

FAS TLANE



TIME TO REGISTER

2005 USMS Registration has begun. Once again, the registration fee will be discounted if you select to receive electronic notification of the Fast Lane Newsletter. The registration form is available on our web site at: <http://www.gsm-swim.org/membership/registration.htm>



USMS NATIONAL PUBLICATION

Jim Miller, MD, President, USMS

Many of you received the latest issue of SWIM Magazine and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the periodical.



USMS's contract with Sports Publications, the publisher and owner of SWIM Magazine, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, 'USMS SWIMMER'. These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportunities to enhance this service. The new publication

will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members..

Your new national publication will not have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.



NEW FAST LANE SCHEDULE

In an effort to keep rising Fast Lane costs down, the executive committee has decided to go from ten issues to eight issues per year. The new schedule which will start with the next issue will be:

January/February, March, April, May/June, July/August, September, October and November/December. We'll do our best to pack these eight issues full of good stuff that you'll want to read and that will help you to swim faster and more efficiently.

—Linda Brown-Kuhn and Jeanne Coon,
your editor and graphic designer

2005 CHECK-OFF CHALLENGE BEGINS

The Federal Way Kings Masters Swimmers are excited to sponsor the 2005 Check-off Challenge. We challenge all workout groups to obtain 100% participation and invite you to integrate the theme of Mission I.M. Possible into your goals and workout plans for 2005. You can get an entry form by going to www.usms.org/fitness. If your team accepts the challenge, please send us an email at swimmoore@comcast.net and let us know how many swimmers are participating.

Good luck swimmers.

Wendy Neely
Coach, Federal Way Kings

Hugh Moore
President, Federal Way Kings

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EXCITING SWIMMING-RELATED RESEARCH

Joel Stager, Ph.D., a member of the Sports Medicine Committee, presented the results from two recent studies. The first, Swimming Energy Expenditure Measurement Utilizing an Actical Accelerometer, was funded by a grant from the USMS Endowment fund. The researchers determined that the accelerometer could be a useful tool for monitoring swimming energy expenditure, energy balance, and for characterizing the daily/weekly training dose. These results to-date were presented at the FINA World Championships Sports Medicine Conference in October 2004.

The second study, The USMS Aging Study, is a much larger study and is just in the preliminary phase. The existing studies on the benefits of exercise have primarily used runners or cyclists, not swimmers. The goal of this research is to determine what health-related benefits swimmers enjoy as compared to the general population. Swimmers attending Short Course Yard Nationals in Indianapolis in 2004 were able to participate in the physiological testing being conducted by Dr. Stager and his graduate students. The study has several aspects, including a written survey, lung volumes, blood pressure, lipid panels, and body composition. Participants had the opportunity to receive their results while helping with important swimming-related research. Dr. Stager presented some early results from the testing to-date. Across all age groups swimmers had better lung volumes, lower cholesterol (with higher HDL, lower LDL), and better vertical jump (a measure of leg power) than the general population. Body mass index was not significantly different, except for women over forty: Masters swimmers had lower body mass index.

The USMS Sports Medicine Committee is very excited about this research and would like to see it continue. For it to continue, more funding is needed than the Endowment, at this point in time, can give to one project in a year. The Committee, along with Doug Church of the Board of Governors (Endowment), is looking for ideas to generate the funding needed to continue this valuable research. ↻

FORMER GSM SWIMMER INDUCTED INTO LOCAL HALL OF FAME

Congratulations to Kevin Hopkins who was inducted into the Sussex County Sports Hall of Fame for swimming and baseball on November 13th. Kevin is the son of our new marketing and publicity chair, Bob Hopkins, and he's a former GSM swimmer who has defected to New England Masters. The plaque he received will reside in the McNiece Auditorium of Sussex Tech in Sparta along with the other five inducted at the ceremony and the 141 inducted from 1976 thru 2003. ↻

NEWS FROM THE MEETING

The NJ LMSC annual meeting was held on Saturday, November 13, in Princeton, NJ. This was one of, if not the best attended meeting we've ever had! Thanks to all who came and participated and thanks to Darek Hahn for hosting the meeting.

The following board members were elected:

Chairman - Chris McGiffin
Vice Chairman and Clinics Coordinator - Darek Hahn
Treasurer and Registrar - Tom Brunson
Secretary, Top Ten, and Webmaster - Ed Tsuzuki
Newsletter Editor - Linda Brown-Kuhn
Newsletter Graphic Designer - Jeanne Coon
Publicity and Marketing - Bob Hopkins
Sanctions and Safety - Judy Ramirez
Open water and Fitness - Jack Frain

One of the first things the new board will be working on is to have our LMSC

by-laws reviewed and posted to the web site. Also, we will begin posting all of our meeting minutes to the web site. ↻



BACKSTROKE DRILLS

Compiled by Bob Hopkins from different sources including Terry Laughlin's Total Immersion (most balancing drills), John Trembly, Head Coach at Tennessee (Bussard drill, single arm, etc) and the backstroke drill "kick, push, roll" which Bob developed. Next issue we'll give you some butterfly and breaststroke drills.

Sidelying-same as in freestyle except that your face is looking at the ceiling not the bottom of the pool; gently kick one lap on your right side with your right arm extended, your head kept straight and looking upward and your left shoulder out of the water, almost vertical, pointing up toward the ceiling; the water level should be just below your eyes; swim the next lap with your left arm extended and your right shoulder and arm out of the water; maintain horizontal balance by monitoring the surface of the water on your arm; your entire arm and hand should be completely out of the water lying on your side; if the water level is near your elbow, you are not balanced in a horizontal position and you need to press down on the armpit of your

extended arm to raise your legs closer to the surface so your arm is out of the water right down to your wrist or, best case, to your finger tips.

Switch-same as above, except six times per length take a stroke with the extended arm and roll from one side to the other; after each roll, make sure you regain your horizontal position; your head position should be steady during the entire cycle.

Single arm-pull an entire length with one arm only; if you are pulling with your right arm, make sure that your left shoulder is out of the water as your right arm enters; equally important, make sure your right shoulder is out of the water as you complete the stroke with your right arm; you accomplish this rotation to your left side by pushing yourself to the left side as you complete the stroke with your right arm; as you do this drill, both shoulder must come out of the water during each cycle.

Kick, push and roll-to assist with side to side rotation and getting each shoulder out of the water; on your left side with

both arms at your side, bend your left arm from the elbow and then push your left hand and arm toward your feet and push yourself to your right side; once on your right side, repeat the same movement with your right arm and hand and push yourself to your left side; when on your side, your opposite shoulder should be out of the water; the timing of your stroke push and rotation to the other side is every four down kicks; so on the first down kick of your left foot, which is concurrent with the push of your left arm, you rotate to your right side; the fourth down kick is concurrent with the push of your right arm and rotates you to your left side; the count is "one, two, three (switch), one, two, three (switch)..."

Catchup-alternating single arm strokes with body roll in between; pull with right arm and roll to left side; roll to right side, recover left arm and pull with left arm and roll to right side upon completion of left arm stroke, roll to left side and take right arm stroke; repeat.

FREESTYLE DRILLS

Sidelying-one arm extended overhead with shoulder on ear, other arm at side, kick gently on side maintaining horizontal balance in water; you should be looking at the bottom of the pool; monitor your horizontal position by observing the arm that is at your side; it should be completely out of the water; if the water level is at your elbow, you need to press on the armpit of your extended arm to regain the horizontal balanced position needed for streamlining; swim one length on the right side and the next on the left side; when you need to breathe, roll your face out of the water and breathe; return immediately to the face down position and make sure you have not lost your horizontal position.

Stop, Stop, Switch-same as Sidelying except that you will incorporate a roll from one side to the other and taking a breath; start the same way as in Sidelying

but recover your arm that is at your side; as the recovering arm is even with your ear, grab the water with the arm that is extended and switch to your other side as you continue to recover your other arm; as your recovering arm enters the water your face should be out of the water so you can breathe; hold this position (Stop) and regain your horizontal balance then roll your face back to a position looking down at the bottom of the pool and hold (Stop) that position until you have your horizontal balance; then repeat the rolling movement to the other side (Switch) and repeat all steps.

Single Arm, breathing to stroking side-with non stroking arm at side, stroke with the other arm and breathe at the completion (push phase) of the stroke; at the completion of the stroke, your shoulder of your stroking arm should be out of the water via body rotation; upon

entry of the stroking arm, the shoulder of your non stroking arm should be out of the water via body rotation.

Single Arm, breathing to non stroking side-same as above except you breathe to the side of your non stroking arm; as your stroking arm enters the water, you should be on your side breathing with the shoulder of your non stroking arm out of the water; as you complete your stroke, the shoulder of your stroking arm should be out of the water since you have rolled to the other side during the stroke cycle.

Fist drill- swim whole stroke but keep hand in a "fist" so that you cannot grab the water with you hand; this will force you to learn how to rotate your forearm from elbow to fist and grab the water before you begin to pull back on the water for your stroke; the feeling is to get an "armful" of water.





**2005 United States Masters
Swimming Annual One
Hour Postal Swim**

Sanctioned by Greater Indiana LMSC,
Sanction # 165-0001

DATE: All swims must take place during January 2005.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five-yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for the 2005 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2005 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENT: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29,100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

RELAY EVENT: Two team relay events will be contested:(1) a 3 swimmer, same gender team and (2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+,, 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached team are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and USMS Long Distance Committee Chairman. Relay yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 3 relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

RULES: Drafting, floatation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 to 2760). (See previous Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group.

FEES: Individual entry fees are US \$6 per swimmer for (US \$10 for non-US Swimmers). Team entry fees are US \$18 per relay (US \$18 for non-US entries). All fees are non refundable. Make checks payable to YMCA Indy SwimFit and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2005.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-Shirts: A 2005 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US \$5 postage for each shirt).

MORE INFO: Address questions to:
Mel Goldstein, Event Director
5735 Carrollton Ave
Indianapolis, IN 46220 USA
317-253-8289
Email: goldstein@mindspring.com

Relay Entry Form- Use Only for Relay Entries

Relay Type: Age Group _____ F M Mixed
(Circle One)

Club Name _____ Contact Person _____

Mail Results/Awards to
Contact Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer # 1: _____	Gender _____	Age _____	Yards Swum _____
Swimmer # 2: _____	Gender _____	Age _____	Yards Swum _____
Swimmer # 3: _____	Gender _____	Age _____	Yards Swum _____
Swimmer # 4: _____	Gender _____	Age _____	Yards Swum _____

Total Team Yards: _____

Please Note:
Team Entries must include the original or copies of Individual entry form or the relay will be disqualified.

Team Entry Fees: US \$15 (\$18 for non US entries). Payment in US\$ from US Bank or international Money Order Only.

2005 USMS One Hour Postal Swim National Championship Individual Entry Form

Name _____ USMS Reg. Number _____
(As it appears on registration card) (Include copy of 2005 USMS card)

Address _____ Phone _____

City _____ State _____ Zip _____ Gender M F
(Circle One)

E Mail Address _____ Age _____ Birth Date _____
(MM/DD/YY)

Club _____ Club Abbr. _____

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 the risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL CLAIMS FOR LOSS OR DAMAGE 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.

I swam this event in a 25 yd _____, 25m _____, 50m _____ pool. Distance in meters _____ meters x 1.0936= _____ yards.
(If you have swum this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment)

I certify that I have read the rules of this competition and that on _____ I swam _____ yards at _____
(Date) (Distance Swum) (Pool name / City)

Swimmer's Signature _____

Verifier's Signature _____

Entry Fee \$6.00 (US Only) \$10.00 (International/Non US) = \$ _____
 T-shirt order: Indicate T-shirt Quantity Ordered: \$15/Shirt = \$ _____
 International @\$20/shirt: (includes shipping) = \$ _____
 Small ___ Medium ___ Large ___ X-Large ___ XX Large ___
TOTAL (US\$) = \$ _____

Include: Masters 2005 Registration Card
 Official Entry form and split sheet
 Make Checks Payable To: YMCA Indy SwimFit
 Send Entries To: One-Hour Postal Swim c/o Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220 USA

Results: Electronic via email address listed above
 Paper results via US Postal

Awards: Please Check if you **DO NOT** wish to receive your Championship Medal and or Patch

Record Split Entries Using CUMULATIVE split times to the nearest second and tenth or hundredth.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

Total Yards: _____

UNITED STATES AQUATIC SPORTS CONVENTION

September 2004

In 2002, the USMS House of Delegates approved a single enterprise-wide database for membership registrations, meet sanctions, records, results, and archives. The goal of the Records and Tabulation committee (of which I have been a member for the past 6 years) is to create a single repository of all USMS meets and meet results, with on-line tools for meet submission and data validation. This will allow swimmers to view not just the top TEN times at the end of each season (SCY, LCM, SCM), but to view all times (top 25, top 50, top whatever!), throughout each season, as results are submitted. Each swimmer will also be able to track his or her times at all meets, in one database. Moreover, this will eliminate the need for the Top Ten recorders in every LMSC (there are 53 LMSCs!) to prepare and submit files for every season to the national chair for compilation of the Top Ten list.

One of the most important first steps toward achieving this vision was the creation of a permanent ID for each USMS swimmer. You may have noticed that the last 5 characters of your ID have remained the same from year to year. This is so that whether your name gets misspelled or abbreviated at a meet, or if you move and/or change LMSCs or change your name, you will always have your times tracked by ID.

This vision is not new. We have been working on this for the past two years, and there are still many challenges that lay ahead of us. First, we must be able to

track all meet sanctions on line, to ensure that all results are included. We must also develop reliable data validation tools and drive standards for meet result submissions. Even with today's technology advancements, not all meets utilize software for their results, and as pervasive as the Internet is, not everyone has on-line access readily available (nor is it necessarily high-speed!). But, we do believe that with continued hard work, the vision will be realized.

While we are working on some of the behind-the-scenes technology, we are able now to present the top ten files, along with some very convenient search capabilities on line at www.usms.org. I work very closely with Jim Matysek, the developer for the entire USMS web site and Pieter Cath, the National Records and Tabulations Committee chair. My responsibility is to post all of the top ten files to the website and perform all of the data maintenance, based largely on feedback from the swimmers. Jim has developed some great administration tools that help simplify and automate my tasks.

At the convention, I presented an update on all of our projects related to records, top ten, All-Americans, and All-Stars. If you are not familiar with all the capabilities on the web site, I encourage you to give them a try! For individual and relay records, you can now:

- Display records by age group
- Display records by event (all age groups)
- Search for all records by a swimmer

- Search for all records by a team (relay only)
- Export records to text, CSV, or Hy-Tek Meet Manager

For the Top Ten swims (individual and relay), you can now:

- Display times by course/year/age group
- Display times by Zone
- Display times by LMSC
- Display times by Club (individual only)
- Display an LMSC summary over multiple years
- Search for all listings for a swimmer

In addition, there are many more projects going on to improve the data administration tasks, in a secure part of the web site (the stuff that I take care of).

Since Top Ten results are still going to be submitted by each LMSC via data files, I also worked very closely with Mary Beth Windrath (Top Ten rep from Minnesota) to demo software that she developed. Her tool allows the Top Ten reps to compile multiple meet results (as well as individual swims from USS meets and relay splits) in to one file and to validate the swimmers' USMS ID numbers.

As you can see, this committee is working very hard to create efficient solutions to provide all of you (who compete) with simple, yet powerful tools to present and store reliable data for all of your USMS swims. I am very pleased to be a part of their work.

Ed Tsuzuki



LIGHT THOSE CANDLES!

Happy birthday to the following 37
December babies:

William O'Brien	75-79
Robert Stricker	75-79
John Ruman	65-69
John Hunt	60-64
Carol Zanoni	55-59
Richard Wallace	55-59
Cathy Deats	55-59
Holly Houston	50-54
Mike Ciolino	45-49
Ron Loria	45-49
Richard Schluter	45-49
Pat Quinlan	45-49
Ed Tsuzuki	45-49
David Feldman	45-49
Oscar Gonzalez	40-44
Brenda Ziegler	40-44
James Wood	40-44
Matthew Starr	40-44
Elizabeth Bromley	40-44
Jacqueline Jankewicz	35-39
Elyssa Malakoff	35-39
Andrew Wallace	35-39
Maryann Howes	35-39
Tom Edenbaum	35-39
Kathleen Hermes	35-39
Jane Helstrom	35-39
Adam Duncan	35-39
Alan Howard	35-39
Jessica Keeley	30-34
Krista Macaulay	30-34
Theodore Stephens	30-34
Noelle Hays	30-34
Kurt Wehmann	25-29
Kristy Jaheriss	25-29
Joanna Carlsen	25-29
James Specht	20-24
Matthew Gallagher	20-24

***Apologies to Brian Hayes (35-39)
whose birthday I missed in
November.**



**“WE SHALL NEVER KNOW ALL THE GOOD
THAT A SIMPLE SMILE CAN DO.”**

—MOTHER TERESA

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 at donfink@comcast.net, workouts T at 8pm & H at 5:30am.

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.

JCC MetroWest Whippany location workouts are T 6-7 am and H 8-9 pm. West Orange location workouts are W 8-9 pm and Sun. 8-9 am. Contact Don and Melanie Fink; donfink@comcast.net.

Jersey Area Masters, Princeton Fitness and Wellness, workouts M-H 7-8 or 8-9:30 pm. Email or call Darek Hahn before you come; 609/947-3780, DHahn@princetonlightwave.com

Lakeland Hills Masters Team Contact Pam Banks at swimbanks@earthlink.com or www.lhymasters.tripod.com/lhym.html

Madison YMCA Contact: Jon Seigel; 973/822-YMCA, ext. 228 or marinersSwimming@aol.com or www.marinersswimming.com. Workouts are M & W 8:20-9:30pm.

Monmouth Swim Hawks Monmouth University, West Long Branch Workouts are T & F mornings from 7am-8am. Call Murray Simon at 732/229-7623.

Morris Center YMCA Contact: Jack Lawson at 79 Horsehill Rd., Cedar Knolls 07927; 973/267-0704.

Ocean County YMCA Masters Contact: Biran Kilpatrick; 732/341-9622, X 2210 or info@ocymca.org

Peddie Aquatics Association Peddie Aquatics Association Masters Swim Club Contact Paul Mucciarone and his email is pfmooch@hotmail.com (or call the Aquatics Director at 609-490-7564). The hours are M-F, 8:00 PM - 9:30 PM.

Ridgewood Y Contact Garret Orr; gso@entrepreneur-equity.com or 201/934-4222. Workouts are M & F 8:30-9:30pm.

Rutgers University Contact Ellen Weirich; 732/445-04562 or ezera@rci.rutgers.edu. 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 www.recreation.rutgers.edu/aquatics

Stevens Sting Rays Contact: Cheryl Lee 201/216-8039. Workouts are M, W, F 7:30-9 pm; T & H 6-7:30 am and 8-9 pm; Sun 10-12.

The Atlantic Club Contact: Andreas Roestenber at andreas@h2oveloccity.com or www.atlanticclub.com.

Union Boys and Girls Club Ron Karnaugh at RonKarnaugh@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.bgcuaquatics.org; Updates: www.SwimMD.com

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

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 Tink Bolster; 609/924-4222 or contact Princeton Recreation Department; 609/921-9480 and ask for Kate Herlily. Workouts are M&Ms-F, 5-6:45 am at DeNunzio Pool, Princeton University.

Red Bank YMCA/Deal JCC Contact: Doug Rice; 908/741-2503.

Sussex County Masters Contact: Bob Hopkins; 973/729-3686 or swimsmart@yahoo.com

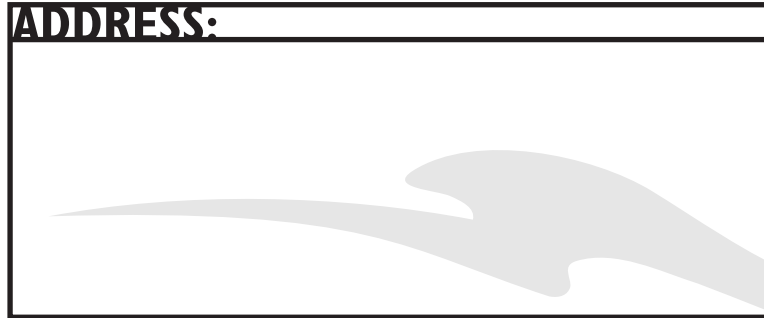
Metuchen/Edison YMCA Contact: Jay Koperwhats at 908/548-2044.

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

TCNJ Masters, The College of New Jersey in Trenton. Workout times are Mon-Fri 11-2 pm and 7-9 pm and Sat-Sun 12-4 pm. Contact Chrissy Schwebel at tcnjmasters@yahoo.com

ADDRESS:



MEET CALENDAR

MEETS IN NEW JERSEY

FEBRUARY 6

FEBRUARY FRENZY MEET, THE COLLEGE OF NJ, EWING, NJ. Contact the TCNJ Aquatic Center at 609/771-3249

February 26

Ocean County Y Unofficial Team Championship, tentative date.

MEETS OUTSIDE OF NEW JERSEY

DECEMBER 31

SCY TERRAPIN SWIM IN THE NEW YEAR, UNIVERSITY MD, COLLEGE PARK, MD. Contact Cheryl Wagner; www.crosslink.net/cherylw

JANUARY 16

SCY MEET, BOYERTOWN YMCA, BOYERTOWN, PA. Contact Bill Draves; 610/369-1011.

JANUARY 30

SCM MEET, PHOENIXVILLE YMCA, PHOENIXVILLE, PA. Contact Neal Conrad; 610/495-2808.

MARCH 6

SCY MEET, PENNSBURY/LOWER BUCKS, FAIRLESS HILLS, PA. Contact Norm Garsoe; 215/547-2369.

JUNE 12

GREAT CHESAPEAKE 4.4 MILE BAY SWIM & 1 MILE BAY CHALLENGE, STEVENSVILLE, MD.

It is now listed on the Lin Mark site (<http://www.lin-mark.com/2005sch1.htm>) as being open on 2/1/05. Check the site for updates. Race fills up quickly.

CHAMPIONSHIPS

JANUARY 1-31, 2005

USMS ONE HOUR POSTAL CHAMPIONSHIPS. Entry in this issue.

APRIL 21-23

YMCA NATIONALS, INDIANAPOLIS, IN. Go to www.YMCAswimminganddiving.org

APRIL 22-24

COLONIES ZONE SCY CHAMPIONSHIPS, GEORGE MASON UNIVERSITY, FAIRFAX, VA.

MAY 22

SCY USMS NATIONALS, FORT LAUDERDALE, FL. Information in January issue of Swim Magazine.

JULY 22

SCM WORLD MASTERS GAMES, EDMONTON, ALBERTA, CANADA. Go to www.2005worldmasters.com

AUGUST 10-14

LCM USMS CHAMPIONSHIPS, MISSION VIEJO, CA. Go to www.mastersmvswimming.org



WEBSITES!

Here are links that will allow you to find YMCA's based on search criteria (location) you enter www.ymca.net/index.jsp and to find pools anywhere in the world based on location selected www.swimmersguide.com/default.htm

**100 X 100s
ARE FEB. 13, 2005!**