

EAST LANE



CONVENTION REPORTS

This year, Ed Nessel and Tom Brunson represented NJ Masters at the national convention. Here are their reports to you:

FROM ED NESSEL, CLINICS COORDINATOR/WELLNESS & FITNESS/OFFICIALS

The big item for this year's convention was the election of a new slate of officers. After a 2-term max, new people have to be elected to the highest offices in USMS making up the executive committee. Doctor Jim Miller from Virginia was elected in a close run-off election as President; Scott Rabalais, now from Georgia, was elected Vice-president, Sally Dillon is now the Secretary, and Doug Church is the new Treasurer.

I've worked under Jim Miller for years on the Sports Medicine Committee and know first hand his feelings as to the health benefits of masters swimming. It is his agenda to make it known nation-wide that, as move along in the 21st century, the healthy lifestyle of master swimmers, will show the way to longevity.

Also working with Scott Rabalais for several years on the Coaches Committee, it has become quite well known that he and I are of like thoughts on the fact that the future of Masters Swimming depends greatly on the quality of the coaching that becomes available to our fellow swimmers.

I was triply honored this convention by first being re-elected President for another two-year term of the Masters Aquatic Coaches Association (MACA) which is involved with upping the quality of masters coaching and helping same to get better educated along the lines of the physiology of aging and the science of swimming and athletics in general.

Then I was deeply honored by being selected to coach at (and share knowledge with) the Olympic Training Center the first week in February.

And thirdly, due to both the efforts of Alex Antoniou of Rutgers University and me, the USMS Nationals Long Course Championships will be held in August, 2003 at the Rutgers pool. This is a lot of work, and I am sure the Rutgers people will need all of NJ to help make this a great meet...something we can all be proud of. In fact, this will be the first national championship of any kind held at the Sonny Werblin Pool, and I am proud to have it associated with Masters Swimming.

I had two research projects accepted for publication and classification. One, on the physiology of Aging as it Pertains to Sports, will now be the accepted protocol for the physiology school from the American Swim Coaches Association for ANY swim coach to further his certification nationally, and secondly, my work on GERD (reflux disease) will be the next big publication from the national sports medicine committee.

Needless to say, though excited and honored, I came home exhausted, but it was time well spent, and New Jersey came away looking better than ever.

FROM OUR REGISTRAR AND TREASURER, TOM BRUNSON:

REGISTRATION:

HardCopy signatures are still required on release statement for registration. Electronic signatures are not yet supported. Committee still working on a permanent swimmer ID, so you won't get lost over time and through name changes. Maybe our registration numbers won't have to change every year. Swimmers can now register with USMS at the age of 18 (was 19) for workouts only. Competition age requirement is still 19.

INSURANCE:

The main reason our registration fee has remained constant for so many years is the low cost of the accident and liability insurance provided by USMS.

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COLONIES ZONES:

Barb Protzman of Maryland is our new Colonies Zone rep. She will coordinate meet scheduling at the zone level to try to alleviate conflicts among adjacent LMSCs.

USMS ENDOWMENT FUND:

An additional \$50,000 was placed in the USMS Fund from general reserves to bring the fund account to the required \$100,000 minimum. This will permit funding of swimming related education and research projects.

NATIONAL WEBSITES:

Computer enabled swimmers can exercise your curiosity and learn everything you ever wanted to know about Masters Swimming at the two national websites:

"WWW.USMS.ORG" has the entire Masters Swimming organization captured in easy to use form. This includes meet schedules, records, training information, discussion groups, swimming merchandise, and lots more.

"WWW.SWIMGOLD.ORG" is the History and Archives site, featuring pictures, stories, top ten listings, etc. This is the on-line insight to the material to be maintained at the Swimming Hall of Fame Library in Florida.

Next year's convention is to be held at Dallas/Fort Worth in the second week of September. ☺

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MORE CONVENTION NEWS FROM OUR ZONE REP

The re-scheduled 2001USMS Convention was held in Louisville, KY on November 15-18. This was an election year at the Convention. The Colonies Zone is proud that one of their own, Dr. Jim Miller of Virginia was elected as president of USMS. The other officers are: Vice President - Scott Rabalais of Louisiana; Secretary - Sally Dillion of Nevada; Treasurer - Doug Church of Indiana. New zone representatives were elected for the eight zones. The new Colonies Zone rep is Barb Protzman of Maryland. The sites for the 2003 national meets were chosen: SCY at Arizona State University in Tempe (May 15-18) and LCM at Rutgers University in Piscataway, NJ (August 14-17). Score another one for the Colonies Zone!

Other significant items: Eighteen-year-olds can now register with USMS. However, you must be 19 to compete. That means for SCY, you must be 19 as of the last day of the meet. For SCM and LCM, you must be 19 by 12/31 of the year in which the meet is held. Also, FINA Masters has re-instated the exception that allows us to use the breaststroke kick on butterfly.

2002 Nationals: SCY will be at the University of Hawaii on May 14-17 (with an open water event on the 18th). The special airfare rates for Hawaii will not be available until January, and dorm rooms cannot be reserved until January. Due to the travel distance, for the Hawaii national meet only, you will be allowed to enter 4 events without meeting the qualifying times. LCM will be at Cleveland State in Ohio.

The COLONIES ZONE SCY CHAMPIONSHIP will be sponsored by the Terrapin Masters at the University of Maryland, College Park, MD on April 19-21, 2002. Meet Director: Dave Diehl 301-946-0649(h) ☎

WHO IS YOUR ZONE CHAIR?

Barb Protzman is the chair, registrar, and top ten recorder for the Maryland LMSC. She has been an active member of the Maryland Masters Swim Team for 24 years and has attended the national convention for the past 13 years. Barb was meet director for the 2000 USMS Long Course Nationals in Baltimore. Contact Barb at MDChair@usms.org. ☎

—Taken from Colonies Zone News, 12/01 issue

SWIM FOR THE FUTURE

METROPOLITAN LMSC

On November 10th, 2001, Asphalt Green hosted "Swim for the Future," a memorial swim to honor the lives of two Asphalt Green Masters Swimmers, Andrew Fisher and Doug Irgang, who tragically lost their lives in the World Trade Center attack. The event took place at Asphalt Green's Olympic Pool from 6 PM-Midnight. A special ceremony honoring Andrew and Doug's lives as well as the local fire and police departments was held at 8 PM. Asphalt Green is pleased to announce that the event raised over \$100,000.00

Proceeds of "Swim for the Future" will go towards establishing The Andrew Fisher and Doug Irgang Memorial Scholarship Fund at Asphalt Green. The scholarship will provide financial support each year to young competitive swimmers who show dedication and passion for the sport, but have limited financial capacity to pursue their dreams. A portion of the proceeds will also go towards the local fire and police departments. The Andrew Fisher and Doug Irgang Memorial Scholarship will assure that Andrew and Doug's commitment to swimming, fitness and the community continues to thrive in the future.

Those who would like to be a sponsor can write a check payable to: Asphalt Green Swim for the Future, 555 East 90th Street, New York, NY 10128. Donations may be dropped off at the Membership Desk or phoned in to 212-369-8890 ext. 230. Asphalt Green is a not-for-profit organization and all donations are 100% tax deductible. ☎

—Taken from Colonies Zone News, 12/01 issue

SWIMMER'S EAR (OTITIS EXTERNA)

by Edward H. Nessel, R.Ph, M.S., MPH.

Exposure to excess moisture can cause several types of skin problems, the most prevalent of which is Swimmer's Ear. The condition, if left untreated, can grow to extreme discomfort which then presents the situation where it is inadvisable to have the swimmer in the water.¹ To lose pool time because of swimmer's ear is truly a waste because it can almost always be prevented; treatment before the condition gets to an inflamed state proves the adage that an ounce of prevention is worth a pound of cure. By following a few simple measures, this condition should never be allowed to disable the swimmer.

ANATOMY & FUNCTION OF THE EAR

The ear is divided into three anatomical sections, each contributing to the organ's main function of capturing sound waves (external ear), transporting them onward (middle ear), and then amplifying them for travel to, and analysis by, the brain (internal ear). But for the purposes of this discussion, we will deal with the most external part; that which is constantly exposed to the ambient surroundings in which we place ourselves (water for swimmers).

The external ear consists of the pinna (cartilage and skin) and the ear canal, a closed pouch with an inner lining of cells, the thickness of which is NOT uniform. Toward the outer third of the ear canal, the lining is thick and supported by a base of cartilage. This also is the location of the hair follicles and the wax (cerumen) glands which serve a protective function against irritants to the outer ear canal. In the inner two thirds of the canal, the lining is much thinner than the beginning of the canal and rests on bone. At the end of this canal is the tympanic membrane (ear drum).

PROBLEMS THAT CAN LEAD TO SWIMMER'S EAR & ITS SYMPTOMS

Four primary factors influence the occurrence of swimmer's ear. First you need moisture; a lot of moisture. Normal exposure to water during bathing or showering does not cause an otic condition because it usually does not hang around long enough to affect the lining of the canal. When water enters the acoustic meatus (ear canal), it usually drains spontaneously as a result of routine head movements, and any residual water usually evaporates from body heat.²

Next in sequence is the duration of exposure to moisture. Enough moisture must be in contact long enough to soften (macerate) the cells that line the canal. If there is going to be any type of problem with drainage it would come from the inner two thirds of the canal. Remember, this area has a thinner lining of cells which is more susceptible (less wax) to the softening effects of standing moisture. Spending hours in the water is the main problem, and may explain why external otitis is five times more common in swimmers than in those who do not swim.¹ In addition, the chlorine in pools (there to keep infecting organisms down in to manageable numbers) causes the lining of the ear canal to degrade, increasing the risk of swimmer's ear in pools as opposed to open water swimming²

Now come the culprits, the infecting micro-organisms. Swimming in sterile water = no otitis. Swimming in the usual waters that make up our environment = possible infections. The most common infecting organism to the ear canal in the majority of cases is a hearty bacteria called *pseudomonas aeruginosa*; but that is not to say that other microbes can not cause problems. In fact, in a landmark 1974 study, investigators discovered that usually the initial invaders were of the gram positive class of bacteria (*proteus*, *streptococcus*, *staphalococcus*), with a gradual change over to the gram negative *pseudomonas*.^{3,4} Fungi are also seen as infective agents but not nearly as often as bacteria.

Initially, the patient notices a full and/or wet feeling in the ear. Pain, itching, and swelling begin. The pain can be severe and can be elicited simply by moving the jaw side-to-side, touching the outside opening of the ear, or tugging on the ear lobe.⁵

If not treated early, a discharge may begin to appear, the consistency varying from thin to thick...thick probably indicating a fungal infection.⁵ This discharge can also inflame the facial skin near the ear opening. Hearing can become compromised as a result of a mechanical blockage due to accumulated debris in the ear; if the condition fulminates further, the ear drum can rupture, and a much more serious infection can travel into the middle ear...progressing to possible severe hearing loss and/or a cranial bone infection, but the original condition would have had to be ignored for quite a while to get to this point.

The fourth element to allow for ear canal inflammation is temperature. Body heat radiating into the ear canal produces temperatures close to the core temperature and can provide a perfect environment for the rapid growth of micro-organisms.¹

Minor injury may also be a part of the picture. The onset of swimmer's ear brings problems such as inflammation and pruritis (itching) of the otic canal. Attempts to relieve the intense itching through scratching either with fingernails or a rigid object can further abrade tissues and carry organisms into the wound. The end result could manifest itself as a deep-seated infection dissecting from the thin lining of the canal into the underlying bony support tissue.

The risk of moisture retention also rises when a person has structural problems that hinder water drainage. There are those in the population that have tortuous or abnormally narrow ear canals or bony growths that partially occlude the canal space. Also, several kinds of skin conditions (*psoriasis*, *eczema*, *contact dermatitis*, *seborrheic dermatitis*, *neurodermatitis*) can produce scales which hold on to moisture.^{1,2} And impacted wax can act as a road block to water drainage. In fact, with the addition of water, the wax can absorb the moisture, expand and totally occlude the ear canal.

Changes in the acid content (pH) of the canal lining can increase the risk of swimmer's ear. Normally the pH is around 4.5, same as the skin, moderately acidic. This inhibits the growth of micro-organisms. (1) When the acid content becomes neutralized or even basic (pH of 7 or higher), the area becomes more susceptible to infection. A pH change can occur when there is debris present, when the ear is washed out with water or soap. Caucasians are more prone to develop swimmer's ear than Asians due to inherent structural blockages of the canal⁶ Also, those who are genetically prone to produce large amounts of wax have a greater risk of swimmer's ear since the risk of impaction is increased.⁶

Misguided ear cleaning efforts can also predispose a patient to swimmer's ear. When the ear is functioning properly, the upper layer of dead cells migrates outward. Insertion of rigid or semirigid objects (cotton swabs) into the ear canal can disrupt this normal self-cleaning

mechanism. The rubbed skin layer can turn back upon itself and shed cells back toward the ear drum rather than toward the outer opening, allowing for moisture retention and occlusion.⁵

PREVENTION & TREATMENT

As with all medical conditions, prevention is preferable to treatment. Many suggested interventions focus on drying the ear directly after exposure to water: from shaking the head and jumping up and down to one side, to using hair dryers, soft towels and any substances that would take water out of the ear. Removal of excessive wax would also serve well to prevent an environment that retains moisture, but caution must be exercised here to prevent excess removal which would then lay the canal lining open for damage.²

The use of alcohol (ethyl) or an alcohol/acetic acid combination drop has proven value in that the ingredients act to dehydrate (remove water from) the ear, disinfect the area, and lower the pH (make more acidic) of the canal lining.³ I recommend this after each day's swim. Soft silicon ear plugs by Physicians' Choice (Santa Barbara Medco) is a prod-

uct that can be used daily during training to prevent swimmer's ear in those susceptible by physically keeping water out of the canal. It is comfortable and does not fit too tightly.⁴

As for treatment, there is nothing over the counter (OTC) that can successfully treat a full blown case of swimmer's ear. A few days into the acute stage of the infection should keep the swimmer out of the water...we don't to a possible dangerous escalation of the infection. However, there are several antibiotic/anti-inflammatory combination otic drops that can be obtained by prescription which, in a few days, allow the swimmer to return to training. Several drops into the ear canal 3 to 4 times daily, and the condition usually resolves in a few days. For early symptomatic conditions, the alcohol or alcohol/acetic acid combination drops can be counted on to help heal the canal also within a few days.

To keep the swimmers in the water, using the above-mentioned easy-fitting silicon ear plugs are an excellent adjunct to medication. They are not too tight-fitting which enables them to be worn even with a swollen ear canal. ☺

REFERENCES

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6. Roydhouse, N, Swimmer's ears, Can J Appl Sports Sci, 1980; 5 (3), pp.188-191.
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THE POWER OF FOOD

Calories are more than pesky numbers that build bulging thighs — they are units of energy. Instead of figuring out how many minutes you need to spend on the treadmill to burn off a Pop Tart binge, consider what those calories could do if used for power. The calories in a piece of cheesecake, for example, could light a 60-watt bulb for a hour and a half. Look below for more on the power of food.

A bagel with cream cheese (540 calories) would power an electric toothbrush for 52 hours and 20 minutes or give you the energy to brush your teeth for 3 hours and 25 minutes.

A Powerbar (230 calories) would run a 34-hp motorcycle going 40 mph for .4 miles or give you the energy to cycle 6.25 miles at 10 mph.

A Big Mac (590 calories) would keep a vacuum cleaner going for 98 minutes or give you the energy to clean your house for 88 minutes.

One cup of Ben & Jerry's Chubby Hubby (350 calories) would operate a riding mower for 89 seconds or give you the energy to push a power mower for 69 minutes.

Six handfuls of pretzels (600 calories) would operate a radio for 4 hours or give you the energy to sing for 90 minutes. ☺

— From Health Magazine, 11/01 issue.

STARTERS AND OFFICIALS NEEDED

St. Peter's Prep swim team is in desperate need of starters and officials for its home meets this season at St. Peter's College in Jersey City. If you are an NJSIAA-certified official, please contact coach Jeff Jotz at jjotz@stpetersprep.org or (201) 547-6455. You will be paid for officiating the meet. ☺

WORLD'S TOP SWIMMERS LOVE ISLAND

By Jeff Williams, STAFF WRITER,
November 28, 2001

Long Island is surrounded by water but not exactly awash in the sport of swimming. Yet the Nassau County Aquatic Center in Eisenhower Park is host this week to a pair of world class swimming events, the Fina World Cup, which began last night, and the U.S. Open, which begins tomorrow night.

If Long Islanders aren't swimming circles around swimming, nationally-ranked swimmers look forward to coming here.

"It's the best pool on the East Coast by far," said Ed Moses, who won the 50-meter breaststroke last night. "Any time I can swim here I will. It has the [right] depth, drainage, great starting blocks. I think a lot of swimmers agree with me. I won my first national championship here in 1999 [the 100 breaststroke at the Phillips 66 National Championships]."

Moses was last here in October when he set the American record of 26.92 seconds in the 50 breaststroke during the Novo Nordisk Sprint Cup, another major swim meet. Moses wasn't anywhere near his record time last night, winning in 27.53, but he didn't figure to be. This is his first

World Cup event of the season and yesterday morning he put himself through a strenuous workout. He only tied for seventh in the qualifying heats, giving him a difficult swim in lane eight, an outside lane. "I was fatigued in the morning but I got myself a lane and got the job done tonight," he said.

For Dave Ferris, director of the center — also the site of the NCAA Women's Championships this past spring — big meets mean that Long Island swimming has a chance to move into the big time.

"We've spent a lot of time over the last 10 years making some significant improvements in Long Island swimming," said Ferris, who is also coach of the Long Island Aquatic Club. "Long Island has always had a number of good age-group swimmers nationally ranked, but they never got to the higher levels of the sport because they never had the ability to train like kids in other parts of the country. This facility has made a huge difference in the ability of local kids to train and compete."

The World Cup is a professional tour making nine stops around the world. Shanghai, Paris, Stockholm, Melbourne are a few of them. And now it comes to East Meadow (well, the World Cup tour designates it as New York). There is a total of \$60,000 in prize money for the World Cup with 150 competitors from 35 differ-

ent countries taking part. More than 1,000 swimmers are expected to take part in the U.S. Open, including Moses and 16-year-old 200 butterfly world-record holder Michael Phelps of Baltimore.

In other events last night, Natalie Coughlin set the world record for the women's 200 backstroke in 2:03:62, breaking Sarah Price's mark of 2:04:44. She also won the 50 backstroke in 27.29. Coughlin, who swims on the Cal-Berkeley team, also won three events here during the Women's NCAA Championship.

Other winners last night included Olympic gold medalist Amanda Beard, who took the 200 individual medley in 2:12:14; U.S. Olympian Josh David who won the 400 freestyle in 3:46:05; Neil Walker, who took two events — the 100 backstroke in 52.71 and the 100 individual individual medley in 54.22. The latter time was not a world or American record, but the fastest time ever swum in the United States. ☺

—From *Newsday, Inc.*, emailed to me by Andrea Luallen. This article originally appeared at: <http://www.newsday.com/sports/printedition/nyswim282484141nov28.story>. Visit *Newsday* online at <http://www.newsday.com>

BREASTSTROKER USES TENT FOR CONDITIONING

By Frank Litsky

East Meadow, NY, Dec. 1— Since January, Ed Moses, has spent many nights sleeping in a tent. Not the boy scout variety, but an altitude tent that makes the air thinner and thus reduces his body's need for oxygen. That allows his body to use oxygen more efficiently and he hopes that will make one of the world's premier breaststrokers swim faster.

The 21-year old Moses lives in Burke, VA., a 20-minute drive south of Washington. He has credentials, including gold and silver medals from the 2000 Sydney Olympics, a bronze medal from this year's world championships and world long-course and short-course records. Here, he swam in the US open championships over a 25-meter course in the Nassau County Aquatics Center. Moses uses an altitude tent for sleep only. The clear tent encompasses his bed, with a zipper for him to get in and out. "The myth is that it sucks oxygen out," Moses said. "That's

wrong. A generator outside the tent takes air from outside, removes a certain amount of oxygen and pumps that thinner air inside."

A dial on the generator lets him adjust it any way he wants. For the first two days he used it, he thinned the air to the equivalent of air at 2,000 feet, then 3,000 feet. On the fourth or fifth day, he was so pleased that he turned the dial up to 9,000 feet. "When I woke up the next morning," he said, "I was extremely fatigued. I felt like I hadn't slept. I realized then that this was not a toy and that I had to use a slow process. I set it back to 2,000 feet for a week, then 3,000 for a week, then 4,000 for a week. I moved it up when I felt accustomed to the altitude I was sleeping at. Moses started using the tent 12 weeks before the national spring championships in Austin, Tex., the meet to pick the world championship team. By the time he put the tent away, three days

before the meet, he was up to 7,00 feet. The meet turned out to be the best of his career. He broke the world records for 50 and 100 and missed the 200-meter record by only 22-hundredths of a second.

Such elite American swimmers as Chad Carvin and Jason Lezak use some form of the tent. Moses is not using his now. "I put it away for the winter," he said, "because I believe in it so much. It comes out in the spring. I don't credit all my success to it, but it's played a huge part. Maybe some is psychological, but that's O.K."

"I believe I'm the best breastroker in the world," Moses said. "That's the way you've got to think every day. If you don't think like the best, train like the best and be the best, you won't be the best." ☺

—Excerpted from the *NY Times*, 12/2/01

WILD & WET WORKOUT

This workout comes courtesy of Eric Fucito, coach of the Berkeley Aquatic Masters team. www.berkeleyaquatic.org

WARM-UP

300 free working on high elbow recovery

*8x100 with 15 second rest between
100s set is done 25 choice swim, 50 best
stroke drill, 25 choice swim

*1x300 15 seconds off best time per 100
3x100 10 seconds off best time per 100
3 times through set

*4x25 on :30 choice kick with no fins
2x50 on 1:00 choice kick with no fins
1x100 on 2:00 choice kick with no fins
2x50 on 1:00 choice kick with no fins
4x25 on :30 choice kick with no fins
50s should be faster than 25s and 100s
should be faster than 50s
Make sure 25s are on a good pace

1x200 swim down ☺

AGING UP

This January eleven swimmers age up.

Happy birthday to:

Daniel Sullivan	75
Joan Levine	65
Anthony Garro	60
Jacqueline Glasser	60
Gregory Blessing	55
Tom Stearns	50
Dennis Maneri	50
Dana Levitt	45
Margarita Dellisanti	35
Eilish Byrne	30
Rebecca Conroy	25

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

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

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink 973/379-8884, Workouts T & F at 8pm.

Hoboken Masters Contact: Don Galluzzi; 201/216-5696

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

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

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

Ocean County YMCA Masters Contact: John Morrison; 732/341-ymca.

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

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

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

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

Workouts are held at the Sonny Werblin Rec Center pool. Workouts: M-F noon-2pm, Sunday 5:30-7pm, M, T, H, F 6-7am, T & H 8-10pm, F 7:30-9pm

Seton Hall University Masters Contact: Jeanne Coon; 973/401-1574 or jeannecoon137@aol.com.

Practices are M, W, H 7:30-9pm; T & H 6:30-8am; Sat. 11:30-1pm.

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

West Morris Area YMCA Contact: Bob Hopkins at 973/729-3686.

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

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

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.

NON-COACHED WORKOUTS

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

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

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

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

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

Montclair Masters Contact: Omar Cruz, Montclair YMCA, 25 Pine Street, Montclair, NJ 07043; 973/744-3400x109. Workouts held M, W 6-7 pm, F 6:30-7:30 pm.

Princeton Area Masters Contact Paul Mucciarone, evenings at 609/655-0997 or at pfmooch@hotmail.com or contact Princeton Recreation Dept.; 609/921-9480 and ask for Katie Herlihy. Workouts M-F, 5-6:45am, DeNunzio Pool, Princeton University.

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

Sussex County Masters Contact: Bob Hopkins; 973/729-3686.

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

JANUARY 20

LC MEET AT OCEAN COUNTY Y
Entry enclosed

MARCH 23

UNOFFICIAL TEAM CHAMPIONSHIP MEET,
Ocean County Y. Tentative date. Details to follow.

MEETS OUTSIDE OF NEW JERSEY

JANUARY 13 OR 20

SCSU, NEW HAVEN MEET (SCY)

JANUARY 27

GROUNDHOG MEET, Westport, CT

FEBRUARY 16

MERCHANT MARINE ACEDMEY, Kings Point, NY
Info. to Follow.

FEBRUARY 16-17

VIRGINIA MASTERS WINTER INVITATIONAL,
Midlothian, VA. Contact Nancy Miller;
804/320-2143 or nancymillr@aol.com

MARCH 17

BILL CRAWFORD MEMORIAL WINTER CLASSIC,
Villanova University Pool, PA. For entry, contact
Linda Brown-Kuhn, 908/479-1038, lbk@sprint-
mail.com. For questions contact Stephanie Walsh;
610/293-0527 (days), stephswim1@aol.com.

APRIL 18-21

YMCA NATIONALS, Ft. Lauderdale

MAY

CONN SCY CHAMPS

CHAMPIONSHIPS

DECEMBER 8-9

COLONIES ZONES SHORT COURSE METERS
CHAMPIONSHIP, Rutgers University . Contact
Ed Nessel; 908/561-5339,
ednessel@aol.com

DECEMBER 8-9

NEW ENGLAND SHORT COURSE METERS
CHAMPIONSHIPS, Wheaton College, Norton,
MA. Contact Ed Gendreau; 603/742-7850,
gendreau@nh.ultranet.com

MARCH 24-3/30

IX FINA WORLD MASTERS CHAMPIONSHIPS,
LCM, Christchurch, New Zealand,
www.eventnz.co.nz/masters-swimming/

MARCH 24-MARCH 30, 2002

IX FINA WORLD MASTERS
CHAMPIONSHIPS,
LCM, Christchurch, New Zealand,
www.eventnz.co.nz/masters-swimming/

APRIL 19-20

COLONIES ZONE CHAMPIONSHIP, University of
Maryland, College Park, MD.

MAY 2002

USMS SC CHAMPIONSHIPS, HAWAII.

AUGUST 2002

USMS LC CHAMPIONSHIPS, CLEVELAND.



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:



DON'T WASTE YOUR BASE

TAM's 1650 Postal January & February 2002

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 38-02-01

WHAT YOU NEED: A 25 yard pool and someone to time you (who can count to 66)

DISTANCE: 1650 yards

DATE: Anytime during the months of January and February, 2002

ELIGIBILITY: All swimmers registered with USMS for 2002 are eligible to participate.

RULES: All USMS and PMS rules apply. A split sheet with 50 yard splits and signed by at least by one timer.
Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

ENTRY FORMS: You may enter by using the entry form below or a consolidated entry form. Again, a split sheet with 50 yard splits and signed by at least one timer must be attached to the entry form. Enter relays by filling out the relay form and attaching photocopies of the individual entries. All individual entries must be accompanied by a copy of your current USMS card. Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

POSTMARK DEADLINE: All entries must be postmarked by March 10, 2002.

AGE DIVISIONS: 19-24, 25-29, 30-34, etc., male and female.

RELAYS: Four person relay entries will be accepted in the following age groups: 19+, 25+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total time for the four 1650s).

ENTRY FEES: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00. Checks should be made payable to Tamalpais Aquatic Masters. Entry fees are not refundable or transferable.

AWARDS: Awards will be given for 1-3 place for individual events and first place for relays.

T-SHIRTS: T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want below and on your check.

INFORMATION: For more information or questions contact Jon Steiner at (415) 459-2000, Fax: (415) 459-3668, email: lawjls@aol.com

Name.....Age..... Male Female; email address: _____

Address.....City.....StateZip

Telephone: (.....).....ClubUSMS No..... I will accept results by email only

T-shirt No Yes: Size: XXL XL L M S MY TIME: :

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES AND/OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by time rules and regulations of USMS for Open Water Events. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Name of Event: TAM 1650 Postal Date of Event:.....Signature

MAKE SURE YOUR ENTRY FEE, A SIGNED SPLIT SHEET, AND A COPY OF YOUR CURRENT USMS CARD ARE ATTACHED.
Copyright 2001, Tamalpais Aquatic Masters, all rights reserved

OCEAN COUNTY YMCA LONG DISTANCE SWIM MEET

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, **but be sure to sign the waiver.**

NAME: _____ USMS No.: _____ (optional)

ADDRESS: _____
(STREET) (TOWN) (STATE) (ZIP)

PHONE: _____ AGE: _____ SEX: _____ CLUB: _____

EMAIL ADDRESS: _____

“I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING; UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS.”

Swimmers Signature: _____ Date: ____/____/____

Event #	Event	Seed Time	Event #	Event	Seed Time
1.	1650 Free		6.	1000 Free	
2.	400 IM		7.	200 Butterfly	
3.	200 Backstroke		8.	200 Free	
4.	500 Free		9.	200 Free T-Shirt relay	
5.	200 Breaststroke				

Meet Surcharge \$ 5.00
 Number of Events _____ @ \$ 5.00 each \$ _____

TOTAL FEE ENCLOSED \$ _____

Make Checks payable to: Ocean County YMCA
 Mail to: Ocean County YMCA
 Attn: Gretchen
 1088 West Whitty Road
 Toms River, NJ 08755