

FASTLANE

MEMBERSHIP FEES UP SLIGHTLY

A \$5 increase in membership fees was agreed upon at the recent USMS convention. You can see an explanation for that increase below. The executive committee of the NJ LMSC has discussed the issue, voted and decided to absorb \$2 of that \$5, so membership fees for NJ Masters swimmers will increase by only \$3.

That means the basic registration fee for 2003 (which begins November 1, 2002) will be \$34, which includes hardcopy delivery of the FastLane newsletter.

A \$10 discount is available for email notification of the Fast Lane, no hardcopy. ☺

LET'S THROW A SPECTACULAR SOCIAL

New Jersey is the site of the 2003 long course nationals, at Rutgers University on August 14-17th. That's big stuff for us! We want everyone who swims to leave with a warm feeling in their hearts for New Jersey. The NJ LMSC executive committee discussed the idea of hosting a social during the meet open to all swimmers. Julie Stewart and Ed Tsuzuki are gathering ideas about what to do and where to do it. If you have any ideas and/or contacts don't hesitate to contact Julie (JStewart10@csi.com) or Ed (edtsuzuki@rcn.com). ☺



REPORT FROM CONVENTION 2002

Julie Stewart gives a quick summary of the USMS convention held in Dallas/Fort Worth, Texas on September 13 and 14th. Reports by New Jersey's two other convention attendees, Ed Nessel and Ed Tsuzuki, follow Julie's summation.

KEY AWARDS:

Ransom J. Arthur Award:
Hugh and Jane Moore

Speedo USMS Coach of the Year:
Jim Montgomery


Newsletter of the Year:
Dynamo Master — "The Watershed"
(note: the Fast Lane was a finalist thanks to the stupendous efforts of Linda Brown-Kuhn and Jeanne Coon)

Nomination to ISHOF for 2004 consideration:
Frank Piemme

National Champion Award:
Carolyn Boak

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YOUR DUES AT WORK



United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, we have experienced a substantial increase in services for our members. These services include communications information and resources, such as the USMS web site and the USMS National Publication, SWIM Magazine – plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues.

Therefore, delegates at the annual USMS convention held in Dallas September 11-15, approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues, and it represents only the USMS portion of membership dues. Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. Since

LMSCs determine their own local dues, there will be variances in total registration fees between LMSCs. Any local dues increases would be determined by and communicated from the LMSCs, and reflected in the total fee.

The matter was given careful consideration, and the resolution was unanimous. USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment.

Hope all is well with you and your LMSC!

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REPORT FROM CONVENTION 2002 — CONTINUED FROM PAGE 1

2002 Fitness Award:

Bill Volckening

Dorothy Donnelley Colonies Zone service award:

Jeff Roddin from Potomac Valley

2004 POOL

CHAMPIONSHIP AWARDS

Short Course Yards:

Indiana University Natatorium

Long Course Meters:

Chatham County Aquatic Center,
Savannah, GA

2004 LONG DISTANCE

CHAMPIONSHIPS AWARDS

One Hours Postal:

Tamlapais

3000/6000 Y Postal:

Central Oregon

5K/10K Postal:

St Louis Area masters

2 mile Cable:

Indy Swim Fit

1 Mile Open Water:

Delaware Valley and Hopkins/Maryland
Masters (To be held at Wildwood, NJ)

1-3 Mile Open Water:

Rogue Valley Masters, Oregon

3-6 Mile Open Water:

Fernandina Beach, Florida

6+ Mile Open Water:

Metropolitan Swimming, NY

FITNESS SWIMMERS

- There will be 3 new fitness events for 2003: a 30 minute swim, the Check-off challenge and the Virtual Swim Series
- A Fitness Handbook is in the process of being developed and published.

OTHER ITEMS OF INTEREST

- Endowment Fund has given the initial grant to Indiana University Foundation for the Study of Swimming. One is available for the study of essential tremor but is still looking for a sponsor.
- The contribution to the International Swimming Hall of Fame was changed to 25 cents per swimmer.
- USMS is considering ascertaining a bid for the FINA 2006 World Master Swimming Championships as Worlds have not been in North America since 1994.
- Registration will soon be issuing permanent swimmer ID's with the implementation target of November 1st.

- Currently there is only one bid for 2003 Short Course Zones: George Mason University with an expected date of April 11-13th.

Ed Nessel, attended for the sixth year in a row as an active member of both the National Sports Medicine and Coaches Committees. In addition, he is also the USMS National Librarian.

As National Librarian for the last five years, he has built up quite an extensive book listing that spans the gamut of topics certain to be of interest to masters athletes in general. Topics covered are weight training for both young and old, proper nutrition for training and competition, various writings on the psychology of training and competition, the technical aspects of moving through water, the science of swimming and the physiology of aging. The listings can be seen on the national USMS website along with the procedures for borrowing. He also has quite an extensive library for swimming videos and related topics on training and nutrition.

The Sports Medicine Committee, headed up by Jessica Seaton, a chiropractor from California, is seeking topics of interest to masters swimmers to be researched, collated, and published. Ed's contribution to this committee includes an article in the present issue of Swim Magazine dealing with acid reflex disease (GERD) entitled "Feeling the Burn." And will have an article coming out in the coming year dealing with swimming and exercised-induced asthma. In fact, he has quite an extensive listing of articles he has written over the years on several topics that may be of interest to New Jersey swimmers.

Also, as a member of the National Coaches Committee, he will be the head coach at the Olympic Training Center in Colorado Springs the first week of February. He attended last year and plans to share the knowledge and information from his first OTC coaching experience last February along with lots of other topics to those interested in attending an up-coming seminar at Rutgers on various aspects of coaching and training and preparing for championship meets. Note that the Coaches Committee provide workouts on-line on a weekly basis.

Continued on page 3

Ed was key proponent in the discussions regarding CPR, first aid, etc. certification of coaches. The issue was tabled for further research and discussion by the three key committees: Coaches, Safety and Insurance.

FROM ED TSUZUKI:

This was my third USAS convention, having attended in 1999 and 2000. As many of you may know, I am a member of the Records and Tabulation Committee and have been working with that group to improve the top ten and record reporting procedures for all of the LMSCs. We have also been working very closely with the Rules committee this year in an effort to ensure that USMS has established accurate and equitable processes for record setting swims.

Have you ever wondered if the pool you swam in was the "correct" length?

Have you even wondered if the walls were vertical and sides parallel (a true rectangle with 90 degree corners)?

Do you wonder if every lane is the same length? I certainly never gave this any thought! I usually worried more about pool temperature, lighting, and wave control. And, what determines the correct length? Is the length of the pool determined at the water's surface?

If not, where do you measure it?

And if the walls are not perfectly vertical, does the pool length change with the water level? And what about touch pad thickness? What if there is a touchpad at both ends of the pool? What if the block hangs over the edge of the pool ever so slightly? What if a pool is replastered?

If that weren't enough to consider, we

have many pools with moveable bulkheads!

Four situations were discussed that required the attention of the Records and Tabulation and Rules Committees.

1. It was discovered at the end of a meet that the pin which held a moveable bulkhead in place had come out of place and the bulkhead had moved, making the course shorter.
2. In another meet, with a bulkhead, over tightening of the lane lines, caused a significant bowing in the bulkhead such that the middle lanes were shorter than the outer lanes.
3. A 25 meter pool was found to be 2 cm (0.84") too short!
4. (not related to pool length) National has also reported the unfortunate occurrence of falsified ages on some meet entries by swimmers who have had swims submitted for record consideration.

It has always been required to have pool lengths measured (certified) and copies of birth certificates (or passports) provided for any swim to be considered for a world record, but this type of certification was not required for either national records or top ten swims. At the convention, the rules were modified to make the requirements for top ten and national record consideration consistent with the requirements for world record consideration. A specific procedure, including the measuring tools (steel tape measure or laser device with equivalent accuracy of a steel tape) which may be used has been adopted. Copies of birth certificates (or passports) will now be required for all record applications. Additionally, for pools with moveable

bulkheads, the course length must be measured at the conclusion of each session, in order for times from that meet to be considered for records or top ten. Fixed length pools need to be certified once (unless structural changes have been made).

Each LMSC is responsible for measuring and maintaining all pool length certifications. As your top ten chair, I will assume that responsibility. If I can not be present at each session of a meet with a moveable bulkhead (e.g. Rutgers), I will make sure that someone is assigned to perform that function. Over the past several years (that I have been involved in USMS), we have had masters meets at very few pools in NJ, and some have already been certified.

While this may seem a bit like "overkill," I think you will agree that it is important that UMS has established a process to ensure that our records and top ten swims are all credible and set under the same requirements for all competitors. At least we were able to challenge and eliminate some suggestions such as up to 9 measurements per lane, underwater measurements (how would that be accomplished?), and recording the water temperature (to account for changes in length of the steel measuring tape!).

I have agreed to take on maintenance responsibilities of the Records and Tabulation section of the www.usms.org web site. We will be working to provide more tools for the LMSC top ten chairs.

I have also created MS Word templates for the Record Application and Pool Length Certification forms, which will be made available on the web site. ☺



COACH'S CORNER: THE BEST FREESTYLE DRILL *By Dave Samuelsohn*

Take it from me: Swimming is all in your head.

One of the most difficult things to do during a tough workout is to think, think about your stroke, your efficiency, your fine points. You're tired, you know you're swimming just to get through it and all you can really think about is "How much more?" and "Maybe I can get my goggle strap to break!"

Building good stroke habits takes time... and discipline. Anything you can do to better focus yourself on thinking is going to help you. That's why many coaches advocate the use of stroke drills. I advocate the use of stroke drills early in workout, before I'm so tired I can't think straight. In fact, I think a good time to do stroke drills is in warm-up, every warm-up. Why not start the work-out thinking and patterning good stroke habits and improving efficiency while you're fresh? Hey, there's an idea!

One of my favorite drills, and about the best Freestyle drill I've come across, I call "Half Catch-Up." It's kind of like "Catch-Up" but instead of completing one stroke before beginning the next — and actually touching one hand with the other — you only "Catch-Up" halfway. Doesn't seem like much of a difference but where you go from there can give you opportunities to focus on many aspects of improving your stroke.

The first thing you notice is that unlike "regular" catch-up, your body roll is not arrested. It's smooth and comfortable and can easily be accentuated with a little thought. Grab a pull buoy for starters and let's see what we can learn by using this drill to focus ourselves on different components — one at a time — of your Freestyle.

- We'll start with a pull buoy because it floats your legs, helps you maintain your balance and therefore your momentum, and...hell, it's just plain easier. It's OK, you can admit it: a pull buoy makes Freestyle easier if you're not swimming very hard. But for the purposes of this stroke drill, it's helpful to eliminate certain worries to help keep focused on others. (But don't plan on keeping it)
- Swim a couple of laps with the pull buoy keeping your "catch" hand out in front longer while your opposite arm completes an entire pull phase and begins its recovery. Don't start your next pull until you're halfway through the recovery — until you "Half Catch-Up." Get it?

- Now let's go to a four-pattern with our breathing and try and balance our body roll. Get away from the constant leaning to one side — the Freestyle "limp" we develop when we breathe every stroke.

- Swim a little farther and let's play a game: Think of your body as a canoe. The longer you can make that canoe, the more efficiently it will glide over the water. We're going to paddle our canoe — first one side, then the other — and as we go, we're going to try to make each sweep longer and more efficient. We're going to get our paddle way out in front as we glide over the water on the strength of the previous stroke. Then begin a slow carve which will accelerate faster and faster through the stroke until it pops out of the water behind us and begins its recovery. With each stroke, the bow of our canoe (our catch hand stretched out in front) is going to glide longer and farther as we learn to hold more and more water and accelerate each stroke. Stroke and glide, stroke and glide.

- Very quickly you'll get the feel for your Half Catch-Up. You'll settle into a long gliding stroke with a balanced hip roll. You'll soon find an easy rocking rhythm, which will make your Freestyle comfortable and efficient. But don't stop there. Now is the time to get some feedback on just how efficient you are: Count your strokes for each lap, and try to decrease their number without breaking your rhythm. A good number for 25 yards would be 12 or 13; you may be able to do better. Focusing on a deliberate "carving" catch and full accelerating push-through will help you glide faster and faster and get that stroke count down.

There's a lot to think about here and I suggest you focus on one thing at a time until it starts to feel really good. Then start counting strokes!

What follows is a few more ideas which I suggest you work on only after you've gotten comfortable with the basic Half Catch-Up drill. Remember: the drill remains essentially the same. What changes is what you're thinking and focusing on.

- One of the things we old timers have trouble with is learning to alternate breathe. Half Catch-Up can help by giving you time to think about each breath: take a breath on your "good" side and think about what happened. Then use the next three strokes (and the long Half Catch-Up glides) to apply

to what you felt and did to your "off" side. One thing you'll find is that you won't be turning your head until late in your pull. The extra long glide helps you get the feel for that. Try alternate breathing after you've settled into your regular four — pattern rhythm. (And don't quit! You'll get it if you stick with it.)

- Start to roll more — from the hips — in a smooth rocking motion. As you go, you can accentuate that body roll by spinning your hips as each stroke digs in. We actually do our swimming on our sides — first on one then the other — and we can use our body roll — or spin — to develop power. Try to feel how the torque from that body spin works to develop power in your stroke.
- OK, you've been working on this drill for a couple months. Now take the pull buoy off (Bummer!) and start working on a three-beat kick (that is kick, kick, kick-and-pull). It's a little tougher to keep it going but you're going to need to know this! Try to use your kick to start that hip rotation before you start your pull. Very soon you'll see how your kick is what initiates the hip and body roll that develops the torque and power for your whole stroke. (This is important but more difficult. Don't start working on this until you've spent some time with your pull buoy and really get the Half Catch Up drill down.)

One significant result of Half Catch-Up Freestyle is that, for perhaps the first time, you'll be working to strengthen your pull through the full range of motion, particularly the push-through at the back, where most Freestylers tend to get lazy. Work on this and other drills during warm-up, each time you get in the pool. Think and focus while you're fresh and build the patterns you want to become good stroke habits. Remember: thinking may be the toughest thing to do in workout so work hard on it.

Swimming really is mostly in your head and you can take it from me: My head's been swimming for years! ☺

—This article came from the Connecticut Master's website: [whole www.connmasters.org](http://www.connmasters.org)



Colonies Zone Short Course Meters Championship - December 7 & 8, 2002

Sponsored by Rutgers College Recreation

Sanctioned by NJLMSC for USMS, Inc., Sanction # 072-004

↓ #Schedule:

Saturday & Sunday

Warm-ups - 8:00 AM Meet Starts – 8:30 AM

For More Information

Alex Antoniou or Ellen Zera

Phone: (732) 445-0462

e-mail: antoniou@rci.rutgers.edu

Welcome to the 2002 Colonies Zone Short Course Meters Championship meet sponsored by the Rutgers Masters Swim Club. The indoor facility includes one 8-lane, 25 meter competition pool, two separate warm-up pools, spectator and swimmer seating, an 8 lane scoreboard, large locker rooms, and ample parking.

Eligibility: The meet is open to all Masters Swimmers holding a valid 2002 USMS Registration. **A copy of this card must accompany your entry!** Swimmers may only represent the team listed on the card sent with the meet entry. Eligibility of a swimmer for a particular age group shall be determined by the age as of Dec. 31, 2002.

Entries: Must be received by **Friday, November 29**. Entries are limited to 5 individual events per day plus relays.

Mail to: Rutgers Masters Swim Meet
656 Bartholomew Road
Piscataway, NJ 08854

Fax to: (732) 445-4189

Seeding: All events will be seeded slow to fast. All times should be in SCM (Yard time divided by 0.896. For 400 free, divide by 1.143). "No time" entries will be seeded in slowest heat. The 400, 800 and 1500 freestyle, 400 IM, and all relays will be deck seeded.

Relays: Deck entries for all relays will be accepted. See separate relay form.

Distance Events/Check-In: Positive check in is required for all distance events. **Phone check in will be accepted Dec. 6th at (445) 445-4189 prior to 10:00 PM.**

Event 1: 400 freestyle check in by 8:00 AM Dec. 7

Event 14: 1500 freestyle check in by 12:00 PM Dec. 7

Event 16: 800 freestyle check in by 8:00 AM Dec. 8

Event 21: 400 IM check in by 10:00 AM Dec. 8

Anyone who fails to check in for their distance event will be scratched!

Awards: Medals will be awarded to the first 3 places, ribbons for 4th through 8th in each age group. Medals for each member of winning relay. Ribbons for each relay member for 2nd through 8th. Trophies will be awarded to the top two high scoring teams in two divisions, large team and small team. Also, a male and female high point award will be given.

Host Hotels: Embassy Suites-(732) 980-0500 - \$105.00 for up to 4 in a room (includes full breakfast)

To guarantee this rate you must make your reservation by November 22. Mention Rutgers Masters Swim. Marriott (732) 764-6477—\$79.00 (includes continental breakfast in lobby) To guarantee this rate you must make your reservation by November 25. Mention Rutgers Masters Swim.

Directions To Sonny Werblin Recreation Center

Route #287 North or South:

Follow Route #287 to Exit 9. The sign says Highland Park & Bound Brook. Take River Road off ramp towards Highland Park for 3 miles and turn left at the 5th light onto Metlar's Lane. Make your 2nd left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64. The Rec. Center is next to Lot #64.

Route #18:

Take Route #18 North across the Lynch Bridge until it ends. Go through the light at the base of the bridge and make the 2nd left, after the light, onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64. The Rec. Center is next to Lot #64.

Route #1 North or South:

Follow Route #1 towards New Brunswick. Exit onto Route #18 North. Follow Route #18 North directions.

N.J. Turnpike North or South:

Follow the Turnpike to Exit #9. After the toll take Route #18 North. Follow Route #18 North directions.

Garden State Parkway:

Follow the Parkway to Route #287 or Route #1. Follow the respective directions above for those roads.



THE ANNUAL 2002 NJ MASTERS PICNIC



PAUL COX, CURTIS MILLER AND FRITZ GERLICH (L-R) POSE NICELY FOR THE CAMERA.



KIDS AND ADULTS PUT THEIR ALL INTO A TOUGH TUG OF WAR.



MOST OF THE CREW WHO ATTENDED THE PICNIC ON A PERFECT SEPTEMBER AFTERNOON.

DESIRE TO HELP

The following is an inspiring story of one exceptional man's journey to make a difference. It was brought to us by Carl House, chairperson of the USMS History and Archives Committee. Carl wrote, "David's story is simply inspiring. I'm glad that's he on the planet and is in my consciousness." We agree.

David Lindsey left from the International Swimming Hall of Fame in Ft. Lauderdale, Florida, Friday morning September 27, 2002. He is riding his bicycle to New York to raise funds for "Ground Zero Firefighters". Even more unusual is that's he's doing this with two prosthetic legs. Both legs were lost in 1992 when a speedboat injured him while diving. He wasn't expected to live, but he now swims at the Hall of Fame pool as part of his triathlon training. Since losing his legs, David was the first disabled athlete to finish the Hawaii Ironman Triathlon within all time limits. We just talked to him while he was taking a break. Here's what he told us.



"Vast sums of money have been raised for the survivors of those who died in the 9/11 disaster. But many firefighters who worked at Ground Zero are suffering severe health consequences as a result of breathing poisonous gas. Many of them are firefighters from other cities who went to New York to help. These are the firefighters I'm raising money for."

We expect the trip to take about 35 days. We'll be travelling on Route 1 and A1A to Jacksonville and then we'll switch to Route 17. CBS Television will do a story on us when we get to Savannah, Georgia. That should be around day 10."

David started riding in New Jersey on October 18th and was expected to arrive in Manhattan on October 22. For updates you can go to <http://www.usms.org/swimgold/esth/davidlindsey.htm>

— from the Ft. Lauderdale Sun-Sentinel

THE INFLUENCE OF EXERCISE ON EMOTIONAL WELL-BEING

By Ed Nessel, R.Ph, M.S., MPH, PharmD.

All of us who swim and work out regularly have, for some time, accepted as common knowledge that exercise is good for our physical well-being. What many of us are now learning from magazines and health newsletters is that the same devotion to exercise can also have a positive value in promoting our emotional well-being. Not only does exercise have a positive effect on the reduction of anxiety and depression, it influences many other factors relating to emotional well-being. These factors include reduced blood pressure, weight loss, enhanced self-esteem, increased physical strength and normalized sleep patterns. Recent evaluations of the literature on a number of mental health topics have shown a positive relationship between exercise and emotional well-being, and swimming is certainly one of the most beneficial activities in this relationship.

EXERCISE AND ANXIETY REDUCTION

It is estimated that in the United States approximately 7.3% of the adult population has an anxiety disorder that necessitates some form of treatment. Stress-related emotions, such as anxiety, are common among healthy individuals and can affect their well-being. The current interest in prevention has heightened our interest in exercise as an alternative to traditional treatments, such as psychotherapy or medication. Anxiety is typified by behavior such as worry, self-doubt, and apprehension. These symptoms may be attributed to the demands that tax or exceed the normal coping resources of the individual. This emotional strain is sometimes accompanied by physiological responses, such as elevated heart rate, high blood pressure and muscle tension.

Between 1960 and 1991 there were six studies examining the relationship between exercise and anxiety reduction. All six found that exercise was significantly related to a reduction in anxiety. The range of effects was small to moderate. In addition to this evaluation, the following three findings emerged from the hundreds of studies involving thousands of subjects. First, the most substantial effects of exercise on anxiety reduction, were seen with aerobic (running, swimming, cycling), as opposed to anaerobic (handball, strength-flexibility) training. Second, the

length of the effective aerobic training program was at least 10 weeks, and preferably greater than 15 weeks. Third, subjects entering the study initially with lower levels of fitness or higher levels of anxiety (such as coronary and panic disorder patients) had the most beneficial results. In addition to these findings, the time frame for post-exercise anxiety reduction is somewhere between 4 to 6 hours before anxiety returns to pre-exercise levels.

In cases of mild to moderate anxiety, exercise has proven as effective as alternate methods of treatment (psychotherapy and mood-altering drugs), but with the added benefits of quicker positive response, reduced cost and generally healthier physiological responses such as weight loss, increased muscle tone, and reduced blood pressure.

THE EFFECT OF EXERCISE ON DEPRESSION

Mild to moderate depression is quite prevalent in today's society, with the more severe and debilitating clinical depression affecting as many as five percent of Americans each year. The research on exercise and depression actually has a history dating back to 1905, when one study suggested a relationship between exercise and decreased depression. Since then, over 100 studies have examined this relationship and have reconfirmed that exercise is related to a significant reduction in depression. These effects are generally "moderate" in magnitude (greater than with anxiety) and occur for subjects classified from mildly depressed to mentally ill. The findings also indicate that the antidepressant effect of exercise begins as early as the first session of exercise and persists beyond the end of the exercise program. These effects are also consistent across age, gender, exercise group size, and type of depression.

Exercise was also shown to produce larger antidepressant effects when the training program was longer than nine weeks and involved more sessions; when the exercise was of longer duration, higher intensity, and performed a greater number of days per week; and when subjects were classified as moderately/severely depressed compared to mildly/moderately depressed.

In addition, it was seen that exercise produced the same effects as psychotherapy, behavioral interventions, and social contact.

OTHER VARIABLES OF EMOTIONAL WELL-BEING

Sufficient studies correlating a generally positive mood with exercise have only been completed recently. The state of physical activity and self-esteem is related to the state of positive mood and exercise. All studies examined in the area showed a small, but statistically significant increase in physical self-concept or self-esteem. This observation crosses gender and age groups. With children, aerobic fitness produces greater positive effects than the process of learning sports skills. One additional observation showed that the effect of physical activity was larger for disabled children as opposed to children with out disabilities.

Restful sleep, another component of emotional well-being, is also seen to be positively influenced by aerobic activities. What is called "compensatory adaptation" by the body is seen as a longer, deeper, more restful sleep with a quicker onset than with those subjects not trained aerobically. Exercise had the biggest impact on sleep when the individuals were female, not as fit, or older; when the exercise was longer in duration; and when the exercise was completed earlier in the day.

CONCLUSION

The research literature suggest, that for many variables, there is now ample evidence showing a definite positive relationship between exercise and improved emotional well-being. Research results clearly indicate that your daily swim practice is beneficial. Because it leads to higher productivity and reduced health costs, many corporations will subsidize the expenses for employees who are involved in physical fitness programs. If you know others around you who have signs of depression and anxiety, encourage them to try swimming or some other type of physical activity. It will not only contribute to their level of physical fitness, but it will positively influence their emotional well-being. ☺

HIGH-RECOGNITION RINGS AVAILABLE

Ed Nessel, a USMS Coach of the Year, has seen through, from the ground up, the idea of creating USMS Rings. He has partnered with Hasty Awards to make this vision a wearable reality.

If you are interested and would like to purchase one, please read on for more information. These would make excellent gifts at any time of the year!

"Hasty Awards", one of USMS' top supporters and the company that sponsors the Swimmers of the Year Awards, offers you a life-long reminder of your aquatic efforts in Masters Swimming. All of us will appreciate a dazzling exclamation of a high-honor achievement; one that can be semi-customized by your choice of stone, honor(s), date, and either a shadowing of the USMS logo under the brilliant stone or one that is gold emblazoned on it.

Every detail of design is incomparably sharp, a tribute to the artisan's masterful use of precious metals and crystal clear stones...allowing for a dramatic expression of an aquatic effort of which to be proud. The result, a lifetime of beauty, durability, & distinction, which in the years to come will only grow as a proud symbol of personal achievement in the water.

Any swimmer can purchase and proudly wear one of the high-recognition rings. To qualify, please submit proof of achievement by photocopying the listings of All-America, National Championship, Swimmer of the Year, National or World Record Holder, etc. and send it with the order form to Hasty Awards.

To order, go to the HastyAwards.com web site and seek out the ring order form. Rings are made from Lustrium (silver color), 10K gold, 14K gold, for both men and women. Prices currently range from \$325 to \$584. Men's rings are more expensive due to the larger size.)

RING PRICES AS OF SEPT 30, 2002

Men's Rings Women's Rings
Sterling \$339.00 \$325.00
10K \$515.00 \$475.00
14K \$584.00 \$515.00

Contact Steve Hasty for ordering information. Either call toll free 1-800-448-7714 or by e-mail Steven@hastyawards.com.

Another style is currently in the works for Top-10, as well as a nice ring for the general USMS membership. There have been many requests from swimmers simply proud to belong to USMS, and we think this is a great display of our membership's enthusiasm!

If you desire to add to your ring, lasered etching of the USMS logo is available. This would be etched onto the colored stone of your choice and then filled in with gold plate to make it even more outstanding. Of course, shadowing will still be available. The thickness of the bottom of the ring will be altered, making it thicker for added balance to the oversized bezel.

You may also have your name or initials engraved inside the ring body, or a specific swimming event may be engraved around the victory torch and/or year. Your last name will go on the opposite flange with the USMS logo.

Any questions at all, just ask.
Marcia Cleveland
Director of Communications
Conn Masters Swimming
MarciaC944@snet.net
www.connmasters.org

AGING UP

This November seven swimmers move up to the next age group. Happy birthday to:

| | |
|-------------------|----|
| Edward Breisacher | 70 |
| Paul Gondek | 50 |
| Winston Uchiyama | 45 |
| Jeffrey Venezia | 45 |
| Harry Zimmer | 45 |
| Brian Hayes | 35 |
| Matthew McKenna | 30 |

**"SHOWING UP IS
80 PERCENT OF LIFE."**

—WOODY ALLEN

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 njmasters@msn.com. 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.
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.

Monmouth SwimHawks Monmouth University, West Long Branch Workouts are T, H & Sun mornings from 7am-8am. Call Murray Simon at 732/263-5601 or email msimon@monmouth.edu.

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, & Sat., 11:30-1:30pm.

Stevens Sting Rays Contact: Mark Welsh in Hoboken at 201/216-5590 or mwelsh@stevens-tech.edu
Workouts are M, W, F 7-9pm, T & H 6-7:30am, and Sun. 9-11am.

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.

Hoboken Contact: Jean Magnier at 201/519-0206 or jmagnier@yahoo.com
Team swims T & H 7:30-8:30pm

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 are M through F 5-6:30 am at Princeton University in the new DeNunzio Pool.

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, X 2256 (W), swimphil@optonline.net

Whippany Waves Masters Contact: Ben Gilbert; 201/428-9300

MEET CALENDAR

DECEMBER 7 & 8

SCM ZONE CHAMPIONSHIPS,
RUTGERS UNIVERSITY Entry Enclosed

MEETS OUTSIDE OF NEW JERSEY

NOVEMBER 17

LOX AND BAGEL MEET, FAIRFAX, VA.
Contact Matthew Alvin; 703/323-0880,
extension 32 or Matta@jccnv.org

NOVEMBER 24

25 SCY MEET, EAST LYME AQUATIC CENTER,
CT. Contact Jack Stabach; 860/691-4681.

NOVEMBER 24

5TH ANNUAL ITHACA MASTERS MEET,
ITHACA, NY. Contact Kevin Markwardt,
607/274-3181, kmarkwardt@ithaca.edu

DECEMBER 8

TERRAPIN MASTERS 1000/1650 MEET,
UNIVERSITY OF MD. Contact David Diehl, 12511
Littleton St., Silver Spring, MD 20906; 301/946-
0649 (H, before 9 pm) or 301/314-5372 (W).

DECEMBER 8

SCY MEET, READING , PA.

Contact Kris Danner; 610/378-4733.

DECEMBER 14 & 15

NEW ENGLAND SHORT COURSE METERS
CHAMPS, WHEATON COLLEGE, NORTON, MA.

Contact Ed Gendreau, 603/742-7850 or
egendreau@earthlink.net. Get meet information
on www.greatbaymasters.org/02scmchamp.html

DECEMBER 31

SWIM IN THE NEW YEAR 2003 WITH
TERRAPIN MASTERS, UNIVERSITY OF MD.

Contact Bob Lazzaro; 410/442-7649,
brlazz@aol.com

MARCH 1 & 2

MARYLAND MASTERS WINTER MEET,
UNIVERSITY OF MD.

Contact Barbara Protzman,
swimbarb@htomail.com

CHAMPIONSHIPS

DECEMBER 7 & 8

SCM ZONE CHAMPIONSHIPS, RUTGERS
UNIVERSITY, PISCATAWAY, NJ. Entry enclosed.

MAY 15 THROUGH 18 2003

SCY NATIONALS—ARIZONA STATE UNIVERSITY,
TEMPE, AZ. Contact Mark Gill; 480/775-1485,
gill@asu.edu, 202 E Baseline Rd., #146, Tempe,
AZ 85283.

AUGUST 14 THROUGH 17 2003

LCM NATIONALS—RUTGERS UNIVERSITY,
PISCATAWAY, NJ

2004 WORLDS—RICCONE, ITALY



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

