

# EAST LANE



## NEWS FROM 2003 AQUATICS CONVENTION

This year the Aquatics convention covering the sports of water polo, synchronized swimming, diving, US Swimming and of course Masters Swimming was held in sunny San Diego. Unfortunately all the meetings were held inside. Your two LMSC representatives at the meeting were Ed Tsuzuki, voting member of the Records and Tabulations Committee, and Julie Stewart, voting member of the Long Distance Committee.

### KEY OUTCOMES FROM THE MEETINGS WERE:

#### 2005 NATIONAL CHAMPIONSHIP MEETS:

**Short Course Championships:** TBD as bidding is still open. Contact National Office if you know an organization that hold this meet of 2000 plus swimmers.

**Long Course Championship:** Mission Viejo, California August 10-14, 2005.

**2003-4 Zones Championships SCM - Rutgers** Dec 6-7, 2003

**2003-4 Zones Championships SCY - George Mason** Md April 2-4, 2004

#### 2005 Postal and Long Distance Events:

**One Hour Postal** to be run by Indy SwimFit

**5K/10K Postal** to be run by St. Pete Masters

**3000/6000 Yards Postal** to be run by Clemson Masters

**One Mile Open Water** held by Central Oregon Masters, Bend, OR in Elk Lake

**2 Mile Cable Open Water** held by Adirondack Masters, Lake Placid, NY in Mirror Lake

**1-3 mile Open Water** held by ChicagoMasters, Chicago, Ill in Lake Michigan

**3-6 Mile Open Water** held by La Jolla Masters, San Diego, CA in La Jolla Bay

**6+ Mile Open Water** held by Swim

Florida, Fort Meyers, FL in the Gulf of Mexico

### REGISTRATION

The good news is the individual fees will stay the same this year. The bad news is that the team registration is going up to \$50 total (a \$10 increase at the Nationals level). See page 4.

### SPONSORS

Do you know your USMS Sponsors? The following companies have provided contributions of \$57,000 and an additional \$20,000 in services. Next time you're shopping for swim gear don't forget to say thank you to the following:

Kiefer, Arena, Barracuda, Circle City Swimwear, Cliff Bar, Competitive Aquatic Supply, Endless Pools, H2O Velocity, Hasty Awards, Hy-Tek Sports Software, JD Pence, Kast-A Way, MBNA, Speedo, The Victor, Tyr Sports Inc. and Ultra Swim.

### ZONES

A Zone meet guidelines committee was established with Barb Protzman as chair. Ed Tsuzuki will be our representative on this committee. If you have any comments or suggestions, please contact Ed.

### RECORDS AND TABULATION

The records and tabulation committee is focused on simplifying and automating the entire Top Ten submission and tabulation process. You may not be aware, but there is now a "Top Times" section of the USMS web site (it can be found at: <http://www.usms.org/comp/toptimes.shtml>). This site stores all of the meet results that have been submitted in a data base and can dynamically create top 10, top 50, top 100, etc., lists across multiple age groups. While it does have some current limitations (it does not have robust error/reasonableness checking, it can include non-USMS swimmers, if submitted, and it can have duplicates, if names are entered differently (e.g. Bob vs. Robert)), you can see how a well-organ

## EXECUTIVE COMMITTEE MEETING/ ELECTIONS

Come one, come all to the next meeting of the NJ LMSC Executive Committee which will include the annual elections for officers. Now's your chance to have your say and to get involved. If you just want to come and watch that's fine. The meeting will be November 2 at 7 pm at the Rutgers pool. There's a workout from 5:30-7 for those who so desire. Here's the slate of officers up for election: Chairperson, Clinics Coordinator/Wellness & Fitness, Officials, Social/Sanctions & Safety Chairperson, Treasurer, Registrar, Secretary, Top Ten, Open Water Chairperson, Newsletter, and Webmaster. We don't have an official Webmaster and we're looking for someone with expertise (and passion) to act as the webmaster. There must be some technical web designers out there who would love to have a great, fun project to show off their talents! ☺

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# THE NJ LMSC PICNIC AT SPRING LAKE ON SEPTEMBER 20TH



◀ KIDS OF ALL AGES TRY THEIR HAND AT THE EGG TOSS

JUDY RAMIREZ AND JACK FRAIN ▶  
IN TOUGH VOLLEYBALL STANCES



◀ FRITZ GERLICH, KAREN MARKLEY, GREG BLESSING, JENS VOLKER (IN WHITE HAT) AND EILEEN NESSEL (IN BLUE HAT) L-R

ED NESSEL AND ED TSUZUKI ▶



Thanks to Jeff Jotz for these photos.

# SWIMMERS SET SCADS OF RECORDS

THE FOLLOWING NEW NJLMSC LCM RECORDS WERE SET AT USMS NATIONALS AUGUST 13-17, 2003.

## Women 25-29

**Julie Porro**  
800 Free 9:54.49  
1500 Free 21:08.42

## 40-44

**Amy Carow**  
200 Free 2:23.52  
400 Free 5:06.12  
800 Free 10:35.27  
1500 Free 20:08.62

**Laurie DiTommaso**  
50 Breast 37.52

**Rebecca Kalibat**  
100 Breast 1:25.40  
200 Breast 3:05.48  
200 Fly 2:45.53  
200 IM 2:41.25

**Jennifer Portman**  
100 Free 1:04.04  
100 Back 1:15.02  
200 Back 2:41.17  
100 Fly 1:11.77

## 45-49

**Judy Ramirez**  
50 Breast 41.77  
200 Breast 3:30.46  
200 IM 3:11.28

## 60-64

**Barbara Rosenbaum**  
50 Breast 57.43  
200 Breast 4:38.09

## 65-69

**Jane Fisher**  
50 Breast 58.80  
100 Breast 2:20.95  
200 Breast 5:02.38  
50 Fly 1:03.35  
100 Fly 2:29.65  
200 Fly 5:13.51

## 70-74

**Penny Boorman**  
50 Free 57.09  
50 Breast 1:07.03  
100 Breast 2:33.10

## 90-94

**Julia Dolce**  
100 Free 2:24.63

## Men 19-24

**Paul Buren**  
50 Free 23.96  
100 Free 54.04  
50 Fly 25.96

**Jonathan Meer**  
1500 Free 20:46.86

**Christopher Swenson**  
50 Breast 32.47  
100 Breast 1:11.82

## 25-29

**Daichi Kato**  
50 Free 25.37

**Gregory Wriede**  
200 Back 2:26.85

**Louis DeLeon**  
200 Fly 2:22.92

## 35-39

**John Gatti**  
200 Fly 2:15.64  
400 IM 5:04.55

**Mike Halfacre**  
50 Back 29.72

**Ron Karnaugh**  
200 Free 1:56.02  
100 Back 1:00.44  
200 Back 2:10.93  
100 Breast 1:05.63  
200 Breast 2:24.94  
200 IM 2:10.56

**Brent Matheson**  
100 Free 55.76

**Scott Yeomans**  
400 Free 4:36.01

## 40-44

**Jerry Dawson**  
100 Free 59.63  
200 Free 2:14.92  
200 IM 2:32.66

**Mike Kriley**  
50 Free 26.79  
50 Fly 28.53

## 45-49

**Donald Asay**  
1500 Free 20:04.95

**Benn Doyle**  
100 Breast 1:14.34

**Ken Niemi**  
200 Free 2:20.24  
400 Free 5:00.82  
800 Free 10:21.85

**Ed Tsuzuki**  
50 Free 27.15  
100 Free 1:01.87

## 50-54

**Tom Geiman**  
50 Free 26.57  
100 Free 58.99  
50 Fly 27.74  
100 Fly 1:06.15

**Jack Wilson**  
400 Free 5:25.57  
200 IM 2:48.83

**Val Jurka**  
400 IM 6:46.84

## 55-59

**Jim Dragon**  
50 Fly 29.00

**Frank McElroy**  
100 Free 1:04.65  
200 Free 2:18.67  
400 Free 4:56.36  
800 Free 10:08.55

**Lawrence Seidman**  
100 Fly 1:20.37  
200 Fly 3:19.79

## 60-64

**Rendall Banks**  
50 Breast 38.63

**Bob Hopkins**  
200 Free 2:42.98  
800 Free 12:10.77  
1500 Free 23:01.43  
400 IM 7:12.88

## 65-69

**Jerry Katz**  
50 Free 31.09  
100 Free 1:14.74  
200 Free 2:54.14  
50 Fly 35.46

**Dieter Wunderlich**  
200 IM 3:52.83

## 75-79

**Isaac Siskind**  
100 Fly 2:09.44  
200 IM 4:09.19  
400 IM 9:15.99

**Robert Stricker**  
800 Free 15:33.0  
1500 Free 30:27.59

## Relays

**Women 160-19**  
200 Free 2:15.63  
**Judy Ramirez**  
**Julie Stewart**  
**Patty Horton**  
**Amy Carow**

**200 Medley 2:31.54**  
**Susan Thiel**  
**Judy Ramirez**  
**Amy Carow**  
**Patty Horton**

**Men 76-99**  
200 Free 1:41.98  
**Jonathan Meer**  
**Gregory Wriede**  
**Daichi Kato**  
**Paul Buren**

**100-119**  
200 Free 1:45.86  
**Christopher Chang**  
**Kelvin Li**  
**Felix Berenskoetter**  
**Scott Dallamura**

**200 Medley 1:58.97**  
**Kevin Hopkins**  
**Christopher Swenson**  
**Paul Buren**  
**Christopher Chang**

**120-159**  
200 Free 1:45.45  
**Jeffrey Jotz**  
**Thomas Haggerty**  
**John Gatti**  
**Brent Matheson**

**200 Medley 1:56.40**  
**Curtis Sawin**  
**Benn Doyle**  
**Ryan Bise**  
**Scott Yeomans**

**160-199**  
200 Free 1:43.91  
**Curtis Sawin**  
**Scott Yeomans**  
**Benn Doyle**  
**Ed Tsuzuki**

**200-239**  
200 Free 1:53.86  
**Ed Nessel**  
**Lawrence Seidman**  
**Arthur Wein**  
**Tom Geiman**

**240-279**  
200 Free 2:03.00  
**Nickolas Demas**  
**Jerry Katz**  
**Rendall Banks**  
**Jack Wilson**

**200 Medley 2:32.84**  
**Jack Zakim**  
**Michael Fanelli**  
**David Harrington**  
**Nickolas Demas**

**Mixed 100-119**  
200 Medley 2:11.07  
**Susan Thiel**  
**Christopher Swenson**  
**Catherine Delneo**  
**Kelvin Li**

**120-159**  
200 Free 2:12.93  
**Norman Noe**  
**Regina Papini**  
**Jennifer Albano**  
**Sean Palen**

**160-199**  
200 Free 1:53.53  
**Amy Carow**  
**Jennifer Portman**  
**John Baliko**  
**Brent Matheson**

**200 Medley 2:13.07**  
**Amy Carow**  
**Benn Doyle**  
**Jens Volker**  
**Rebecca Kalibat**

**200-239**  
200 Free 2:07.43  
**Judy Ramirez**  
**Patty Horton**  
**Ed Nessel**  
**Art Wein**





# SWIMMING POSTURE

by Coach Michael Collins

I am constantly looking for new ways to teach swimming. I attend coaches clinics and swim camps whenever possible to keep updated and inspired to teach swimming better. For the last year or so I have been putting a lot more emphasis on body position than on the pulling and kicking motions based on information learned from top level coaches like Terry Laughlin, Emmett Hines, Bill Boomer, & Tom Avischious. But change is a long slow process. I hope I can help you understand some of these concepts better in this article.

Do you remember in grade school the teacher or your parents telling you to improve your posture. "Sit up STRAIGHT, young man! Stop SLOUCHING in your seat! I remember that distinctly from both parents and teachers (Maybe if I had listened, I wouldn't have had back surgery at age 30). To grow up with all our body parts working properly it was necessary to treat our body well by maintaining proper posture and body strength.

Well guess what, posture in the water is just as critical to swimming well. Most swimmers have some GLARING posture defects which cause them to either swim MUCH slower than they are capable or work MUCH harder to swim at the same speed. The main two goals in swimming faster are to minimize or reduce drag and to maximize propulsion. Instead we are using most of our energy overcoming poor posture in the water and we are not achieving either! Through Snooper video taping over the last few months, I have found most swimmers drastically out of alignment throughout much of their stroke. To swim faster, we must stop spending so much time trying to work harder, and find ways to swim the same speed with LESS effort (lower heart rate). Keeping your heart rate lower will allow you to maintain better body position and

speed for a longer period of time. Improving your body position (posture) in the water is the quickest way to do this.

Learn to feel weightless in the water by balancing your body in the water. This is difficult to do since the center of your body mass is about 6 inches above your navel, but your center of buoyancy is between your armpits. By pressing the head and chest into the water with the right pressure your buoy will float perfectly horizontal at the surface. VERY few swimmers do this well. Usually, the head position is far higher than the hips which forces the legs to work harder and the arms to press down to support the head instead of reaching out in front for more distance. This increases the heart rate because the legs are working harder and more arm strokes are required to cover each length.

Collins' Rules To Long Axis Rotational Strokes (Free & Back)

### RULE #1:

Maintain head to hip horizontal alignment by keeping pressure on the buoy. Lifting your head higher than your hips at ANY time during the stroke, especially during breathing is a big NO-NO. Check yourself by imagining a skewer shoved through your skull and down your spine keeping you perfectly aligned, only allowing you to rotate the head to breathe and not lift it. The skewer tip should always be pointed at the pool wall you are swimming toward.

### RULE #2:

Maintain a long "boat" position by keeping a "weightless" arm in front for three-quarters of the stroke pattern. This is also known as Front Quadrant Freestyle. Stretching the arm out front allows the hips to continue to rotate on the side as the recovery arm passes your ear.

### RULE #3:

Swim on your SIDE not on your STOMACH. Skate down the pool sliding from one hip to the other. Use hip rotation to power your arms through the water. Anchor the hand out front, and then pull it back by rotation of the hips. Increase speed by increasing hip rotation, not arm turnover.

### RULE #4:

"Stealth Kick" steady and narrow just below the surface. Don't break out of the turbulent cylinder created by the body. Legs should not fall significantly lower than the hips, excessively break the surface, or scissor wider than the width of your shoulders.

### RULE #5:

Develop a "vertical forearm pull" to increase propulsion. I believe keeping the elbows near the surface at the catch and the finger tips pointed toward the bottom is FAR more important than an "S" shaped pull pattern. Remember though, this is the LAST step and should only be emphasized AFTER the 1st 4 rules have been thoroughly ingrained in your muscle memory.

*Michael Collins was the head coach of the Davis Aquatic Masters (from Jan. 89 to 1997) as well as the USMS Coaches Committee Chairman (since 1994). Collins was named the USMS Coach of the Year in 1990. He has written a workout book entitled A DAM Good Year, and is currently working on an updated edition. Collins travels around the country giving motivational talks and swimming clinics including video analysis.*

—Taken from Southern Pacific Master Association's website, [www.spmna.net](http://www.spmna.net)

## INDIVIDUAL REGISTRATION FEES HOLD STEADY FOR 2004

At the USMS National Convention held in mid-September in San Diego it was determined that the registration fee for individuals would not change for 2004. The fee for individuals registering will remain at \$34 with a reduction of \$10 for no hardcopy of the Fast Lane.

To let you know where your money goes: The current individual fees include \$20 registration to USMS (of which NJ-LMSC pays \$2 from reserve funds), \$6

LMSC administrative fee, and \$10 hardcopy Fast Lane fee. To do the math that's (20-2)+6+10 = \$34. For 2003, NJ-LMSC subsidized our membership \$2 to keep USMS registration at \$34. The subsidy cost our LMSC \$1070 for this year. We're doing the same this year since it benefits all LMSC members and the treasury can afford it.

A decision was made at the convention to increase the team registration fee by

\$10. To the few people registering teams out there that means the fee is now \$50, with \$30 going to USMS and \$20 going to NJ LMSC. If you have any questions about registration fees contact Tom Brunson at [tbrunson@att.net](mailto:tbrunson@att.net) or 973/279-7153. Re-registration forms will be sent out in November as always and the 2004 registration form will be posted on our website ([gsmswim.org](http://gsmswim.org)).



## DON'T FORGET TO WORK ON YOUR STARTS AND FINISHES

### 1) STARTS:

This is an excellent opportunity to work on relay starts. Here is a little advice on how to do a good relay start:

\* Anticipate the start: A relay start is unlike a flat start in that the swimmer can anticipate the arrival of the swimmer approaching the wall. An ideal start is "fingernail to toenail", i.e. the fingernail of the swimmer finishing the relay leg needs touch the wall before the toenail of the next swimmer leaves the block. I would not recommend that most Masters swimmers anticipate the start too aggressively, since the risk of disqualification due to a false start is generally greater than the potential benefit of a few hundredths of a second.

\* Wind-up start: The second, third and fourth swimmers in a relay should do a "wind-up" start. In a "wind-up" start the swimmer swings the arms in a full circle as he/she is about to spring off the block. The motion of the arms should stop with the arms perpendicular to the chest, pointing toward the water, when the swimmer is in the air over the water. The momentum from the arms will contribute additional energy to the diving motion. A wind-up start is only practical for secondary relay swimmers because these swimmers can anticipate the arrival of the swimmer in the water, and invest the time in the arm swing without detriment.

\* Hole-in-the-ice dive: To get a good entry from the dive, the swimmer's entire body should pass through the same spot where the hands initially break the water surface. Imagine the pool is covered with a sheet of ice, with a 24 inch diameter hole just where you anticipate to enter the water from your dive. You want your whole body to pass through the hole in the ice.

As you begin the dive you should spring forward and slightly upward. Your torso will be roughly parallel to the water surface, and your arms perpendicular to your torso, pointing toward the water surface. Bend at the waist as you are about to enter the water. Your hands, arms, and torso will all enter the water with a significant downward trajectory. As your torso is passing through the water surface, you begin to arch your back. This allows you to translate your vertical speed to horizontal speed as your body enters the water. Your legs should enter above your hips, through the same "hole in the ice".

### COMMON STARTING PROBLEMS:

\* Goggles fall off: It is important to find a pair of goggles that fit you well. Every skull has a unique shape, so you may need to experiment with a few different styles to find the goggle that fits you best. You may need to wear your goggles a little bit tighter when diving than you would for swimming in practices. Diving in too flat is a common problem when a swimmer's goggles are falling off.

Sometimes it is difficult to figure out exactly why a swimmer's goggles are falling off while diving. Swimmers need to experiment with the angle they are hitting the water and the position of the head when entering the water. Have faith and perseverance. It's like riding a bike. Once you have done it successfully a few times, you'll have it forever.

\* Diving too flat: In the old days they taught us to slam right on to the water surface with a completely flat torso. The idea was to do a shallow flat dive and start swimming right away. This is not only uncomfortable, but it is slow. Try to work with the "hole in the ice" concept.

\* Arm position at entry: When entering the water one hand should be clasped over the other, the biceps should be pressing against the side of your head, the arms should be straight. Any other arm position will be less streamlined.

### 2) FINISHES:

Finishing your race seems simple enough, hit the wall and you're done. But it is a bit of an art to approach the wall at full speed, and touch at full extension without interrupting your stroke rhythm. Like anything else, it takes practice to do it well. Many races have been won by swimmers with a good "nose for the wall". 🏊

—Taken from the Great Bay Masters website:  
[www.greatbaymasters.org](http://www.greatbaymasters.org)

## SHOULDERS AND OTHER GOOD STUFF *by Jani Sutherland and Sara Quan*

Please note that if your shoulders are already destroyed, see a doctor! If you feel a little pain when you swim, slow down and think about your stroke. AND talk to your coach. Also be aware of your daily activities: how you sit, stand, and sleep. How is your posture? A GREAT series of articles to read are from SWIM Magazine May/June 2001 "Preventing Shoulder Injuries" & July/August 2001 "Increasing Shoulder Strength" by Wendy Weil.

First of all, what is the rotator cuff? It is four muscles that allow the arm to rotate inward & outward, lift out to the side & in, and move across the body; basically the muscles responsible for shoulder movement. Essential for swimmers!

The exercises described are using surgical tubing, the colored tubes you can get from a Physical Therapist or Personal

Trainer. Use a light to medium resistance tube.

1) Supraspinatus: Stand with one end of tubing under right foot and other end in right hand. Turn thumb down so palm faces out. Have enough tension so that when you raise your arm parallel to the floor you are feeling the work. Do not raise your arm above head. Raise it to between 1 and 2 o'clock if you are facing 12 o'clock. Do 15-20 repetitions. Change sides and repeat.

2) Internal Rotation: Anchor tubing to a wall so it is at elbow height. Step away holding an end in your right hand and your right side is closest to the anchor. Bend your elbow to ninety degrees next to your rib cage, hold tube so that it is in your hand, thumb up, straight in front of your right arm. Control the movement across your body and back to start in

front of your right arm. Maintain the ninety degree bend in elbow. Do 15-20 repetitions. Repeat on other side. DO NOT throw your body.

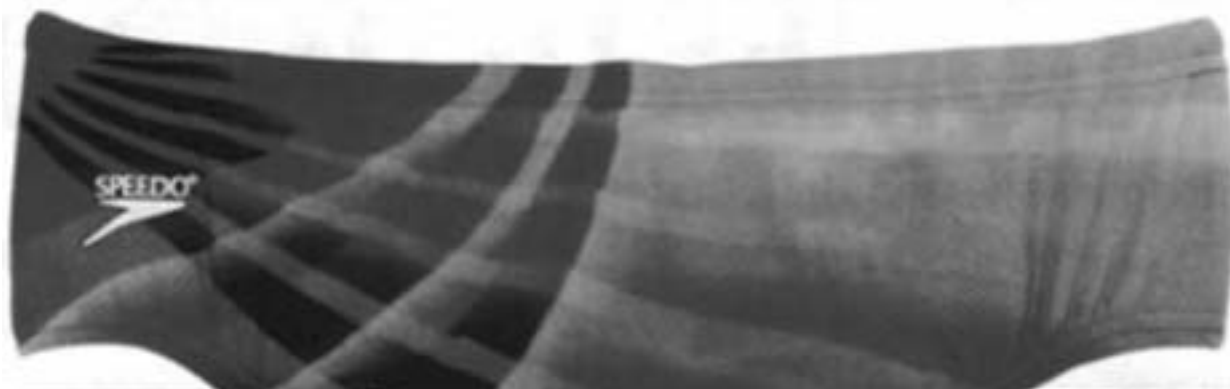
3) External Rotation: Same position as above, only this time hold the tube in your left hand when your right side is closest to the anchor. With tube in left hand, bend elbow to ninety degrees, keeping elbow next to rib cage. Control the movement away from your body and back. Again, do not move your body, move your shoulder.

### AND NOW SOME INTERESTING RESEARCH ON PHYSICAL EXERCISE, MUSCLE DAMAGE AND SORENESS!

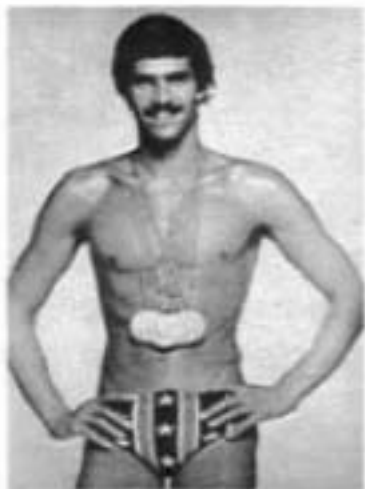
Swimming fast, a hard workout or even swimming longer than usual will cause muscle damage (torn and ruptured individual muscle cells). This is a natural process to increasing muscle size. It is the

# Speedo: Forever Hip

Ah, the Speedo. A marvel of elastic engineering, an ode to the male physique. The swimsuit proudly celebrates its 75th birthday this year. That's 75 summers of raised eyebrows and furtive giggles. Unless, of course, you're an Olympian or French. Herewith, a look at a few who dared to wear the styles it inspired.



David Duchovny



Mark Spitz



Arnold Schwarzenegger



Mike Myers

Photos Clockwise from Top: Stephen Fuller; Photofest; Bauer-Griffen; Photofest; 20th Century Fox.  
Taken from 9/15/03 issue of People magazine.

**“I THINK ALL THIS  
TALK ABOUT OLD AGE  
IS FOOLISH. EVERY  
TIME I’M ONE YEAR  
OLDER, EVERYONE  
ELSE IS TOO.”**

—GLORIA SWANSON

Continued from page 1

## NEWS FROM 2003 AQUATICS CONVENTION

ized, central data repository can yield a much richer, more timely and efficient, and more inclusive information store. The key will be to get all meets submitted in a timely manner and in a consistent format. Since all meets across the country are not run on meet management software, tools are also being developed to assist in the data entry side. You can also now see the importance of a permanent USMS ID number for each swimmer.

### SIDE NOTES

USMS is working with the US Aquatics Sports organization to bid for Worlds in 2006. The event would be hosted at Stanford University. Note if we win the bid there will NOT be a Long Course Nationals that year.

**Good news for New Jersey swimming in general:** Congratulations to **Jim Woods** for being the recipient of this year’s United States Swimming Award, which recognizes exceptional contributions to the sport of swimming. Something the Berkeley Masters can attest to when they watch the kids come out of the water.

The convention meeting agenda and minutes are available at:

<http://www.usms.org/admin/conv03/>



## AGING UP

This October 7 swimmers move up to a new age group. Happy birthday to:

Gleb Shtengel	35	Scott Dallamura	25
Cornelia Muehler	35	Meredith Formon	25
Doug Clark	35	Colleen Anne Tessler	25
Julie Porro	25		

## PLACES TO SWIM

Please let me know if changes need to be made at any time. I rely on you to keep this list updated. You can contact me (Linda Brown-Kuhn) at 908/479-1038 or [lbk@sprintmail.com](mailto: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](mailto: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](mailto:jcarosi@aol.com).

**Lakeland Hills Masters Team** Contact Pam Banks at [swimbanks@earthlink.com](mailto:swimbanks@earthlink.com) or [www.lhymasters.tripod.com/lhym.html](http://www.lhymasters.tripod.com/lhym.html)

**Madison YMCA** Contact: Jon Seigel; 973/822-YMCA, ext. 228 or [jpsiegelnj@aol.com](mailto:jpsiegelnj@aol.com) or [www.mariner-swimming.com](http://www.mariner-swimming.com). Workouts are M & W 8:20-9:30pm.

**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](mailto: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: Michelle Wriede, email at [mwriede@peddie.org](mailto:mwriede@peddie.org) or call 609/529-4011. Practices are M-H 8-9:30pm, F 5:45-8am, 8-9:30pm, Sun. 4-6pm.

**Ridgewood Y** Contact Garret Orr; [gso@entrepreneur-equity.com](mailto: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

**Stevens Sting Rays** Contact: Mark Welsh in Hoboken at 201/216-5590 or [mwelsh@stevens-tech.edu](mailto: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.

**Union Boys and Girls Club** Ron Karnaug at [RonKarnaug@aol.com](mailto:RonKarnaug@aol.com) or call 973/868-9922.

The Club is located at 1050 Jeanette Ave., Union, NJ 07083 908/687-BOYS ext. 24;

Directions: [www.bgcucaquatics.org](http://www.bgcucaquatics.org); Updates: [www.SwimMD.com](http://www.SwimMD.com)

**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 June/July 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](mailto: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.

**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

[pfnmooch@hotmail.com](mailto:pfnmooch@hotmail.com) or contact Princeton Recreation Dept.; 609/921-9480 and ask for

Katie Herlihy. Starting on June 23, M-F; 5:45-7:30 am at Community Park Pool on Witherspoon St.

**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](mailto:swimphil@optonline.net)

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

# SHOULDERS AND OTHER GOOD STUFF Continued from page 5

repair process that causes the increased muscle size. So to get stronger you must go through some pain! And researchers have tried unsuccessfully to prevent muscle soreness. Studies show that antioxidant vitamins such as C, E and Beta Carotene have no effect on the after effects of intense training.

It would seem logical to use anti-inflammatory medications to help with this muscle soreness (how many of us are on "Vitamin I" (ibuprofen). Studies are very inconsistent, sometimes anti-inflammatory medications help more often they don't. There is some evidence that anti-inflammatory medications may actually retard healing due to the fact that they inhibit prostaglandins (prostaglandins allow the body to trigger natural responses to infection and injury).

Topical products that contain anti-inflammatory medications seem to stimulate blood flow. These products may help you feel better but there is no evidence that they actually promote healing. Cold applications don't provide any healing but help keep swelling to a minimum (use only for a short time and immediately after activity). Heat, such as a heating pad, some hours later does help with muscle relaxation and increased blood flow, allowing for faster muscle repair.

Most important is a good, complete warm-up (starting slow). Cold muscles put to work suddenly are more likely to suffer damage than warmed up ones. And don't forget the cool down. If you stop intense activity suddenly your heart and breathing rates go back to resting levels but your muscles retain by products such as lactate. Exercising at about 60% of maximum effort keeps your heart working to help clear out your muscles. Massage feels good; even though it hasn't been proven that it helps speed healing. However, many athletes have reported less muscle soreness after massage. Small amounts of moderate exercise are much better for recovery than inactivity. You don't want to exercise hard enough for more muscle damage. So warm up well, swim hard, warm down and then swim easy the next day.

Lastly, there are recent reports from the German National Swim Team that fresh pineapple, papayas, mangos and passion fruit eaten daily helped allow the body to recover faster. ☺

*This article comes from the USMS's Fitness Articles section, June 2002. It was written by Jani Sutherland and Sara Quan, Co-Fitness Chairs of the Oregon LMSC. It originally appeared in the March, 2002 edition of the Aqua-Master newsletter, and is reprinted with permission from the authors.*

<b>MEET CALENDAR</b>
<b>MEETS IN NEW JERSEY</b>
<b>DECEMBER 6-7</b> COLONIES ZONE CHAMPIONSHIP, RUTGERS UNIVERSITY. Entry at <a href="http://www.colonieszone.org">www.colonieszone.org</a>
<b>MEETS OUTSIDE OF NEW JERSEY</b>
<b>OCTOBER 19</b> KEENE NH MEET, KEENE STATE COLLEGE. Contact Brian Hobbs; 603/357-0142 (home) or <a href="mailto:bhobb@ix.netcom.com">bhobb@ix.netcom.com</a>
<b>NOVEMBER 8</b> VA MASTERS 23RD ANNUAL FALL INVITATIONAL, NEWPORT NEWS, VA. Contact Charles Cockrell; 757/865-6250 (no calls after 9 pm) or <a href="mailto:cockrell@usms.org">cockrell@usms.org</a>
<b>CHAMPIONSHIPS</b>
<b>DECEMBER 6-7</b> COLONIES ZONE CHAMPIONSHIP, RUTGERS UNIVERSITY. Entry at <a href="http://www.colonieszone.org">www.colonieszone.org</a>
<b>2004 WORLDS—RICCONE, ITALY</b>
<b>2004 SC NATIONALS INDIANAPOLIS, IN.</b>
<b>2004 LC NATIONALS SAVANNAH, GA.</b>



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