unnerved and untrained to stand the test." I once asked an 80 year-old retired blue collar worker, an age-group record holding swimmer and runner, why did we keep on competing when it made us so anxious to which he replied, "because we're here."

Well, I'm here, and I'll be there again this summer of 2001 to again escape from Alcatraz. The effort may not take me to the stars (*Ad astra per aspera*), but making it to San Francisco's Aquatic Park becomes one rung up that ladder.

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Although there are advantages to be gained from drafting other swimmers, you have to be careful in doing so—there are some pitfalls also. When I am drafting someone else, I often notice that my stroke is much choppier as I am struggling to stay in the proper position. If the swimmer is the same speed as me, I find this choppiness just makes me more tired without any additional speed. Occasionally, I will find a swimmer or group of swimmers who I can draft, but I probably spend most of my time in open water races looking for open water where I can stretch out my stroke and cruise. Don't convince yourself that you have to draft just because it is faster; it may not be worth it, so examine each situation.

RACE START (FINDING/CREATING SPACE) Take a handful of spaghetti (uncooked is much less messy) and hold it so all the noodles are resting vertically on the table. They can all be contained in a pretty small circle on the table. Now let them all fall over in the same direction. They are now all over each other and take up much more space on the table. Now imagine a whole bunch of swimmers/triathletes standing on the beach or treading water behind the starting line. They are contained in a pretty small area. Now sound the starting horn and what happens? They all go from being vertical to being horizontal and, just like the spaghetti, are now all over each other. No wonder we always get mercilessly kicked and elbowed at the beginning of races; there just isn't enough room for everybody until after we start to spread out.

If you don't want to be a part of all those flying arms and legs, then plan your escape route before the race starts. Don't start in the middle of the front. Start in the back, where nobody else will really want your space in the water. The only trouble is that as people get tired after the initial sprint, you will have to navigate through them. Another option is to start near one side or the other. You can always just swim a little further to the outside to get away from the elbows, yet there aren't as many people to swim through after they tire from their sprint. If you want to mix it up with the other swimmers, then be prepared to do a little fighting to maintain your space.

WAVES/SWELLS For the purposes of this discussion, I will distinguish between waves (or swells), breakers, and chop. Waves travel in one direction and make you go up and down. Breakers are what result when waves reach shallow water. Breakers crash over your head and try to grind you into the ground. Chop is the result of lots of little waves with no apparent direction to them. Imagine putting 100 kids in a pool with no lane ropes or gutters—the end result is what I would call chop. It is also what you often get in windy conditions.

Every body of water has waves and chop. Modern pools do an amazing job at keeping them to a minimum; large bodies of water do not. Remember all those stroke drills you have done in the pool, teaching you to keep your fingers just above the surface on the recovery and to have a nice smooth entry into the water? You can forget them in wavy choppy water. In rough water, if you keep your fingers just above the surface of the water, then you are quite likely to have an unexpected wave come along and cause your hand to enter the water below your shoulder. This is not ideal! In order to allow a reasonable stroke, you need to have a much higher recovery with your hand in open water. Get it out of the water and in the air quickly. Then when it comes time to put it back in the water, get it quickly from being well above the water to being in the water. The less time your hand spends at the water surface, the less likely it will be affected by waves and chop.

And since waves generally move in the same direction (the wake from a boat is an exception), imagine what will happen if the waves are coming from your right and you can only breathe to the right. This is one good reason to learn bilateral breathing.

BREAKERS For some people, breaking waves are loads of fun. For others, they are a source of terror. If you are in the latter group, then think twice before entering any ocean swims. It is best to become comfortable with breaking waves before having to negotiate them in a race.

For the most part, the maximum size of the waves is pretty predictable. Watch them for a few minutes and see how big they are and how far out they break. It would be very unlikely that they will change much in the time it takes you to do your swim. This is important because the best place to swim is directly affected by where the waves are breaking. Between the breakers and shore, a lot of water goes in and goes out with a lot of force. Most people with a functioning self-preservation instinct do not just stand around in this area. And even if they try, they tend to get moved around by the water.

Just beyond the breakers, the swells are quite large, and make swimming quite difficult. Besides, if one slightly larger than usual wave came in, you might not be past its breaking point. Involuntary bodysurfing is not the same as open water swimming. As you get further beyond the breakers, the swells are not nearly so large, so swimming becomes much easier.

So the trick is to get beyond the breakers as quickly as possible, swim around out there, and then get from the breakers back to shore again as quickly as possible. When getting past the breakers or back into shore, the biggest thing to remember is not to fight the water! It will win. Don't be afraid to let the water push you around a little—it is better to give a little than to break. There are lots of tricks that can help keep your body intact when getting past the breakers.

Go under/through the wave. I list this first because I think it is probably the most useful technique. Just before a wave breaks, you can dive under the wave or through the vertical wall of water and go through the wave.

Go over the wave. If the wave is small, then you are probably still in shallow water and can jump over it. If the wave is not very small and is just beginning to break, then you can float up and over it. You can probably imagine what happens if you try this and the wave has really started to break—you find yourself halfway back to shore when you finally surface.

Force yourself through the wave. This is useful only for waves that are too big to jump over but still too small to dive through or go under. The idea is to turn sideways and lean your shoulder or hip into the wave as it breaks. Turning sideways allows the wave to go around you instead of through you. By leaning into the wave, it is likely that it will stand you back up as it passes, but it shouldn't knock you over.



Although swimming past the breakers is relatively calm, very few people want to stay out there forever. This requires that you be able to get back to shore. This usually can be done much more quickly than getting out past the breakers in the first place since the breaking waves can help you in this case. The waves travel to shore much more quickly than you can swim, so in this situation, you want to become an intentional bodysurfer.

The basic idea of bodysurfing is simple — get into a streamlined position and let the wave push you. But that alone will not get you very far. On your bike, have you ever drafted a tandem on a downhill? If you start the descent with the tandem and accelerate with it, you can get up to some pretty incredible speeds. Yahoo! However, if you start the descent after the tandem, then you have no hope of ever catching it. If you start ahead of the tandem, by the time it passes you it will be going too fast for you to accelerate and catch its draft. Bodysurfing waves is similar. If you are behind the wave when it breaks, then it is pretty obvious that you won't be riding it. But most people don't realize that if they are in front of the wave when it breaks, it will give them a good push and throw them around a bit, but will ultimately pass by them. But if you are on the top of the wave as it begins to break, you can stay right on the front of it and ride it all the way to shore. Just as the wave is breaking, take one or two strong pulls, hold your breath, get in a good streamline, and kick like crazy in order to stay on the front of the wave. As insurance in case you run into someone, people who value their fingers make fists, and people who value their heads keep their hands together (grabbing a thumb with the opposite hand works very well). You learn this lesson very quickly if you do what we did as teenagers, aiming at friends while bodysurfing.

CURRENT There really isn't any special technique for swimming with or against currents. It is just like swimming in calm water. But mentally, it can be very different. Swimming against a weak current, it can take substantially longer to cover a given distance (you don't get anywhere swimming against a strong current). Swimming with a current, you can finish a given distance much

faster than otherwise possible. I remember seeing winning times of well under 40 minutes for the Point Bonita 10K (San Francisco area). That is a pretty respectable running pace, but this is a 10K swim! It is obvious that the currents move pretty quickly through the Golden Gate. (FYI, the Manhattan Island Foundation's 7.8 Mile Little Red Lighthouse swim is usually won in about an hour!)

Swimming across a current can require some different tactics, though. With a continuous current, like in a river, you have to aim upstream of your target. Some of your effort will go into getting you closer to the finish and some will go into fighting the current. Many races in areas affected by tides are timed to

THIS IS A "BREAKER" WAVE IN HAWAII. GETTING BEYOND THE BREAKERS, WITHOUT LOSING YOUR GOGGLES, IS ANOTHER ONE OF THE MANY CHALLENGES OF OPEN WATER.

be held at either high or low tides. This way, the current comes from one side for the first half of the swim and then reverses for the second half.

UNDERTOWS AND RIPTIDES Whenever a wave breaks, a lot of water goes into the shore. Unless this is flooding the shore, all this water is somehow returning to the ocean. There are a couple of ways it can do this: undertows and riptides.

An undertow is when the water returns to the ocean underneath the incoming waves. It can be pretty strong near shore, but shouldn't really affect anyone on the surface. A riptide channels the water into a river that runs away from the shore and perpendicular to it. It moves quickly and can quickly carry a swimmer far from shore. Naturally, the way to handle it is to get out of the riptide. Riptides may move a lot faster than any of us can swim, but they aren't very wide. So don't waste your energy fighting them; swim to the side of them and head back to shore in more friendly water.

COLD WATER My first open water swimming race was part of the Santa Cruz Sentinel Triathlon. The 1-mile distance and the open water didn't scare me at all, but the 59F water did. I didn't own a wetsuit, so I put lots of Vaseline on my body and hoped for the best. It was cold. I didn't regain feeling in my feet until after the bike ride. I swore never to do this race again until I purchased a wetsuit.

When I first tried swimming in cold water, my body's natural reflex was not to inhale or exhale when my face was in the water. It was very difficult to get a smooth stroke when I didn't exhale until my face was out of the water. The trick was that I had to force myself to exhale when my face was still in the water. Being prepared for this before races has helped me get into a smooth stroke much more quickly.

IN CLOSING In our "very serious" pursuits to be athletes, I think that adults miss out on one of the best ways around to become comfortable in the water: playing. Go to a local pool some time and look at all the kids splashing and diving around. Listen to their laughter. They are enjoying themselves. They are also becoming very comfortable with their surroundings. On a recent trip to a beach on the Mid-Atlantic, I noticed the same sort of thing. The adults were at the edge of the surf reading or just letting the water cool their feet. The kids were jumping over the waves, body surfing, or riding boogie boards.

So the best advice I can give is to spend lots of time playing in the water. What are the different ways you can get past a breaking wave without being pulverized? How far can you ride a wave before it passes by you or you get ground into the sand? What does it feel like to swim barely past the breakers?

Maintain your respect for the water, but experiment, and by all means, remember that this is supposed to be fun!

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WET N' WILD WORKOUT

THIS SET IS SENT FROM ED NESSEL. THE ENTIRE WORKOUT SHOULD BE SWAM WITH YOUR FINS ON! ENJOY!

WARM-UP

400 yards to loosen
200 free swim
200 free pull
200 stroke/free

PUSH-PACE

4 x 50 free
4 x 25 IM order

MAIN SET "LIGHTNINGS"

a. 150 fr/100 fr/50 fr
b. 150 bk/100 fr/50 bk
c. 150 br/100 fr/50 br
d. 150 fr/100 IM/50 choice
100 yards recovery

BREATH CONTROL

8 x 25 underwater
4 x 50 fly to back
4 x 50 fly to breast

KICKING

4 x 100 on 2:00

"PERFECT STROKE" AND WARM-DOWN

4 x 25 on :30

PUSH-PACE: Use this section of the workout to increase your heart rate and to condition your muscles in preparation for the main set. These 50s should be done on 50–60 second intervals, depending on the swimmers' conditioning.

MAIN SET: "Lightning" is a term that stands for a 150, followed quickly with a 100, then followed more quickly with a 50 and a 45-60 sec. rest between each lightning. Swim an easy 100 yards after the set for recovery.

BREATH CONTROL: Swim with a good streamline and an efficient kick. 25 yards underwater is easy for most Masters. The challenge comes with repetition. The 25s should be done on 30-45 sec. intervals, while the 50s should be swam fast on a minute. ☺

"I HAVE ALWAYS STRUGGLED TO ACHIEVE EXCELLENCE. ONE THING THAT CYCLING HAS TAUGHT ME IS THAT IF YOU CAN ACHIEVE SOMETHING WITHOUT A STRUGGLE IT'S NOT GOING TO BE SATISFYING."

—GREG LEMOND

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.

Peddle 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 McMeekan 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; 732/830-7260.

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.

MEETS OUTSIDE OF NEW JERSEY

MAY 6

CT MASTERS CHAMPIONSHIPS, East Lyme, CT.

JUNE 10

CHESAPEAKE BAY SWIM, 4.4 miles. Contact LIN-MARK Computer Sports, 856/468-0010 (as of 2/15/99 race was full and closed out)

JUNE 17

1 MILE OPEN WATER SWIM-VIRGINIA BEACH OCEAN SWIM. Contact Betsy Durrant, 211 55th Street., Virginia Beach, VA 23451; 757/422-6811 or durrantb@aol.com

JUNE 23

MANHATTAN ISLAND MARATHON SWIM
Contact Marcia Cleveland, Manhattan Island Swim Federation; doversolo@aol.com or www.nycswim.org .

JUNE 30

1 MILE SWIM, Greenwich Point, CT. Contact Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; 203/322-6162.

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 rpk248@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.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

MAY 17-21, 2001

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

JUNE 23-24

DIXIE ZONE LC M CHAMPIONSHIPS, Arlington Aquatic Complex, Sarasota, FL. Meet information at http://home.att.net/~dixiezone/ldp_meets.htm

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_corganisation.html

MAY 2002

USMS SC CHAMPIONSHIPS, HAWAII.

AUGUST 2002

USMS LC CHAMPIONSHIPS, CLEVELAND.



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

