

EASTLANE



SCM COLONIES ZONES RECORDS UPDATE

The Colonies Zone SCM Meet Records have been updated and are posted to the

website at: <http://www.colonieszone.org/>
There were 115 new individual records (32 women, 83 men), and 18 new relay records (4 women, 7 men, 7 mixed).

Special thanks to our new webmaster, Mark Hurley, for posting things so promptly on the web site!

Any discrepancies can be reported to Ed Tsuzuki at edtsuzuki@rcn.com. Here are a couple of additional records not mentioned in the last Fast Lane:

Winston Uchiyama, 45-49
200 Breast, 2:43.02

Susan Lawson, 40-44
200 IM, 2:55.56 ☺

100 X 100S ON FEBRUARY 16TH!

The place for all swimmers to be on February 16th from 8-12 in the morning is Rutgers University. That's when you can partake in the 100 X 100s swim. Please arrive early (doors open at 7:30am). We need to get started on time as we have to be out of the water at noon. Don't forget water/Gatorade to carry you through that last 100! Keep in mind that the last one doesn't have to be #100 and you don't have to do 100's. 50's work as well. The key is getting in and participating.

The NJ LMSC board meeting (also open to anyone) will be held after the swim at Old Man Rafferty's restaurant in New Brunswick. Contact Julie Stewart for further details or to answer questions about the swim or the meeting at JStewart10@csi.com or 908/598-0589.

Come one, come all! ☺

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A LOOK BACK AT SWIMMING

Have you ever read the book *Successful Swimming, The Famous Crawl* by Geo Watson? Probably not, as it was published in 1925. Claudia Feeley came across this book and we thought it might be fun to share some of it with you so you can see how much the world of swimming has evolved since then. We've come a long way baby!

"...Man, however, has not been content with merely keeping his head above water. He has wanted to progress, to excel in the sport. He has wanted to attain the greatest distance and speed while expending the smallest amount of energy.

And so there has been originated, developed and perfected, the superior swimming stroke, the famous crawl. Old as swimming is, this stroke is entirely a 20th century invention.

Those who have never seen practiced crawl swimmers in action have missed a beautiful and truly inspiring sight. Such great speed is attained with so little apparent effort than one cannot help but marvel—and wish to master the stroke.

The Crawl was developed as a sprinting stroke. At its inception, no one conceived of it as being used over a distance of 100 yards. Today, however, the Crawl stands out as the most effective stroke for any distance. Most effective because it gives the greatest speed and distance for energy expended. Little girls in their early teens have negotiated distances over three miles with it. Once you have thoroughly mastered the Crawl, you will not care to swim any other stroke.

WHERE TO PRACTICE AND SWIM

A score of years ago swimming was an uncommon practice and indulged in by few. A girl who could swim was

considered a marvel. Today, swimming is so common that attention is directed towards those who can't swim. What has made this vast change? What has been the influence and means of making over a nation of swimmers?

In my mind there have been two chief factors. First was the idea of the indoor pool—at the start ridiculed and criticized as in the case of most new things. Secondly, was the growing knowledge of swimming as the healthiest of exercises.

A score of years ago, indoor pools were possessed by a few of the larger universities and athletic clubs. Now there are one or two in practically every town...The indoor pool, permitting comfortable swimming all year, gives one a chance for consistent daily practice. Our greatest swimmers learned and do nearly all their practicing in indoor pools.

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THE VIRTUAL GEOGRAPHIC SWIM SERIES

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This event is a new USMS Fitness challenge designed to take the monotony out of your trips back and forth across the pool. Now you can "Swim America's Waterways" and join others throughout the country and world in applying any pool lengths you actually do to virtually swimming some of the most important bodies of water in the US. Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of our virtual swims are actually open water courses, and others are waters most would not dare to swim in reality. These Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday.

Start by going to www.usms.org, clicking on "fitness", finding the Virtual Geographic Swim Series section and picking a swim from the list. You can get a complete list of swims, plus details and entry forms. Read and print the swim document, and record your yards (or meters) as miles on the chart provided in the swim. Record one log per swim. We have a generic log for you to use if a swim does not have one. At the end of 2003, you will be able to send in your logs for a personalized certificate, and possibly even recognition on the web. T-shirts with the design (shown above) will also be available. Start today! This event lasts all year, but the sooner you start, the more waterways you will travel. Please note: the Crawfish Masters offer their own shirt for their annual Lake Pontchartrain swim. You may purchase your own shirt from them, but orders must be received by Feb. 15. The Crawfish will accept your word that you will get across their lake sometime this year.

The Virtual Geographic Swim Series is intended to be an annual USMS Fitness series. We currently feature six swims, and hope to eventually have at least one from every state in the United States. If you are interested in designing a swim for your area, please let us know. We generally recommend keeping swims within a 50-mile distance, and these Virtual Swims can easily be enhanced with information and photos from the Internet. Submit your ideas by e-mail, and we will review them. So, get in the water and go — your destination is closer than you think! ☺

A LOOK BACK AT SWIMMING *Continued from Page 1*

The second thing contributing to the progress of swimming — that of healthy benefits derived, has focused the attention of a great number of the medical profession, educators, civic and industrial organizations on the sport.

There is no greater strain on the human constitution than inactivity. We may laugh and say, "But my work requires enough activity." It may, but quite likely it does not — not enough to satisfy the demands of nature. Much sickness and poor health is caused by a faulty organic system. The practice of swimming builds and maintains a healthy organic system. It requires the exertion of all the important muscles in the body.

RELAXATION — THE SECRET OF SWIMMING

Many swimmers and all beginners are held back in their progress because they do not relax as the timing of the stroke demands. There is in every swimming stroke a time in which each muscle may

be relaxed. Such relaxation rests the swimmer and makes his stroke more graceful, finished and seemingly effortless. Correct breathing is said to be the secret of swimming but correct relaxation is more fundamental. It is the secret to correct breathing, arm action and leg action.

There is a time in the Crawl stroke when relaxation should occur in the arm stroke, in the kick and in breathing.

There is in the Breast and Side strokes a moment when complete relaxation of the body may occur. But this is not true of the Crawl. Relaxation must occur in one movement independently of the other movements. This is one of the chief difficulties in mastering the Crawl.

Better and quicker progress will result once you have thoroughly understood this principle." ☺

HOW TO BECOME BETTER THAN "AVERAGE" IN 2003

WHY EXCELLENCE IN TRAINING, IN PERFORMANCE...IN LIFE...IS WITHIN THE GRASP OF ANYONE WHO DECIDES TO ACHIEVE IT

By Dr. Jeff Simons

Excellence is the goal in serious sport or performing arts. In over 20 years of work with performers at many levels, across a multitude of sports and varied performance domains, it is the human pursuit of excellence that continues to fascinate me. If you ever train for competitive performance, you have probably experienced the intrigue and motivation behind setting yourself to strive for excellence, to rise above the average and perhaps above all other performers.

Great performances are captivating and inspiring. Because of that, excellence is often assumed to be only attainable by specially gifted individuals or in rare situations. It is certainly true that a few performances have been made memorable by spectacular feats or their special context in place or time. But, much of the folklore behind excellence is based in myth. The truth is most of excellence comes down to ordinary things available to anyone who has sufficient abilities and motivation.

Let's look at the three most common myths surrounding excellent achievements.

TALENT

Myth: Winners have a special "talent" that the runners-up just don't have.

"Talent" is commonly used to explain why someone is successful. But what exactly is talent? Think to yourself right now, what are the qualities of a talented person in the performance arena most familiar to you? These qualities probably include certain body characteristics, certain combinations of strength, power, or endurance, some collection of mental and physical skills, and certain strategic or performing abilities. Then these talented people probably have had the right environment to nurture their skills, coaches or mentors who taught them, personal motivation, and opportunities to learn and perform. By the time you get to a dozen such characteristics, you may want to question if there really is a singular thing called "talent." Furthermore, talent is only actually apparent after someone has achieved. Thus, it is really only a label, not an explanation. This logical argument (which we need not go into more now) is backed up by the relatively poor success of early talent identification programs to predict future stars.

The truth is at any level of performance, there are numerous individuals who might excel. It is typically difficult to determine how among a group of competitors in a given division or category is the most performance fit. And, the biggest/slimmest, or strongest/most graceful, or most motivated person often does not win. More often, it is the person who on the day best displays their abilities – the equivalent or very same abilities possessed by many other competitors. Factor in the randomness of luck, and it is often ridiculous to make much of a distinction amongst the talent displayed by two or more close competitors.

The greatest danger of the talent myth is that many people give up any pursuit of excellence because they think they lack sufficient talent. The talent myth provides an excuse not to aspire and a justification for low confidence. The second greatest danger is that some people have been told they have talent and think success should come to them automatically. The talent myth falsely feeds their ego and they blame their inability to achieve on anything but the need to do the work and develop their skills. The truth is that excellence is available to many people, but it has to be honestly earned.

GOLDEN MOMENT

Myth: Excellence comes from a special moment of clarity, precision, nerve, or inspiration, and the performance is above and beyond what the performer can normally achieve.

There are many stories of special moments, especially in sport. But, what is not commonly realized is that most successes are achieved under plain circumstances and with normal execution of skills. If you remove the hype, the demands of most events are essentially the same (same size court/field, same equipment, same rules, etc.). Over my many years with elite performers, I can confidently conclude that most successes/failures come down to dealing with (objectively) ordinary conditions and the execution/non-execution of normal skills.

One elite runner, for example, shared with me how poorly he felt on the day of a World Championships marathon. Despite feeling physically and psychologically sub-par, he made the best of his preparation and got himself going in the

race. Dropped by the lead group fairly early, he remained determined to at least make the most of the unfavorable heat conditions. Step by step he just kept focusing on doing the best he could, only to find an hour and a half later the leaders eventually coming back to him. On a difficult day, feeling out-of-sorts, he produced the only major Championships medal of his long, illustrious international running career. So much for needing a great day to produce a great performance.

Another example comes from last year's Super Bowl. With no timeouts left and only seconds to go in a tied contest, the Patriots' field goal unit had precious little time to take the field and attempt to win the game. The successful 48-yard field goal made for a spectacular win by the underdog team. It would be easy to record this as a "golden moment." However, when you consider that this is precisely what kickers and their special teams drill year in and year out, you might more accurately conclude that it was simply a display of professionals doing their ordinary jobs. The lay person is often in awe of what the professional takes for granted.

The major problem with the Golden Moment myth is that too many people are waiting for that moment to arrive in order to display their abilities. I hear far too often from athletes that "if only such-and-such were right," or "if everything would just go right for once," then they could really show how good they were. Rather than getting on with the act of performing, many leave their performance to chance, or give up, or turn to superstitions in hopes of receiving that fictional blessed moment when everything is supposed to come together.

Peak experiences do occur in sport and other performance domains, and to be in what experts call "Flow" is a magnificent thing. But, most often success is not the product of something special. It usually arises from the acts of performers making the most of the opportunities that present themselves and simply doing what they have trained to do.

MORE IS BETTER

Myth: If doing some is good, doing more is the path to excellence

NO PAIN, NO GAIN *By Dr. Jody Welborn*

You wake up the morning after a particularly strenuous workout. Your muscles have that familiar ache which brings back the worlds of your childhood coach, "No pain, no gain." "Boy," you think, "I have gained a lot."

All of us have experienced the above scenario, but is the voice that echoes in your head speaking the truth? The answer is a resounding NO! Sore muscles are not the sign of a successful workout, but rather signify microscopic injury to the muscle, tendons, and ligaments.

What you are experiencing is known as delayed onset muscle soreness (DOMS). Even though DOMS has been investigated for decades, little is known about the actual cause and many theories exist. The more common theories include the torn tissue theory, which suggests that tears in the muscle fibers are the cause of the pain, whereas the connective tissue theory implicates damage to the tendons and ligaments attached to the muscles. The inflammation theory states that DOMS may be the result of the attempts by the body to repair the damage that has been caused by the workout.

What we do know about DOMS is that the skeletal muscle is the only muscle type affected and DOMS can occur in any skeletal muscle. The muscles do not sustain long-term damage and ultimately performance is not affected. However, performance may be affected in the short-term, primarily due to pain, but also from temporary loss of affected muscle to produce force. DOMS is not due to the accumulation of lactic acid in the exercising muscles as lactic acid is removed from the muscle within an hour or two after the exercise and DOMS usually occurs after 24 hours. Activities that require muscles to forcefully contract while they are lengthening such as running downhill, going downstairs, or lowering a weight (eccentric contraction) seem to result in the most pain.

Typically, pain from DOMS occurs in the first 24-48 hours after exercise and peaks by 72 hours. The pain usually subsides by 5-7 days after the exercise.

Although most active adults have experienced DOMS, it is not a necessary part of your exercise program. Measures can be taken to avoid DOMS. Some of these measures include a thorough warm-up before exercise and with an adequate cool down at the end of the workout. The exercise program should be started with easy to moderate activity intensifying gradually over time. Don't make abrupt changes in your exercise program and always allow your body time to adapt.

If you do experience DOMS, there are measures you can take to relieve it. The principal measure is time. Just wait. The pain will go away in 5-7 days without treatment. Performing easy aerobic activity will increase blood flow to the affected muscles and this may improve soreness. As always, use the RICE principle (rest and ice to the affected area) in addition to careful stretching and massage of the sore muscle. If the discomfort interferes with your usual activities, consider the use of non-steroidal anti-inflammatory medicines, such as aspirin or ibuprofen, but do not take more than is recommended on the bottle. Some recommend Vitamin C, as Vitamin C is needed to make connective tissue and has been reported to lessen the pain. If your pain persists longer than about seven days, or increases despite these measures, consult your physician.

Despite what your coach may say, pain after exercise is not an indication of a good workout and is not necessary for getting into shape. With a regular, carefully planned exercise program there can be gain without pain. ☺

Jody Welborn is a cardiologist from Portland, Oregon. Her medical experience includes a BA from the University of Oregon, M.D. from Oregon Health Sciences University, internal medicine residency at University of Texas, San Antonio, and Cardiology fellowship at the University of Alabama, Birmingham. Jody is a member of three USMS national committees, including Sports Medicine, Fitness and Planning. She is also a Masters swimmer who swims with the Metro YMCA Masters in Portland.

— Taken from VMST Newsletter, 12/15/02 issue

DON'T NEGLECT YOUR ABS

Not having to suck in your gut to look slim is a pretty good reason for toning those tummy muscles. But now there's an even better one: a longer life! In a 13-year study of more than 8,100 people, Canadian researchers found that those with the strongest abs (measured by how many sit-ups they could perform) were significantly less like to die during the study period than those who had the weakest abs.

The scientists speculate the strong abs help you live longer in several ways. First and most important, strong abs mean more muscle and less belly fat, which can lower your risk of diabetes and heart disease. The more lean muscle you have, the less likely you are to gain excess weight, which is linked to these two killers. A flat, strong tummy can also make performing everyday tasks easier, so you stay mobile and independent longer. ☺

—Taken from Prevention Magazine, 2/03 issue

SEVENTEENTH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP**Sunday, March 30, 2003****Ocean County YMCA, Toms River, New Jersey**

- Approval:** Recognized by New Jersey LMSC, Inc., No. 073-R02
- Times:** Warm-ups: 9:00 am Meet starts at 10:00 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:** 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., Tuesday, March 25, 2003. 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. 1000 Freestyle | 8. 500 Freestyle |
| 2. 200 Medley Relay | 9. 100 Butterfly |
| 3. 200 Freestyle | 10. 50 Backstroke |
| 4. 100 Individual Medley | 11. 100 Breaststroke |
| 5. 50 Freestyle | 12. 50 Butterfly |
| 6. 100 Backstroke | 13. 100 Freestyle |
| 7. 50 Breaststroke | 14. 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, water, 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

SEVENTEENTH 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.	1000 Freestyle		8.	500 Freestyle	
2.	200 Medley Relay		9.	100 Butterfly	
3.	200 Freestyle		10.	50 Backstroke	
4.	100 Individual Medley		11.	100 Breaststroke	
5.	50 Freestyle		12.	50 Butterfly	
6.	100 Backstroke		13.	100 Freestyle	
7.	50 Breaststroke		14.	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

DON'T WASTE YOUR BASE

TAM's 1650 Postal January & February 2003

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 38-03-01

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

DISTANCE: 1650 yards

DATE: Anytime during the months of January and February, 2003

ELIGIBILITY: All swimmers registered with USMS for 2003 are eligible to participate.

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

ENTRY FORMS: You may enter by using the entry form below or a consolidated entry form. Again, a split sheet with 50 yard splits signed by at least one timer must be attached to the entry form. Enter relays by filling out the relay form and attaching photocopies of the four (4) individual entries. **All individual entries must be accompanied by a copy of your current USMS card.** Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

POSTMARK DEADLINE: All entries must be postmarked by March 10, 2003.

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

RELAYS: Four (4) person relay entries will be accepted in the following age groups: 19+, 25+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total time for the four (4) 1650s). There is a \$4.00 entry fee for each four (4) person relay entry.

ENTRY FEES: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00 for each four (4) person relay entry. Checks should be made payable to Tamalpais Aquatic Masters. Entry fees are not refundable or transferable.

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

T-SHIRTS: T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want below **and on your check**. T-shirt _____ No _____ Yes (Please circle size) Size: XXL XL L M S

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

Name..... Age Male ___ Female; MY TIME: :

Address.....City.....StateZip Date of Birth:

Telephone: (.....).....Club USMS No.....

email address: _____ I will accept results by email only _____

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

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

MAKE SURE YOUR ENTRY FEE, A SIGNED SPLIT SHEET, AND A COPY OF YOUR CURRENT USMS CARD ARE ATTACHED.

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I would bet you are familiar with this one. If three sets of eight reps is part of a good program, then doing five sets of 10 reps must make it a superior program. Or, doubling your mileage must make for a far better 10K time. More days, more sessions, more exercises, more intensity, more, more and more. But in truth, the work ethic approach to excellence is only a part of the equation. After reaching a sufficient level for fitness and skill gains, it is quality, not quantity, that determines excellence.

The important point to grasp here is that we are talking about the quality of ordinary aspects of your training, not necessarily some esoteric or creative quality. It is the quality of your stance, the quality of your technique, the quality of your turns or transitions, the quality of your full actions and completions, and the quality

of your attention and attitudes. There are reports that Mary T. Meagher became "Madame Butterfly" (for dominating the swimming event in the 1980s) due in no small part to the fact that she committed herself to consistently better turns than anyone else. It was not that any number of other swimmers couldn't have done the same. It was that she was the one who decided quality turns mattered, and then did the quality work. Her world records lasted longer than most.

Time and again, it can be shown that once an adequate level of training is attained, doing more of the same will produce diminishing returns, and can even cause a decrease in performance due to overuse or burnout. The best performers don't do more of the same that their competitors are doing, they do things differently. And the difference is in quality:

quality technique, quality focus, quality exercises that are complimentary, quality attitudes, and importantly, quality recovery.

ORDINARY EXCELLENCE

Everyone has limitations, but everyone has also the ability to pursue excellence beyond their current level. Once you stop worrying about shortcomings and focus on the challenge of developing, it can be amazing how much potential may be revealed. The major lesson to remember is that excellence arises from consistently doing all the ordinary little things that contribute to performance with quality. When quality is a habit, excellence becomes an ordinary occurrence. ☺

— Taken from *Muscle Media*, 1/03 issue

MORE ABOUT USMS RINGS

The USMS rings we mentioned in the December Fast Lane are being modified slightly...the Men's ring will be made slightly wider and higher for high-recognition.

What was shown will be a good size for Top-10 recognition (slightly smaller).

The women's ring will still be same size, and with this in mind, can not have an event engraved on the shank...no room. It will be engraved with last name of honoree and date if chosen along with wreath of victory. Also, you can purchase a USMS Rings Presentation Box. The box is extra, but provides a great safe storage and display piece. These rings are a magnificent way to display your involvement in USMS!

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

AGING UP

This February, six swimmers move up to a new age category. Happy birthday to:

Richard Carolson	50
Mark Kenworthy	50
Judy Ramirez	45
Sean Palen	35
Douglas Yacilla	35
Robert Pipkins	30

"HOW OLD WOULD YOU BE IF YOU DIDN'T KNOW HOW OLD YOU WAS?"

—SACHEL PAIGE

**MAIN SETS**

By Betsy Durrant

MAIN SET #1

125 Kick (75 medium, 50 hard)
15 sec rest

3 X 50 descend. Set interval for
15-20 sec rest (250 yards)

Repeat 6 times. Use the same stroke on kick and swims. You can change stroke at the end of each set (6 times is 1,500 yards)

Sets 1 is from Coach Laura Peter, coach at the Hilltop YMCA in Virginia Beach.

MAIN SET #2

4 X 50 repeated 7 times (1400 yards)

#1: Kick

#2: Kick/Drill (by 25)

#3: Drill

#4: Drill/Swim

#5: Pull

#6: Pull/Swim *

#7: Swim

* Pull here has to be done without a buoy. It's great for making you aware of your body position. Set interval for 10-15 seconds rest.

This is a set our Saturday morning group did. ☺

— Taken from VMST Newsletter,
Dec. 15, '02 issue

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 at swimbanks@earthlink.com or www.lhymasters.tripod.com/lhym.html

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

MARCH 30

OCEAN COUNTY Y MEET, ENTRY FORM ENCLOSED

MEETS OUTSIDE OF NEW JERSEY

JANUARY-FEBRUARY

TAM 1650 POSTAL MEET, Entry Enclosed.

FEBRUARY 15-16

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

FEBRUARY 23

CANANDAIGUA MASTERS MEET, CANANDAIGUA, NY. Contact Lynn Fuller, 585/394-2949 or lffeee@rit.edu

MARCH 1 & 2

MARYLAND MASTERS WINTER MEET, UNIVERSITY OF MD. Contact Barbara Protzman, swimbarb@htomail.com

MARCH 2

LYMAN SCHERMERHORN MEMORIAL MASTERS SWIM MEET & PENTATHLON, FAIRLESS HILLS, PA.

MARCH 2

2ND CHINN AQUATICS SWIM MEET, WOODBRIDGE, VA. Contact Harry DeLong at hdelong@comcast.net or 703/368-0309 (no calls after 9).

MARCH 16

BILL CRAWFORD MEMORIAL WINTER CLASSIC AT VILLANOVA UNIVERSITY. Entry form available at www.bee.net/dcastell/billcrawfordmemorialwinterclassicmeet.html or email stephswim1@aol.com

MARCH 16

7TH ANNUAL BINGHAMTON UNIVERSITY MEET, VESTAL, NY. Meet information on www.niagaramasters.org/bums/

MARCH 29

ALBATROSS OPEN (SCM), NORTH BETHESDA, MD. Contact Helen Beven at 301/897-2947 or hbevenintheusa@cs.com

JUNE 8

GREAT CHESAPEAKE BAY SWIM (4.4 MILE) & CHESAPEAKE CHALLENGE (1 MILE) BAY SWIM. Contact www.lin-mark.com or 856/468-0010.

JUNE 14

JACK KING OCEAN SWIM, VIRGINIA BEACH, VA.

JUNE 27 & 28

HAWAII INTERNATIONAL MASTERS SWIM MEET, MAUI, HAWAII. Contact Janet Renner: 808/573-8656 or chair@hawaiimastersswim.org

JULY 12

CHRIS GREENE LAKE 2 MILE SWIM, CHARLOTTESVILLE, VA.

JULY 20

COVE-TO-COVE, NYC, .5 MILE, BATTERY PARK CITY, SOUTH COVE TO NORTH COVE YACHT HARBOR. Apply online at www.nycswim.org

JULY 20

RACE FOR THE RIVER, NYC, 2.4 MILES, HUDSON RIVER PARK'S PIER 62. Apply online at www.nycswim.org

AUGUST 3

PARK-TO-PARK ONE MILER, NYC, BATTERY PARK CITY TO HUDSON RIVER PARK'S PIER 25. Apply online at www.nycswim.org

AUGUST 23

THE GREAT HUDSON RIVER SWIM, NYC, 2.8 MILES, STARTS AT 79TH ST. BOAT BASIN. Apply online at www.nycswim.org

SEPTEMBER 20

LITTLE RED LIGHTHOUSE SWIM, NYC, 7.8 MILES, HUDSON RIVER PARK'S PIER 62. Apply online at www.nycswim.org

CHAMPIONSHIPS

APRIL 11-13

COLONIES ZONE SCY CHAMPIONSHIP, GEORGE MASON UNIVERSITY IN FAIRFAX, VA. Entry deadline is 03/28.

MAY 15-18

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

JUNE 9

2003 NATIONAL SENIOR GAMES, HAMPTON ROADS, VA. Contact Scott Rabalais; 912/927-7016 or scottrabalais@compuserve.com; or www.nationalseniorgames.org

AUGUST 14-17

LCM NATIONALS—RUTGERS UNIVERSITY, PISCATAWAY, NJ Contact Ed Nessel; ednessel@aol.com, 908/561-5339.

2004 WORLDS—RICCONE, ITALY



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

THIS IS YOUR LAST
FASTLANE, IF YOU HAVE
NOT RENEWED YOUR 2003
NJ LMSC MEMBERSHIP!!!