

EAST LANE



RELAY ALERT

Relays are always one of the most exciting and fun aspects of meets, especially the big meets.

If you want to swim on a relay for a Zone or National meet, check our website at www.gsmswim.org. There's a new relay sign up feature. Ed Tsuzuki will assemble the relays and they will be posted back on the web before the meet. ☺

100 X 100 SWIM WENT SMOOTHLY

Approximately 55 swimmers showed up on February 10th to participate in the 100 X 100's Swim at Rutgers University. Thanks goes to Julie Stewart for organizing the event and to Alex Antoniou for letting the swimmers use the wonderful Rutgers pool. Groups of swimmers came from Princeton, Summit, Ridgewood, Berkeley, Lakeland Hills and one man even journeyed from Long Island. About 35 swimmers went for the whole 10,000 meters (or 11,000 yards) with the rest doing varying amounts. Some folks used the allotted four hours while the quickest group swam the 100 X 100's in two hours, 40 minutes. ☺

NEW WEBMASTER

Eric Fucito, Masters coach at Berkeley Heights (<http://www.berkeleyaquatic.org/Programs/practice-masters.htm>), has offered to be our new webmaster. Eric has been involved in age group swimming for the last 8 years and took over the Master's program at Berkeley 18 months ago when Coach Cathy Copeland headed for warmer environs. Eric plans to make the website more current both information and technology wise. Check it out often, as your Board is working with Eric to make the web site along with the newsletter a critical source of NJ-LMSC information. For example, see the note on relays in this newsletter. If you have pertinent information that you would like posted, please send it to Eric at OTICUF@PTDPROLOG.NET. And don't forget to check out our site at www.gsmswim.org as often as you'd like. Thanks, Eric for your assistance and thanks to Ed Tsuzuki who modernized the LMSC by setting up the original web site. ☺

DATES SET FOR REST OF MINI CLINICS

Ed Nessel will hold four more afternoon mini clinics this spring. During each clinic, attendees will be in the classroom for an hour to discuss the topic of the day and to see a video. The rest of the time will be devoted to in-pool instruction, practice and underwater videotaping of each swimmer for them to keep for reference. All clinics run from 1-5 pm. The next clinic on March 2 will cover backstroke, weight training and dryland exercises. On April 6, breaststroke and stretching will be the focus. Butterfly and public health will be covered on April 13. And the last session on April 27 will go over individual medley, starts, turns, finishes and racing tactics.

The cost is \$20 for each session, \$80 if you attend all five. For more information or to sign up, contact Ed at Ednessel@aol.com or 908/561-5339. ☺



WHO ARE MASTERS SWIMMERS?

- More than 40,000 swimmers registered for Masters nationwide in 2001. That's a record!
 - Ages ranged from 19-101. Approximately 45% women and 55% men.
 - Distribution across age groups remains consistent—62% between 19-44, 38% between 45-54, 15% over 55.
 - There are 504 registered clubs in America, with 1,446 members. Four clubs had over 1,000 members and 56 had less than 10.
 - Thirty percent live in California. Other top locations are TX, FL, NY, VA, IL, CO, WA, MD, MA.
 - Age group with the most members is 40-44.
 - Eight to ten percent of the membership changes location during the year, sometimes more than once. ☺
- We got this from Streamlines newsletter, (from the National USMS office) winter 2002 issue

WHAT GOES FIRST AS YOU GET OLDER

IT'S AN AGE-OLD QUESTION

(HealthScoutNews)—There are two things that go when you get old. The first is your memory, and we forgot the second one.

You'd have to be pretty old to have forgotten that joke, but when you age, even if you're in good health, some abilities do decline.

According to the American Journal of Public Health, they include: the ability to read the small print in a newspaper, the ability to lift a 10-pound weight, the ability to walk one-quarter mile, and the ability to climb a flight of stairs.

They didn't list a fifth item, but the ability to laugh at jokes that begin, "you know you're getting old when..." goes pretty quickly, too. ☺

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WHY SOME PEOPLE WON'T BE FIT DESPITE EXERCISE

By Gina Kolata

Conventional wisdom has it that anyone who really wants to become fit can do so. Just walk or ride a bicycle, swim or run. Speed and endurance will improve and what was once hard will become easy. Lift weights, work with a trainer in a gym, and muscles will grow larger and stronger.

But when a few intrepid scientists began asking if those beliefs were true, they found that fitness, like weight loss, has genetic underpinnings, making it inherently much easier for some to get fit than it is for others. And the facets of fitness are independent, so those who inherit an ability to gain muscle strength may not be able to grow large muscles and those who can easily increase their ability to do aerobic exercise may be thwarted on the weight room floor.

Now, having garnered convincing evidence that genes determine a person's abilities at athletic training, scientists are conducting large and rigorous studies to track down the particular genes, and genetic variants, involved.

The studies do not address the effects of exercise on overall health, whether it helps ward off heart disease or brings longer life, but they are intent on determining the answers to certain health-related questions. For instance, the new research may help find better ways of preventing old people from falling because their muscles are weak.

Is there a way of deciding who needs extra help in maintaining muscle strength or is there an ideal way of augmenting strength in people who are genetically predisposed to be weak?

Muscular dystrophy is even more of a puzzle. Animals with the human gene defect grow bigger and bigger muscles — some, like cats, can become so muscular that even their tongues get huge, unable to fit in their mouths. Children with muscular dystrophy initially grow huge muscles, without trying to do so, and then, after about age 5, their muscles waste away. Can an understanding of the genetic variants that control how large and how strong muscles grow lead to better treatments?

But the research is detecting measures of athletic fitness and, as a consequence, the studies raise ethical questions. Should people be told if they have a gene that will prevent them from ever getting aerobically fit? Should coaches be able to do genetic testing of athletes to learn who is most likely to improve, and who has the genes to be a future star?

Some of the seminal work began quietly more than 20 years ago. Dr. Claude Bouchard, who now directs the Pennington Biomedical Research Center at Louisiana State University, had previously studied obese people by putting them in a metabolic ward where he could keep track of what they ate and how many calories they burned. What would happen, he asked, if he did the same thing with exercise, asking people to train in an exercise laboratory, where he could watch them and measure their efforts?

Some exercise physiologists and sports trainers had assumed that people who said they exercised but never increased their fitness were cheating, either dissembling about the amount of exercise they did or deceiving themselves about how hard they worked when they exercised. But Dr. Bouchard wondered if that was true.

Continued on page 3

AGING UP

This March, six swimmers move up to the next age group.

Happy birthday to:

Patricia Anderson	50
Carmen Alvarez	50
Kenneth Deutsch	45
Jennifer Portman	40
Laura Bush	35
Kathleen McPaul	25

"I asked the question because I had seen people who were known as couch potatoes," Dr. Bouchard said. "They were very sedentary, but when we measured them, there were quite a bit of differences among them. Some had a very nice cardiorespiratory endurance, and at the other end of the spectrum there were people who were very deteriorated from a fitness point of view. I said, 'Maybe this problem is caused by genetic differences.'"

The first study began in 1982, with a call for men and women from 18 to 30 who were totally inactive, with a lifetime history of being almost completely sedentary, but who were not particularly fat. One hundred and nine people volunteered. The investigators chose 30, looking for the most extreme examples of inactive people.

"We questioned them and we measured their activity in the last weeks, months and years," Dr. Bouchard said. "They had desk jobs. They would drive a car and never walk. They never did any sport."

After 20 weeks of a training program, in which the subjects worked up to exercising for 50 minutes a day, four days a week, at 85 percent of their maximum heart rates, the results were clear.

"We had large differences in respiration, in maximum oxygen uptake, in the results of muscle and adipose tissue biopsies," Dr. Bouchard said, referring to changes in endurance and ability to exercise at a high intensity as well as changes in body fat and in the sizes of different types of muscle fibers. "Some did not gain in fitness," he added. "Others improved by 50 percent, 60 percent. But they were all compliant."

He did the studies again with pairs of identical twins, finding that if one twin responded well to training, so did the other; if one did not respond, neither did the other.

Now, Dr. Bouchard is directing a national study, taking place at five universities, to search for the genes involved in the training effect. It includes 100 white families and 100 black families, with a total of 742 subjects.

"We tested, trained and retested them with the same program," Dr. Bouchard said. "And we have found the same thing in each of the clinical centers. There are high responders and low responders."

A measurement of a training response is the increase in the amount of oxygen people use when they try to push themselves hard. The more oxygen taken in, the more that enters the blood and is delivered to muscles and so the more intensely the person can exercise, running faster for example.

The average increase after training was 400 milliliters of oxygen, Dr. Bouchard said. But some people had no increase and in some the increase was more than double the average. The range was zero milliliters to 1,000 milliliters. The standard deviation was 200, meaning that two-thirds of the people increased their oxygen consumption by 200 to 600 milliliters of oxygen.

"These are huge differences, but within families, you have aggregation," Dr. Bouchard said. He explained: "Children tend to respond the way their parents do. Siblings tend to respond like each other. The heritability of responsiveness to exercise training was at least as great as it is for body weight, blood pressure and cholesterol."

In the meantime, another study got under way, instigated in part by Dr. Paul Thompson's curiosity about himself. Dr. Thompson, a cardiologist at Hartford Hospital in Connecticut, is a marathon runner who, despite his best efforts, has never been able to grow big muscles. He suspected a strong inherited tendency existed for muscles to respond, or not respond, to training.

"Some people get big just by walking by the barbells," Dr. Thompson said. "Others can lift weights a lot and their muscles don't grow much."

The study, with Dr. Eric Hoffman, a geneticist at the Children's National Medical Center in Washington and others, involves 700 men and 700 women who had not previously lifted weights and who agreed to train in a laboratory. They are trying to build the biceps and triceps muscles of one arm only. The other arm serves as a control while the researchers look for genetic variants that can explain their responses to training.

Although muscle strength and size seem to go together, Dr. Hoffman says they are independent — some people can gain muscle size but not much strength; others can gain strength but not much size. Some gain both. Others gain neither.

But while the study is supported by the National Institutes of Health, which is interested in preventing and treating disease, the investigators are also very aware that their results may be used outside the medical arena. For example, they ask, when the genetic variants, are found, should there be testing for those who want to know their athletic potential? Would people suffer psychological harm if they learned that they were genetically incapable of benefiting from physical training?

To find out, Erynn Gordon, a genetic counselor in Dr. Hoffman's group, said the researchers were assessing how participants reacted to learning their genetic destinies. The subjects took a psychological test, a self-concept assessment, before the research began. When the study is completed, they will be informed of their genetic profiles and will retake the psychological test, allowing the investigators to compare their self images before and after getting the news.

Dr. Bouchard's group has no plans to tell its study participants what their genes reveal about their ability to benefit from exercise. But, Dr. Bouchard said, when he began his work and found that about 10 percent of the people he studied could never improve their fitness with exercise, he did inform some of them.

These were people, he said, who probably knew what was happening. "They did not improve their endurance," Dr. Bouchard said. "They did not lose a gram of fat." While they may still derive something from exercise, a tenuous promise of possibly improved health can be a hard sell for people who want to look better or feel more vigorous.

"If you can monitor things beyond your performance, you may find good reasons to exercise," Dr. Bouchard said. "If not, you have to be convinced that exercise does something good for you, even though you will be the last one to finish each race." ☹

— From *New York Times*, 2/12/02

HANDLING THE PRE-TAPER AND TAPER PERIOD BEFORE A BIG MEET

By Ed Nessel, RPh, MS, MPH, Level 5 ASCA-Certified

The taper period has in the past been saddled with mystery, confusion, superstition, hypothesis, and tradition. Utilizing science and physiology has added another dimension, and this is the route I go. I have been right on many more times than not, and will continue to utilize the science of swimming and the physiology of aging in training my swimmers during this most important of phases.

What a shame to work so hard so long and not "hit the taper." Well, it happens all too often. The areas for mistakes are: too short a taper period, too long a taper period, not utilizing enough rest during the taper sets, not reducing yardage in a physiologically correct manner, not taking the time to ensure "perfect technique" for the desired events.

The pre-taper period is important in-so-much as it begins to get the swimmers focused on going fast and pulling a lot of water...power swimming, if you will. The yardage is somewhat reduced by a couple of hundred, and more rest is allowed, but the big transition is the race-like conditions created over and over again.

Through the years I have found that it is this period of training that causes quite a bit of physical discomfort. Maybe it is because one begins to realize "the big dance" is just down the road, and racing jitters start to set in. But I tend to think it is because of DOMS: Delayed Onset of Muscle Soreness. Usually there is a good amount of muscular discomfort setting in the next day, and the swimmers become anxious about this unwanted feeling. One is supposed to feel good about racing, not

all beaten up. But experience tells us that this negativity won't last. As we approach the taper phase in earnest, everything (hopefully) will fall into place.

Depending upon how much yardage was swum weekly during the main training season, my formula for taper will have a greater or lesser effect of producing power and speed. For those training at 3500 yards or more, the taper can work wonders; less yardage, and the need for and results of a taper become less effective. In general, physiologic principles dictate that those who are heavily muscled, natural sprinters, and/or over 35 years old need a three-week taper period.

With this in mind, for the vast majority of my swimmers, I utilize the "rule of thirds" when formulating my tapers. What this means is that the three-week period sees a specific amount of yardage drop-off. Yardage is reduced by 1/3 of the original amount through the 1st week: e.g., 3500 yards normally now becomes 2350 yards by the end of the 1st week. Warm-ups and recovery swims become very important to prevent injury, but how you reduce the yardage and what you swim during the 1st week centers around what will be the focused swims of the championships: e.g., If a 200 is the focused event, repeat 200 distances in different fashions is the call. Recovery swims are mixed liberally within this demanding set.

The second week of taper has the same relative drop-off: e.g. 2350 yards—1/3 of the total = 1550 yards by the 2nd week's end. Again, warm-ups and recovery swims

are very important, but now the emphasis is placed on secondary events and ancillary techniques with a returning to the primary event intermittently throughout the week. In addition to technique, it is very important to plan for racing conditions. Visualization or mental rehearsal of the races is instituted if not already done, and strategies would be formulated and integrated into the racing "mix." The last week of taper (thank God!) again has the same formula for distance: 1/3 less than the original amount starting the week; e.g. 1550 – 1/3 = 1050 yards by week's end. A good deal of this is consumed with warm-ups and recovery swims, and it becomes the final chance to go over what needs to be done to swim a goal time. Every bit of technique must be attended to; no surprises. Transition turns, relay starts, flat starts, finishes, pull-outs...you name it; they all must be gone over, no matter how experienced the swimmer. Nothing but positive "swims," start over. If the "race" needs to be "swum" in segments, fine; just make each segment as perfect as possible.

The rest is up to you with a little luck thrown in for good measure. Stepping to the block knowing you honestly gave it your best shot training all season long has got to mean something... as I see it, the equivalent of a 12th man on the football gridiron. ☺

—Taken from Ed's article "A Year's Planning Guide to Train Masters Swimmers for Competition" which appeared in *American Swimming Magazine*

WHAT'S THE STORY WITH THE BUTTERFLY KICK RULE?

Q: I need clarification for the butterfly kick rule. I read the article in Swim magazine, combined with the current rule book to mean that a USMS swimmer can use the breaststroke kick in butterfly legally (I don't see a change in the 2002 rule book on-line) but that if he/she wants to set a World Record after 5/23 that he/she would not be allowed to use the breaststroke kick. Do you know what the rule actually is? Since the rule book makes no mention that I can find of the FINA rule and still appears to allow breaststroke kick, I am a bit confused. One of our 70+ swimmers is asking and needs to know if he needs to relearn how to do butterfly. —Andrea Luallen

A: The issue about the kick in the butterfly is fairly complicated since FINA changed the rule for the "kids" and then retroactively granted an exception for Masters. Hence there is not yet a complete paper trail available on the net. After the kids' rule was changed to prohibit the breaststroke kick (which most people didn't realize was still allowed under FINA rules), the Masters portion was affected since the Masters rules currently only list exceptions to the Kids rules. The Masters organizations then petitioned FINA to do something about the mess they made for us. Since the Masters FINA Congress does not meet until March, FINA granted an exemption until the date that any change that might (will) occur at the congress would take effect. So basically, we are operating as we always have and we anticipate doing so for the foreseeable future. Hope this helps. ☺

—Leo Letendre
Chair, USMS Executive Committee on Rules

SIXTEENTH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP

Saturday, March 23, 2002

Ocean County YMCA, Toms River, New Jersey

- Approval:** Recognized by New Jersey LMSC, Inc., No. 072-002
- Times:** Warm-ups: 9:00 am Meet starts at 9:45 am
- Pool:** Twelve (12) lanes, 25 yards; two lanes set aside for warm-up and cool-down during meet.
- Eligibility:** Open to all teams and swimmers. Competitors must be 19 years of age or older and may compete in a maximum of 5 events plus relays. **Note: Teams not officially sanctioned may compete.**
- Awards:** TWENTY- FIVE (25) Championship T-shirts awarded to the first place team. Trophies for first through third place teams. Individual awards for first through sixth place.
- Registration:** All entries must be received by 5:00 p.m., Monday, March 18, 2002. Sorry...no deck entries.
- Timing:** Electronic. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of backup (stopwatch) timers.
- Seeding:** Heats will be seeded slow to fast, regardless of sex or age. If you do not have a time, please give us a best estimate. Do not enter NT.
- Age Groups:** Individuals: 19-24,25-29,30-34, etc. through 90+ Relays: 19-24,25-34,35-44,45-54,55-64,65+
- Relays:** A relay must consist of two women and two men. The age of the youngest relay team member shall determine the age group.
- Entry Fees:** Surcharge: \$5.00. Individuals: \$5.00 per event. Relays: \$8.00 per team event. Please make checks payable to Ocean County YMCA.
- Events:**
- | | |
|--------------------------|--------------------------|
| 1. 200 Medley Relay | 7. 100 Butterfly |
| 2. 200 Freestyle | 8. 50 Backstroke |
| 3. 100 Individual Medley | 9. 100 Breaststroke |
| 4. 50 Freestyle | 10. 50 Butterfly |
| 5. 100 Backstroke | 11. 100 Freestyle |
| 6. 50 Breaststroke | 12. 200 Mixed Free Relay |
- Scoring:** First through sixth. Individual: 7, 5, 4, 3, 2, 1 points. Relays: 14, 10, 8, 6, 4, 2 points.
- Directions:** Call Ocean County YMCA for directions to meet at (732) 341-9622
- Other:** Complimentary coffee, juices, bagels and fruits will be provided to swimmers and officials, courtesy of Ocean County YMCA Masters. The Sport Spot will have a sales table available.

For questions, call Gretchen Surette at (732) 341-9622 x 2221 or Judy Ramirez at (732) 244-4602

SIXTEENTH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP

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.: _____

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

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

“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: ____/____/____

(Optional: Email Address: _____)

.....

Event #	Event	Seed Time	Event #	Event	Seed Time
1.	200 Medley Relay		7.	100 Butterfly	
2.	200 Freestyle		8.	50 Backstroke	
3.	100 Individual Medley		9.	100 Breaststroke	
4.	50 Freestyle		10.	50 Butterfly	
5.	100 Backstroke		11.	100 Freestyle	
6.	50 Breaststroke		12.	200 Mixed Free Relay	

Meet Surcharge \$ 5.00
 Number of Events _____ @ \$ 5.00 each \$ _____
 Relays _____ @ \$ 8.00/team \$ _____
 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

WET & WILD WORKOUT

Jeanne Coon, Seton Hall
Masters Coach

This is perfect workout, in my opinion, for the swimmer or triathlon competitor looking for a workout to work on endurance. Nice long sets, that emphasize the end of a race, when you've got to push it. A good practice for anybody training for open water events, or distance freestyle. Enjoy.

Warm Up: (stretch and loosen up)
400 free, 400 reverse IM (free, breast, back, one-arm fly), 400 free pull,
400 kick 1600 yrds

8 x 75
(to get your heart rate up for
the main set)
on 1:15 or 1:30
free, stroke, drill (by 25) 2200 yrds

Main Set:
800 free
(600 moderate pace, 200 HARD!)
60 seconds rest

600 free
(400 moderate pace, 200 HARD!)
60 seconds rest

400 free
(200 moderate, 200 HARD!)
60 seconds rest

200 free
(ALL HARD!) 4200 yrds

Warm Down:
200 easy swim 4400 yrds



**HE WHO IS NOT COURAGEOUS ENOUGH TO TAKE
RISKS WILL ACCOMPLISH NOTHING IN LIFE.**

—MUHAMMAD ALI

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

MARCH 23
UNOFFICIAL TEAM CHAMPIONSHIP MEET,
OCEAN COUNTY Y. Entry Enclosed.

JUNE 28
1 MILE BAY SWIM, SOMERS POINT, NJ.
Contact Bay Swim, PO Box 570, 18th &
Simpson St., Ocean City NJ 06226,
609/398-6900.

MEETS OUTSIDE OF NEW JERSEY

MARCH 16-17
ASPHALT GREEN ANNUAL MARCH MADNESS,
NYC. No deck entries, entries due by
3/8. Get entry at www.asphaltgreen.org

MARCH 17
BILL CRAWFORD MEMORIAL WINTER CLASSIC,
VILLANOVA UNIVERSITY POOL, PA. For entry,
contact Linda Brown-Kuhn, 908/479-
1038, lbk@sprintmail.com. For ques-
tions contact Stephanie Walsh: 610/293-
0527 (days), stephswim1@aol.com.

APRIL 6
2002 ALBATROSS OPEN, MONGOMERY AQUATIC
CENTER, BETHESDA, MD. Contact Helen
Beven; 301/897-2947,
hbevenintheusa@cs.com. For entry:
<http://www.pvmasters.org/entry.htm>

APRIL 14
4TH ANNUAL SCSU GUTBUSTER OPEN,
SOUTHERN CT STATE UNIVERSITY, NEW HAVEN,
CT. Contact Eric Burns, 203/366-0045
or aldavis1974@yahoo.com.

APRIL 28
SPRING FLING AND NATIONAL TUNEUP MEET,
GOODWILL GAMES POOL, LONG ISLAND, NY.
Contact: Lisa Baumann, 516/294-7946
or
aquafitnc@aol.com

MAY 26
JIM McDONNELL 2-MILE SWIM, Lk
Audubon, Reston VA. Contact Phyllis
Sickenberger, 1807 Post Oak Tr.
Reston, VA 20191; 703/845-SWIM,
pbberger@aol.com. For entry:
[http://festonmasters.org/comp/2miow.h](http://festonmasters.org/comp/2miow.htm)
tm

JUNE 16
1 MILE VIRGINIA BEACH OCEAN SWIM
Contact Betsy Durrant, 211 66th St.,
Virginia Beach, VA 23451, 757/422-
6811, durrantb@aol.com.

JUNE 29
1 MILE OPEN WATER SWIM, GREENWICH
POINT., CT. Contact Kathy Salvo, 95
Columbus Place #1, Stamford, CT
06907; 203/322-6162.

CHAMPIONSHIPS

MARCH 24-30
IX FINA WORLD MASTERS CHAMPIONSHIPS,
LCM, Christchurch, New Zealand,
www.eventnz.co.nz/masters-swimming/

APRIL 5-7
NEW ENGLAND CHAMPIONSHIPS, HARVARD
UNIVERSITY'S BLODGETT POOL, CAMBRIDGE,
MA. Meet information and entry forms
can be found at:
[www.swimindex.com/meets/2002/nem-](http://www.swimindex.com/meets/2002/nem-scy/)
scy/

APRIL 18-21
YMCA MASTERS NATIONAL CHAMPIONSHIP, FT.
LAUDERDALE, FL. Email:
dmurray363@aol.com For entry:
www.ymcaswimminganddiving.org

APRIL 19-21
COLONIES ZONE CHAMPIONSHIP, UNIVERSITY OF
MARYLAND, COLLEGE PARK, MD. Entry in
last issue. Contact David Diehl;
301/314-5372 (W), 301/946-0649
(before 9 pm), www.colonieszone.org

MAY 14-17
USMS SC CHAMPIONSHIPS, HAWAII. Contact
Amy Patz, U of HI Swimming, 1337
Campus Rd., Honolulu, HI 96822;
808/956-7510; patz@hawaii.edu

JUNE 15
10 K OPEN WATER USMS NATIONAL
CHAMPIONSHIP, HARTWELL LAKE, CLEMSON, SC.
Contact Jacqueline Grossman; 864/654-
4704, Jeig@innova.net

AUGUST 2002
USMS LC CHAMPIONSHIPS, CLEVELAND.
Contact Pieter Cath, 35400 Bainbridge
Rd., Solon, OH 44139, [cath.p@world-](mailto:cath.p@world-net.att.net)
net.att.net; 440/248-8270.



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

