

FAST LANE



ANNUAL MEETING AND OFFICER ELECTIONS

It's that time — annual meeting and officer elections. On November 3rd, we will meet at Berkeley Aquatic Club in Berkeley Heights at. Work out with the team from 8:15 to 9:45am and fill up on fresh delicious bagels at the meeting that follows practice. All are welcome. Feel free to come if you just want to sit and listen and especially feel free to come if you are interested in any of the officer positions. Take a look at the position descriptions on page 2, call the current officer if you have additional questions. Then select an area where you would like to participate and make a difference in how our LMSC operates and the activities that we currently provide. Contact me (Julie Stewart) if you need directions at JStewart10@csi.com or 908/598-0589. I look forward to seeing both familiar faces and new ones.

—Julie Stewart, Chairperson



JULIA DOLCE MAKES SPORTS ILLUSTRATED

I spotted Julia Dolce's name in Sports Illustrated "Faces in the Crowd" a few years back and made mention of it in the Fast Lane. Now at age 93 she's still swimming strong, breaking records and making news.

This time she can be found in Sports Illustrated Women (9/02 issue) as one of the outstanding women athletes profiled in an article entitled "The Ages of an Athlete." Here's what they say about our grand dame:

Athletic Resume: Five world age-group records (from 200 to 1000 meters); four American age-group records (from 100 to 1,000 yards);

Started swimming at age 5

"I recently returned from the U.S. Masters Short Course National meet in Honolulu, and I thought, before I got there, I might turn it more into a holiday than a competition. I wasn't practicing much — about half an hour, three days a week. Turns out I broke three records, so I guess I'm still in shape. I have to swim against time usually, because there are very few people in my age group, and they usually swim breaststroke or backstroke. I always swim freestyle. Well, sometimes a little backstroke." ☺



UPDATES TO SOME OLD RECORDS

Our Records Master, Ed Tsuzuki, has been going through some old Fast Lanes and Jersey Masters Newsletters that spanned 1985 to 1990 sent to him courtesy of Dick Gee who is preparing to move to Florida. Ed found the following revisions to the NJ LMSC records from 1985-7. He only included times from USMS sanctioned meets or USMS Top Ten postings and did not include anyone not from NJ LMSC (the results identified swimmers who were not from NJ LMSC).

Also, Ed is wondering if anyone out there knows what year the foursome of Oscar Sigrist, Henry Strothman, Max Vogt, and Dan Dotterweich swam their record setting 200 Free Relay (in the 75+ age group) of 2:26.59. If you do, email Ed at etsuzuk@corus.jnj.com or call him at 908/371-9179.

See page 3 for a complete listing of these newly updated records. ☺

FAST LANE MAKES THE TOP TEN AGAIN

Nothing like giving yourself a pat on the back, but here goes. At the recent USMS Convention it was announced that the Fast Lane is among the top ten USMS newsletters in the country. We made it into the top ten last year as well for the first time. Much of the credit goes to our terrific graphic designer, Jeanne Coon. Excellent job, Jeanne! ☺

SILICONE SWIM CAPS AVAILABLE

Ed Nessel is getting ready to place an order for a supply of silicone racing caps. He says they last much longer than latex; are easy on-easy off, and stay much brighter and clearer longer in the chlorine over the traditional latex. The colors offered are GOLD with a two-colored (black and blue) Garden State Masters logo on each side, and Royal BLUE with black and gold logo. The prices are \$10.00 each for just the logos. If you choose to have your last name imprinted also, add another \$3.00 for each cap...either \$10.00 or \$13.00 per cap.

Ed has to have an order of at least 50 caps. You can contact him at Ednessel@AOL.com or (908)-561-5339. ☺

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OFFICER DESCRIPTIONS

(CONTINUED FROM PAGE ONE)

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Bridget Coll; 973/783-0854
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REGIONAL MEET COORDINATOR

Andrea Luallen; 201/512-1993
Luallea@towers.com

Chairperson: Responsible for the day-to-day management of the business affairs of the LMSC. The Chair calls and organizes the LMSC meetings (currently held quarterly), liaison to Colonies Zone and to USMS.
Currently: Julie Stewart

Registrar: Responsible for the timely registration of the LMSC, the clubs and individual members.
Currently: Tom Brunson

Treasurer: Responsible for preparing and presenting the annual budget and financial statements. Maintains all records, budgets and financial statements.
Currently: Tom Brunson

Secretary: Responsible for taking the minutes at the board meetings and for the annual meeting. Filing with the National office approved Annual Meeting minutes. Correspondence of LMSC information to Nationals and other LMSCs as required.
Currently: Sandy Carosi

Top Ten/Records: Responsible for obtaining copy of all results of all sanctioned or recognized LMSC meets, recording the results and reporting these to USMS. Also responsible for processing the applications for National and FINA World records.
Currently: Ed Tsuzuki

Newsletter Editor & Designer: Responsible for the content, organization, layout and editing and general preparation of the LMSC newsletter and its duplication and distribution.
Currently: Editor: Linda Brown-Kuhn;
Graphic Designer: Jeanne Coon

Officials Chair: Works with the National Officials Committee and local certified officials to insure that sanctioned and recognized meets are officiated in accordance with USMS rules. Responsible for any USMS officials certification programs conducted within the LMSC.
Currently: Ed Nessel

Fitness Chair: Work with the national fitness committee to study and develop fitness swimming activities for the general membership and educate adults on the fitness benefits of swimming.
Currently: Ed Nessel

Sanctions Chair: Responsible for issuing, withdrawing and withholding sanctions and recognition to meets conducted with the LMSC. Assists meet directors in scheduling dates to prevent conflicts. Monitors meets for USMS rules compliance.
Currently: Judy Ramirez

Open Water Chair: Responsible for maintaining an open water calendar for the LMSC, organization of any open water swims and organization of the end of summer picnic and open water swim
Currently: Jack Frain

Webmaster: Responsible for maintaining the LMSC website on a timely basis and coordinating the web site with National and Zone webmasters.
Currently: Eric Fucito

Ad Hoc Positions:

Marketing & Publicity:

Millicent Kaplan

Sports Nutrition:

Bridget Coll

Regional Meet Coordinator:

Andrea Luallen

Clinics Coordinator:

Ed Nessel

Social Chair:

Judy Ramirez





UPDATES TO SOME OLD RECORDS (CONTINUED FROM PAGE 1)

Men, 60-64
Dick Sanborn
 50 Back 33.16 1986

65-69

Jim Pendergrass
 500 Free 7:00.73 1986
 1000 Free 14:16.11 1986
 200 Fly 3:19.09 1986
 200 IM 3:05.41 1986
 400 IM 6:33.42 1986

70-74

Austin Newman
 200 Free 2:37.78 1986
 1000 Free 15:06.89 1986
 1650 Free 25:08.74 1986
 200 Breast 3:25.87 1986

75-79

Dan Dotterweich
 50 Breast 42.85 1986
 100 Breast 1:39.33 1986

Charles Wood

1650 Free 31:50.42 1987

80-84

Max Vogt
 50 Free 34.35 1986
 50 Back 47.67 1987

85-89

Clarence Ross
 100 Free 1:28.95 1985

Women

55-59
Tink Bolster
 100 Fly 1:36.99 1986

70-74

Marie Heyer
 1000 Free 24:02.73 1986

Marjory Toland

50 Breast 53.49 1986

Eva Muller

100 Breast 2:22.81 1986

75-79

Julia Dolce
 500 Free 10:23.23 1986
 1650 Free 35:38.49 1986

Mens Relay 75+

200 Free Relay
Oscar Sigrist
Henry Strothman
Max Vogt
Dan Dotterweich 2:26.59 1987

Long Course Meters Updates:

Women

75-79

Julia Dolce

50 Free 48.25 1986
 200 Free 4:16.13 1986
 800 Free 19:13.63 1986

Men

25-29
Rob Copeland
 200 Free 2:03.42 1986
 400 Free 4:18.79 1986
 1500 Free 17:22.44 1986
 400 IM 5:02.38 1986

75-79

Dan Dotterweich
 50 Free 37.63 1986
 50 Breast 48.77 1986

Men's Relay

280-319
200 Free Relay
Al Fisher
Jerry Markoff
Charles Wood
Dan Dotterweich 2:38.50 1986

NEW NJ LMSC RECORDS

DC MASTERS LONG COURSE
MEET — 8/4/2002, Virginia

Men 35-39

Brent Matheson, 35
 50 LC Meter Freestyle 25.38
 50 LC Meter Butterfly 26.91
 100 LC Meter Butterfly 1:01.38

JASON NESSEL MEMORIAL LCM

MEET— 8/3/2002, Rahway, NJ

Women

40-44

Amy Carow, 41
 400 Free 5:10.78

50-54

Ellen Pease, 53
 50 Breast 47.73
 100 Breast 1:52.37

65-69

Carol Eno, 67
 50 Free 47.04
 100 Free 1:52.44
 50 Breast 1:05.33

Men

19-24

Paul Buren, 22
 50 Free 24.28
 100 Free 56.37
 50 Fly 26.18
 100 Fly 1:01.66

50-54

Arthur Wein, 52
 100 Free 1:03.74

55-59

Jack Zakim, 57
 200 Free 2:28.60
 400 Free 5:26.93

60-64

Bob Hopkins, 60
 400 Free 5:51.38
 200 IM 3:16.99

Raymond Loewe, 60

50 Breast 38.97

70-74

Paul Kiell, 72
 800 Free 14:11.12

Men's Relays

100-119 400 LC Meter Freestyle
Relay 4:03.23

- 1) Diemer, Benjamin 25
- 2) Jotz, Jeff 32
- 3) Berenskoetter, Felix 27
- 4) Buren, Paul 22

Mixed Relays

120-159 400 LC Meter Freestyle
Relay 4:40.09

- 1) Moore, Aaron 37
- 2) Kushnir Piede, Andrea 28
- 3) Carow, Amy 41
- 4) Baliko, John 41





WORKOUT ETIQUETTE

Thanks to Ed Tsuzuki who found this piece at the recent USMS convention. It's very helpful for new swimmers to know this stuff and it's good refresher information for grizzly veteran Masters swimmers. This is from Michael Collins, Masters coach at Novaquatics.

- Learn to read the pace clock (know both your time and the interval).
- Stay on the interval and help others stay on the interval.
- Count your laps and stop at the appropriate number.
- Don't change the interval without conferring with lanemates.
- The slowest person in the lane should be able to make the interval with some rest.
- Get the right order in your lane (fastest to slowest).
- Don't "sit" right on the feet of the person in front of you. Go ahead of them or leave further apart.
- Leave at least 5 seconds apart (preferably 10 seconds apart).
- Stay to the right side of the lane.
- Turn in the middle of the lane at the wall (like a giant football shape).
- If you are about to get lapped, stop at the next wall and let others pass you.
- Be aware of where others in the lane are. Anticipate when they will catch you and pull over.
- Don't push off right in front of someone about to turn if they are faster.
- Finish swims to the wall and move to the left to allow others to finish to the wall.
- Brush your teeth, or rinse with mouthwash before practice especially if you love garlic.
- Don't breathe on people when resting at the wall.
- If unable to do a particular skill, do a drill or swim that is about the same speed. ☹

LOOKING FOR THE POINT OF STRETCHING

For many athletes, amateur and professional alike, the importance of stretching is nothing less than an article of fact. The goal is to reduce the risk of injury or muscle soreness, or to improve performance.

The problem is that all that stretching may not be doing much real good, a new study argues. The report appeared in a recent issue of *The British Medical Journal* and was written by Dr. Rob D. Herbert and Michael Gabriel, senior researchers at the University of Sydney in Australia.

The researchers based their conclusions on a review of seven studies that looked at stretching's role in preventing injuries or muscle soreness. They found that the reduction in soreness reported by athletes who stretched was so minimal that it wasn't worth the effort.

Although they said more research was needed, the authors said it appeared that stretching did little to reduce injuries. They cited two studies of military recruits that found minimal benefits.

"The recreational athletes or weekend warrior might rationally choose, on the basis of this information, to not stretch,"

Dr. Herbert wrote in an e-mail message.

Likewise, not enough research has been done to establish whether stretching helps athletic performance, the researchers did. But for sports where it is especially important to be flexible, it is probably useful, they said.

Many athletes will probably be reluctant to give up stretching. Dr. Herbert said he quit some years ago.

"It felt strange at first," he said. "Now I don't give it a second thought."

—From *New York Times*, 9/10/02



PLAN YOUR SEASON BACKWARDS *By Dave Samuelsohn and Jack Geoghegan*

If this is your dream, stop dreaming! Instead, make it your goal and start planning.

If you're going to build something, it's usually a good idea to know what it's supposed to look like before you start digging the foundation. So, when you plan your season, start at the end with your goals—the times you want to do in the big meet. Then work backward to figure out where you need to be and what you need to be doing at key points during your season.

As an overview, the “mind” component of your preparation needs to be a continuing theme throughout your season. That means you start and end with your focus on your goal. Remember, you can train yourself to have more confidence (and being in great shape helps do that).

Begin by grouping your season into three chunks of time and plan each one backward, starting with where you want to be. Remember the mind component will be prevalent throughout, with a focus on your goals and a concentration on the fine points needed for your best race. Here's what we mean:

PRE-SEASON

In the pre-season, say from September to October or November, you want to go from being out of shape—from all the rest you took during the last taper and from taking a couple or more weeks off to gain back all that unwanted fat—to swimming some tough interval workouts.

Your mind component will have a real-time concentration on stroke and efficiency while keeping a long-range focus on your end-of-season goals. If you're going to hit those goals, you're not only going to have to be in shape, you're going to have to swim a perfect race. Start now with stroke-work. Only, don't just try to perfect your stroke, try to prohibit stroke errors.

You know how to swim; you just have to concentrate—all the time. That may be the toughest thing you have to do in workout, especially when you're tired. But do it. Don't let yourself slip into bad habits, or you'll never nail down those correct habits, and you'll be worried about your stroke all season.

Physically, you want to concentrate on whole-body workouts, longer swims, shorter rest intervals. Work on all four strokes to strengthen yourself all over—

6-8x200 IM, for instance. Pick a few areas to concentrate on, then rotate them around over a week or two: pull 20x200, swim 1500 backstroke, kick 4x400 breaststroke. Of course, legs are all too often neglected or they are worked only cursorily. We like long, hypoxic fin sets to also tax cardio, lower back, and stomach (10x200 underwater fly kick, for example).

More long swims early in this phase: more interval stuff later.

MEET SEASON

Now you're in pretty good shape. Your strokes are good, you're strong, but you're swimming like a slug and you've got a meet in January.

Don't panic. You're on the right track. By the end of this phase you'll be swimming faster and feeling like you're in great shape. That's our goal for this phase and the real starting point. You'll be one tough hombre.

The watchword for this phase of your season is toughness—both mental and physical. You will come to understand that both aspects feed off each other to create an even stronger whole.

Now we're into challenging interval training - high yardage in December and January, slightly less in February. We're doing timed swims (remember those?) regularly of all strokes and distances, including kicking. And we're going out to breakfast.

But take care. There'll be days when your body quits on you, such as after you've had one or two particularly good workouts. Expect it and don't be frustrated. Often you can work on another stroke, but if not, that's okay too. Do a stretch-out type of swim and get out. Go take a tub... and make sure you have a good breakfast tomorrow.

As you head into early March, you should be doing some really hot times in workout. The more important meets are coming up and you're going to be sure to rest a day or two to ensure better performances here. Meets are important. You've got to get those races under your belt. Remember, in order to swim fast, you've got to swim fast!

THE TAPER

Now it's early March, and there are only about six or eight weeks to go before the big meet. Now is when everything changes. Depending on how you've done, how you

feel, what kind of races you specialize in, and what kind of swimmer you are, your taper will vary.

But we're still going to plan it backwards, starting with the week of the meet. We like to map out a loose grid of the upcoming weeks, to define what type of work and rest we'll need and stick to that in a fashion that allows some day-to-day adjustment (in case we feel we've worked too hard or not hard enough the day before, or in case the car won't start or the filters backed up.)

The mind component plays a much more significant role here, as we rehearse the perfect race, nail those split times, and focus more and more on the positive image of achieving our goals. A good time to mentally rehearse that perfect race is just before you drift off to sleep (at night in bed, not driving to morning workout.) This is called imaging. It helps to sleep on that positive image. “I can do it!” “I'm going to do it!” “I feel fast!”

Here are some things to think about and do during this important taper phase.

- Lengthen intervals considerably as you cut yardage
- Taper yardage but not time in workout
- Over the last few weeks, move your fast swimming (timed swim, long-interval sets, etc.) closer to beginning of your practice after a pre-meet type warm-up
- Increase double-arm backstroke and cool-down swims throughout your workout
- Get “up”; ride higher
- Work on starts
- Eliminate one-handed touches now (we know you cheat... we cheat.)
- Lower caloric intake
- Increase focused stretching before bed
- Get more sleep
- Race rehearse races; “image” before sleep. A good time to mentally rehearse that perfect race is just before you drift off to sleep.

ABOUT THE AUTHORS

Dave Samuelsohn, has been swimming and competing in Masters for many years. He also coaches and works out with Jack Geoghegan, who continues to win national titles in assorted strokes and distances, seemingly at will.

—Taken from Connecticut Masters website: www.connmasters.org

At the edge of a sun-drenched Olympic-size pool here, members of the Stanford women's swimming team awaited a go-ahead signal from their coach, Richard Quick, as he introduced the next drill.

"O.K., let's do a moderate 300 again — emphasize distance per cycle," the coach said. Then he added a command not often heard in most swimming practices: "Beeper set."

Each swimmer reached up to her swim cap and pressed a button activating the Aquapacer, the latest in digital training gear for swimmers. A blue plastic unit about the size of a small wristwatch, the device is worn inside the cap or on the goggle strap. It gives six short countdown beeps and then the women push off, timing their "hand hits" on the water's surface to the device's programmed beep sequences.

Though not yet commonplace at the local Y.M.C.A., digital technology is finding its way into the world of competitive swimming as top athletes and their coaches look for ways to optimize their performance. Teams are also experimenting with digital video editing systems, biometrics and nutrition management software.

...The Aquapacer was developed in the mid 1990's by Patrick Miley, a Scottish helicopter pilot who had been a competitive swimmer and coach. Only a few thousand have been sold, but coaches rave about the results. "A large percentage of failure in competitions is at the neural level, the body's inability to maintain frequency," said Jonty Skinner, director of national team technical

support for USA Swimming, the national governing body for competitive swimming. "When you fade or you die, it's very rarely due to a lack of energy. Kids that have great neural training can hold a frequency across the pool — you put them on that little device and they just go."

Mr. Quick, who has coached 12 national collegiate championship teams, said that the Aquapacer, programmable for each swimmer to within one-hundredth of a second, was vastly better than standing at poolside with a stopwatch while shouting out the time and pacing the strokes.

The device can be programmed, for example, to decrease the stroke rate while a swimmer maintains the same time for a given distance, forcing an increase in distance per stroke. "It's so measurable," Mr. Quick, 59, said. "Pretty soon you can ask a person to go at a specific stroke rate and they can almost do it without the beeper."

The device, from Challenge and Response, a British manufacturer, comes in a solo version that costs \$100 (available at www.aquapacer.com). Another company, Finis, of Tracy, California, is introducing a programmable beeper called the Tempo Trainer (www.tempotrainer.com) aimed at individual swimmers, with a retail price of \$30.

The next wave in digital swimming technology may be software that teaches swimmers to become more hydrodynamic or efficient in the water. Already coaches use towing machines to pull swimmers through the water at a faster

rate than they can swim, helping them to feel their bodies' resistance. Work is under way at the USA Swimming headquarters in Colorado Springs to use computational fluid dynamics technology to develop full-body models for swimmers.

To create such a model, a swimmer's body is scanned by a series of lasers. The resulting data is the basis for a three-dimensional grid that is used as a skeleton for a structure that is known as a "mesh," which is in turn surrounded by "fluid flows."

"Just understanding what the drag patterns are" for different body types will be the initial goal, said John Walker, the technical support coordinator for USA Swimming, who said he expected the first stable models to be running by this summer. The goal will be to study the ways an athlete's shape affects performance — like whether a breast stroke kick produces a lot of turbulence areas, or vortices, limiting the effectiveness of a swimmer's "pulling surfaces."

John Leonard, executive director of the American Swimming Coaches Association acknowledged that the gamut of technological advances were likely to be adopted initially only by elite competitive swimmers. "Swimming is a low-tech sport, no matter how much we try to gussy it up," he said. But ultimately, he said, the benefits will make their way to fitness swimmers. "They're going to enjoy the sport a whole lot more once they get a decent rhythm," he said. "Nobody wants to look like a plodder." ☺

—Excerpted from the *New York Times*, 6/6/02

ON TURNING 50

By Cheryl Wagner

There are good things about turning 50—really! And I'm not just talking about knowing who won World War II, being able to speak in complete sentences, and being able to make change in your head. Being 50 means you can remember wonderful things such as:

- a time when Johnny Weismuller's freestyle wasn't called the Tarzan drill
- who Esther Williams was and why it's important to have fifty women in matching white suits diving off varied level platforms
- a time before swim goggles
- working out without a time clock, paddles, or fins.

Of course, the best thing is telling younger swimmers how rough we had it. "We didn't even have water. We had to smash hydrogen and oxygen molecules together and make our own..." ☹

—From the May '02 issue of *The Swimmer's Ear*

AGING UP

This October six swimmers move up to the next age group. Happy birthday to:

Lawrence Seidman	55
William Ruthrauff	45
Paul Jennings	45
David Brundage	40
Gita Roy	30
Patricia D'Onofrio	30

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.

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 7:30-9pm, 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**

MEETS OUTSIDE OF NEW JERSEY

OCTOBER 6

25 SCM MEET, WATERFORD, CT.
Contact Brad Arnold; 860/691-1334.

OCTOBER 12

**MAINE MASTERS MEET, BOWDOIN COLLEGE,
BRUNSWICK, ME.** Contact Arnie Greene;
207/729-8179 or arnie@nqi.net .

OCTOBER 27

**PATRIOT MASTERS SPRINT CLASSIC, GEORGE
MASON UNIVERSITY IN FAIRFAX, VIRGINIA**
(about half an hour from Washington DC.)
Contact Peter Ward; 703/993-3930,
pward2@gmu.edu

NOVEMBER 24

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

DECEMBER 14 & 15

**NEW ENGLAND SHORT COURSE METERS
CHAMPS, Wheaton College, Norton, MA.**

CHAMPIONSHIPS

OCTOBER 7-13

**WORLD MASTERS GAMES, MELBOURNE,
AUSTRALIA.** Call 61 3 8620 2002 or
www.2002worldmasters.org

DECEMBER 7 & 8

**SCM ZONE CHAMPIONSHIPS, RUTGERS
UNIVERSITY.** Piscataway, NJ

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.

2003 LCM NATIONALS-RUTGERS UNIVERSITY

Piscataway, NJ

2004 WORLDS-RICCONE, ITALY



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

