

EASTLANE



CLINIC SERIES STARTS IN FEBRUARY

Coach Ed Nessel will hold four clinics, with the first to be held on Saturday, February 28 starting at 11AM and going until around 5PM. The physical aspects of this clinic will cover STARTS, TURNS, and FINISHES for all 4 competitive strokes. The academic aspect of the clinic will cover NUTRITIONAL SUPPLEMENTS.

The format will be a classroom of swim instruction and analysis of videos of champion swimmers followed by a brief break then pool instruction and practice, then video session, followed by individual analysis. Above water and below water video taping will take place for each swimmer. Each swimmer will be able to keep his/her video for continuous reference.

The other tentative clinic dates are: 2nd session: March 6; this will cover freestyle and backstroke and what it takes to swim these fast. The ancillary topic is weight training and other forms of resistance training both in and out of the pool.

The 3rd session is scheduled for April 3; here Ed will work on butterfly and breaststroke, emphasizing the wave breaststroke. The discussion topic of this session is keeping the athlete healthy...addressing public health issues that most people need to know to keep them in "good running condition."

The last session should be on May 1: Power Swimming sprint training; the discussion here will be on Ed's two areas of real expertise: the physiology of aging and the science of swimming...being wise as to the approach to vigorous training where less is more.

The price per clinic is \$15.00—an absolute steal! Call Rutgers aquatics to sign up at 732-445-0457. All the clinics will be presented by Coach Ed Nessel.



THEY'RE BACK: THE 100 X 100'S

When: Sunday, February 29th
8:00 am to noon

Where: Rutgers University Pool 25 yard pool (sorry no long course this year)

Who: NJ LMSC Swimmers

Why: 1.) A final burst of yards for your February Fitness Challenge
2) To continue a tradition
3) For the "fun" of it

Questions: Call Julie Stewart
908-598-0589 or e-mail:
jastewart10@comcast.net

Come one and all. 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 and power bars etc. Ⓜ



CHECK IN WITH CHICK

Long time Masters swimmer Chick Harris has had a bad go of it the past several months and calls or cards from fellow swimmers are bound to speed his recovery. Bob Hopkins spoke with Chick and found out that in August he fell and suffered a head injury which took two or three months of recovery. During the process one of his new artificial knees got infected and had to be removed. He was scheduled to have knee replacement surgery on Tuesday, February 3rd at the College of Medicine and Dentistry in Newark. He will likely be there for a week or so afterward and then back to Integrated Health Services (HIS) in Bound Brook or back home. His direct dial extension is 422 at 732-469-2000 at IHS. Chick hopes to be back in business shortly after that. He seems in good spirits and is looking forward to getting back in the water at SVY.



MEN'S NCAA DIVISION I SWIMMING CHAMPIONSHIPS

The Men's NCAA Division I Swimming Championships will be held Thursday-Saturday, March 25-27, 2004 at the Nassau County Aquatic Center in Eisenhower Park on Long Island. Ticket information/order form for is now posted online in PDF file format in the "Events" section of the AquaFit website at www.aquafitmasters.com. If you are unable to download form, call Lisa Bauman at 516-294-7946, provide her with your first & last name and BOTH your telephone & FAX numbers, and she'll fax the info/form to you. MAIL executed form with appropriate payment ASAP to address/payee indicated on form.

Come cheer for your favorite team, watch some awesome team spirit and swimming, get a preview of some of the great swimmers who will be representing our country at this summer's Olympic Games in Athens, Greece! Ⓜ

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SWIMMERS ATTEND THE 8TH ANNUAL 1650 CHALLENGE



ON JANUARY 25, GARDEN STATE MASTERS SWIMMERS (FROM LEFT) JACK ZAKIM, JEFF JOTZ, LARRY SEIDMAN AND ARTHUR WEIN JOURNEYED WEST TO PITTSBURGH FOR THE 8TH ANNUAL 1650 CHALLENGE TO BENEFIT THE CARNEGIE MELLON UNIVERSITY SWIM TEAM. ZAKIM FINISHED FIRST IN HIS AGE GROUP (M 55-59) WITH A PERSONAL BEST TIME OF 21:02.41, WHILE SEIDMAN FINISHED SECOND IN THE AGE GROUP WITH A TIME OF 22:09.35. WEIN FINISHED 5TH IN HIS AGE GROUP (M 50-54) WITH A TIME OF 22:33.07. JOTZ FINISHED FIRST IN THE MEN'S 30-34 CATEGORY WITH A TIME OF 18:08.69, SETTING A NEW MEET RECORD FOR HIS AGE GROUP. 🏊

GSM SWIM CAPS STILL AVAILABLE

Ed Nessel still can place orders for silicone caps with the GSM logo. You may remember these from Long Course Nationals last summer at Rutgers. The caps come in gold and royal blue. The logos on silicone do not fade or rub off and look great. In addition, silicone is slicker in the water than latex. Costs now are \$11.00 a cap with logo on each side; \$14.00 if the last name is added on both sides. At least two caps have to be ordered if a name is placed on it. He needs to have at least a 50 cap order to make it work. If you're interested, contact Ed at ednessel@aol.com or 908/561-5339. 🏊



COACHES CORNER: ZEN BALANCE *By Dave Samuelsohn*

Somehow when you speak of balance, the appellation, "Grasshopper," comes to mind...but I'm not going to use it.

As swimmers, when we think of balance, the idea of body roll, smooth and easy, comes to mind. But as Masters swimmers, as adults with complex lives and pressures, the idea of balance takes on more meaning.

Balance for us, is more than getting your hips up and your head in line. Balance comes from taking a step away, from a broader perspective that encompasses more aspects of our life than just swimming, yet a perspective that profoundly influences the satisfaction we can derive from swimming.

HERE THEN ARE SOME THOUGHTS ON BALANCE AND ON ITS INFLUENCE ON AND BY SWIMMING.

1. Body Roll: Okay, balance IS body roll, being sure that you roll equally to both sides and avoid the freestyle "limp" that tends to occur when we breathe only to one side. Learn to alternate breathe. See what your breath side is doing and try to mirror that motion and the timing on your opposite side.

Continued on page 4



ALL THE BENEFITS OF RESISTANCE TRAINING (PART 1)

by Edward H. Nessel, RPh, MS, MPH, PharmD.

Editor's note: this is an important but lengthy (by our standards) article by Ed, so we'll bring you the first three benefits of resistance training now and the next three in the March issue.

It is common knowledge that regular participation in vigorous physical activity, especially of an aerobic nature (e.g. swimming, running, biking) will most likely contribute to a decrease in the risk, or at least prevent the progression, of several chronic negative conditions (high blood pressure, stroke, coronary heart disease, osteoporosis, diabetes, obesity) that produce the greatest amount of morbidity in present-day America. In fact the American Heart Association (AHA) has identified physical inactivity as a prime risk factor, along with high cholesterol, cigarette smoking and uncontrolled hypertension (high blood pressure), contributing to the number one health problem in the USA today: coronary heart disease (CHD). As a positive alternative and intervention the American College of Sports Medicine (ACSM) and the Surgeon General's Report on Physical Activity and Health have established a group of benefits due to aerobic exercise programs designed to positively affect health status; these are based on a preponderance of evidence on disease prevention.

Up until recently the effects of resistive exercise (strength training) on health status have been largely overlooked. Traditionally, strength training has been seen as a means of improving muscular strength and endurance (muscle mass) and power, but not as a means for improving general health. But there is increasing evidence that strength training plays a significant role in many health factors. The ACSM (1990, 1995), AHA (1995) and the Surgeon General's Report of Physical Activity and Health (1996) all have recognized strength training as an important component of health.

Improving muscular strength and power has been traditionally viewed as important for athletes, competitive weightlifters, and body builders, but not for improving general health status. Much recent evidence indicates that this conception is no longer true.

IMPROVEMENTS IN STRENGTH AND FUNCTION

Aging is normally seen with an associative decrease in muscle mass and strength, which is linked to decreased mobility, decreased functionality and an increased

risk of falling in older people. Falls, in and of themselves, have been identified as the single most frequent cause of injury related mortality in the elderly, and it has been statistically verified that 90% of all hip fractures in the elderly occur as a result of a fall. A logical approach to lessen this statistic would include exercises to strengthen all the muscles of the legs, the hips, and the torso. This would then provide the foundations for better body positioning and awareness throughout all kinds of movement. Taking this a step further (no pun intended), strengthening the upper body would also help protect the victim if a fall should happen by allowing better positioning of the body to handle a collision with either the ground or any object in the way.

Though utilizing a small statistical population, a most dramatic study was performed in San Francisco with elderly residents in old age homes in the mid-1990's. Average age of the subjects was 87 years; both genders were studied. A 10-week program of a few simple but important resistance exercises allowed for some startling results. Granted the subjects came to the study relatively inactive and subject to the advanced aging process concurrent with their years. But an average increase in general muscle strength of 113%, gait velocity (12%), stair climbing power (28%) and a specific quadriceps (front leg muscles) strength improvement of 174% all seem astounding. But they really shouldn't be. A lifelong involvement with resistance training has shown that increased strength can be achieved and maintained at a relatively high level into the sixth decade of life.

Isolating another area that has pronounced negative effects if kept in a weakened condition, low back pain and spinal disorders become the predominant reason for disability in the workforce. It is estimated that chronic low back pain accounts for nearly 80% of the annual cost of low back disorders even though this classification represents only 10% of all spinal disorders. The state of chronic poor lumbar strength has been associated with the development of chronic low back pain and dysfunction and contributes negatively to an already too sedentary population.

WHAT THIS MEANS TO MASTERS SWIMMERS

Applying this resistance training philosophy to Masters swimmers of all ages can (and

most often does) produce remarkable results in the water. Whether one uses latex tubing, free weights, universals (or other mechanical devices) or simple body-weight calisthenics, the ability to move water is directly related to the ability to generate POWER. The concept of strength forced to occur over a period of time (power) is the pivotal element that seems to produce the remarkable results we now see in all age groups in the world of competitive swimming. An additional benefit of consistent weight training allows for increased endurance and articular (joint) strength which seem to translate a great deal into injury prevention, which at any age can spell the difference between a washout or a successful season.

A different concept altogether that has proven itself repeatedly to increase strength in the largest target set of muscles (the legs) has been the use of flexible swim fins. The forceful working of all the muscle groups of the lower extremities in a concerted continuous fashion has produced remarkable results leading to some very fast swimming. The Soviet Union of the late 1970's into the mid-1980's utilized this type of training aid to great advantage. Then more and more USA Swimming programs came to see the light as to the fins' potential and began utilizing the same concepts to increase leg power and flexibility.

BONE MINERAL DENSITY

Osteoporosis is a degenerative disease that is characterized by a decrease in bone mineral density (BMD). This loss produces a fragile framework of bone quite susceptible to fractures, which, in turn, can lead to decreased physical activity and possibly increased susceptibility to further health problems and mortality. Research has clearly indicated that bone formation can be stimulated by placing a strain on it as is seen during resistive and aerobic exercise. Although both forms of exercise can increase BMD, the increase is site-specific to the joints exercised. It is a common finding that in people who weight-lift, for instance, their arms have greater BMD than those seen in runners. But the legs of both have about equal BMD. It is also seen in active and retired weightlifters a greater BMD in the hip, spine, tibia, and forearm than in those who never exercised as such. Several studies with varied populations of relatively advanced age have proven the obvious: stress the body with weight or resistance against the constant force of

2. Front to Back: If your head comes up...your hips go down—not one of Newton's more well-known Laws—but it still holds water. If you're a flyer or a breaststroker, make sure your head comes up for only a short time, only when you're at the most powerful part of your pull, and only when your lower body is underwater.

3. Up and Down: Much of the leverage in freestyle and backstroke comes from timing your underwater pull with your over-water recovery. Balance your timing above and below the water for greater pulling power.

4. Stop and Go: The older we get, the longer the recovery time seems to be after stress. Balance those hard workouts with rest to allow for recovery—or—balance the type of work you do to stress different areas on different days, allowing others to recover.

5. Fast to Slow: Balance the long, hard yardage you do (and obsess over) with focused, short yardage, or, race-paced speed work. These focused race-rehearsals are essential because, remember: If you want to swim fast...you've got to swim fast.

6. On-Off: Don't do freestyle all the time, even if you only compete in that stroke. Give yourself a whole-body workout by swimming off-strokes in workouts to

work on strengthening your weaknesses.

7. With and Without: We love our toys: our fins, our paddles, our pull-buoys (you know who you are). We love them because a) we feel like we swim better with them and b) it's just easier. Both are good reasons to use toys. And both are bad reasons to rely on them. Balance your pulling and fin work with more, honest swimming.

8. Good and Not Good: Have the discipline to work hard—make it hurt. But balance this with swims that also feel good and reinforce your confidence and the reasons you love swimming.

9. Mind and Body: Work your body hard. But work your mind equally hard. Think about your strokes, your streamline, and your strengths and weaknesses. Think to exhaustion and build the habits that will get you better at swimming.

10. Two Worlds: You're very lucky. You have an opportunity to live in another world—the world of the pool, and give yourself psychological relief from the stresses of that other world of day-to-day life. (You may even have more than two worlds). Live in them separately and use them to rest from one another. Balance and compartmentalize.

11. Time and Again: As adults, our lives are complex with many responsibilities: family, work, selecting the right body paint for

the Giants games, etc. Workouts are important but one, single workout is not. You're just not going to be available for every workout you expect to be at. Don't worry about it. The broad sweep will offer ample opportunity for enough workouts. Likewise, don't stress over a "bad" workout. For many reasons, you will have good days and bad days. Do what you can and don't obsess. Enjoy your swimming as one aspect of your balanced life.

Now you know more about balance and why it is one of the important aspects to manage and benefit from in our lives. Use it and enjoy it, think back on it, and take strength from it when you step up to the blocks for the next "big race."

Oh, and watch your balance there, too! Peace, grasshopper.

Editor's note: There was a classic TV show in the 60's called "Kung Fu" about a Chinese prince wandering through America's old west and accomplishing amazing sometimes mystical feats. From time to time he would recall in a flashback, the wisdom of the blind and aging master of his youth in China. The master would teach him a roundabout lesson steeped in allegory, and when its wisdom finally dawned on the young prince, the master would say something poetic which invariably began with: "And so, grasshopper..." The appellation, "grasshopper," meaning eager student, continues to be a 60's icon. ☺

—Taken from the Connecticut Masters newsletter, 10/02 issue.

ALL THE BENEFITS OF RESISTANCE TRAINING (PART 1)

Continued from page 3

gravity, and you increase BMD in the site-specific areas stressed. Those who have lost BMD through disuse have been able to regain it at times to near baseline levels of their youth. Or they could maintain an increased BMD compared to those not engaging in resistive or other activities. Thus, a meta-analysis (an analysis of several studies on the subject) of the body's reaction to movement against force, be it mechanical or gravitational, indicates that resistance and aerobic exercise can both positively affect BMD, but that this influence is absolutely site-specific to the mode of exercise.

WHAT THIS MEANS TO MASTERS SWIMMERS

Swimming occurs in a gravity-free environment, yet movement is guided by a medium (water) 1000 times as dense as air. It is the resistance to movement in this dense medium that contributes to the retention of BMD in those Masters Swimmers who train vigorously and consistently, regardless of age. This, added to the very popular tendency to cross-train with weights, affords the aquatic athlete

the resultant effect of maintaining solid bones throughout the body into much later in life.

A corollary to the above is seen with fast swimming. When one chooses to move through the water with intense muscular contraction, we see the muscles getting stronger, and they, in turn, pull on the tendons attached to the bones. It is this indirect method that also produces a need for increased BMD. Sprint swimming is a lot like strength training.

AEROBIC CAPACITY

Exercise programs that emphasize endurance usually elicit a 15-30% increase in maximum oxygen uptake (VO₂-max). Available evidence indicates that traditional weight training (greater than 1-2 minutes rest between exercises) does not increase VO₂-max. But it has been shown that performing circuit training regimens can increase VO₂-max by 5-8%. These regimens consist of a circuit of approximately 10 exercises. A resistive force (amount of weight) is then chosen that can be moved quickly (in one second) for

15 repetitions of that particular exercise. The rest period for each exercise is between 15-30 seconds.

Though resistive training is obviously not a grounded method of aerobic training, it can aid in the body's ability to engage in same.

WHAT THIS MEANS TO MASTERS SWIMMERS

To swim faster longer, and rise to a higher level of aerobic condition, the body's musculature must be trained to have enough strength, power and endurance to allow for both longer swim sets and increased numbers of repetitions and intense intervals. Weight and dryland training are the established forms of strength training that allow for the muscles' adaptive behavior to move more water with each stroke cycle. ☺

Coach Ed Nessel heads up the Rutgers Masters Swimming program; he is the USMS National Resource Librarian and a member of the Sports Medicine and Coaches Committees. He was selected USMS Coach of the Year in 1998 and to coach at the Olympic Training Center in 2002.

EIGHTEENTH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP

Saturday, March 27, 2004

Ocean County YMCA, Toms River, New Jersey

- Approval:** Recognized by New Jersey LMSC, Inc., No. 074-R02
- Times:** Warm-ups: 1:30 pm Meet starts at 2:30 pm
- 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., Monday, March 22, 2004. 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: \$10.00. Individuals: \$5.00 per event. Relays: **FREE**. 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

EIGHTEENTH 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 \$ 10.00
 Number of Events _____ @ \$ 5.00 each \$ _____
 Relays _____ @ **FREE** \$ _____

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

ASK THE SWIM DOCTOR

By Dr. Paul Hutinger

PRE-MEET WARM-UPS

Question: Is there any one good warm up for a meet?

Answer: If you have a warm up that has been successful for you in the past, use it. If you normally swim about 2000 yards in your training, you should swim about 500 yards for your warm up.

Concentrate on technique, be relaxed and loosen up. Pace 50's will help on your distance events. Include 50's and 25's of each stroke, gradually building up to race pace.

Get acquainted with the starting blocks by doing several starts for each of the strokes you are swimming. Sprint as you plan to do in your race, because your body needs to get used to swimming fast. Do turns for your events, and if the meet is outdoors, note how the wind is blowing the backstroke flags. Observe how that changes the number of strokes you need from the flags to the wall at each end of the pool.

It's a good idea to practice the warm up you will be doing at the meet in your training sessions, especially the week before the meet.

Preparation for the meet also includes eating whatever foods work well for you. Do this before workouts, so your body doesn't have to adjust to new foods. Get to the meet on time and you won't be rushed. Check the heat sheet to know your events and lane assignments. Do a short warm up and stretch your muscles for each event. Cool down after each event to reduce the buildup of lactic acid in your muscles.

Mentally prepare for each event. Think about the event and visually go through your race: step up on the block, go through each stroke, turn and touch out at the finish. Program your meet so you will be on automatic, and you will make fewer mistakes, be more relaxed, and enjoy the thrill of competition, whether it's your first meet or the umpteenth. ☺

— Taken from Arizona Masters Swimming newsletter, 12/02 issue. "Ask the Swim Doctor" is a column written by Dr. Paul Hutinger. This column regularly appears in the Florida LMSC quarterly newsletter. He is also the Coach and Fitness Trainer, Florida Maverick Masters of St. Petersburg, FL. Dr. Hutinger is also on the USMS Awards Committee and Professor Emeritus at University of Western Illinois.

AGING UP

This February ten swimmers move up to a new age group. Happy birthday to:

| | |
|------------------|------|
| Harold DeSmidt | 75 |
| Peter Meer | 55 |
| Stephen Segaller | 40 |
| Kristine Sinram | 30 |
| Erika Maresca | 30 ☺ |

PLACES TO SWIM

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

COACHED WORKOUTS

Berkeley Aquatics Contact: Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or njmasters@msn.com. Workouts: M 8:30-9:30pm, W 8-9:15pm, F 8-9pm, Sun. 8:15-9:45am

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink 973/379-8884, Workouts T & F at 8pm.

Hunterdon County YMCA at Deerpath Contact: Nancy Shapiro at the Y; 908/782-1030. Practice is W 8:30-9:45pm. Sandy Carosi holds workouts T, H 9:15-10am. Contact her at 908/236-0086 or jcarosi@aol.com.

Lakeland Hills Masters Team Contact Pam Banks 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: John Morrison; 732/341-YMCA.

Peddie Aquatics Association Contact: Michelle Wriede, email at 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 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: 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: Stephanie Crofto; 732/223-2100, ext. 318.

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.bgcucaquatics.org; Updates: 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.

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 or contact Princeton Recreation Dept.; 609/921-9480 and ask for

Katie Herlihy. Workouts are M-F, 5-6:45 am at the Princeton DeNunzio Pool.

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

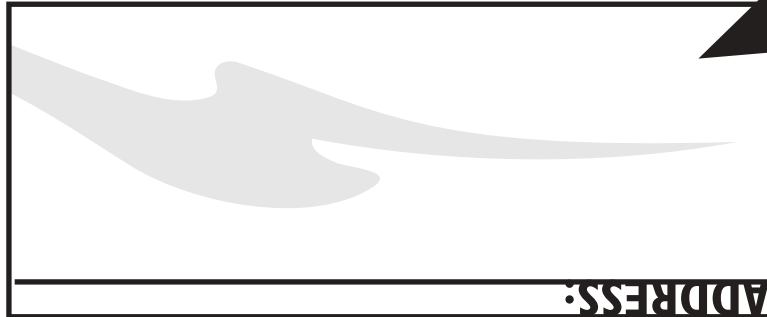
Sussex County Masters Contact: Bob Hopkins; 973/729-3686.

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

This is the
last newsletter for
those who have not
registered for 2004!
(Go to gsmwim.org
TODAY!)



NJ LMSC
451 Sweet Hollow Road
Bloombury, NJ 08804



MEET CALENDAR

MEETS IN NEW JERSEY

FEBRUARY 8

FEBRUARY FRENZY, THE COLLEGE OF NJ, EWING.

Entry deadline was 1/30. Contact Kate Ambrass;
609/771-3428 , ambrass3@tcnj.edu

MARCH 27

**18TH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP,
TOMS RIVER, NJ.** Entry Enclosed.

MEETS OUTSIDE OF NEW JERSEY

FEBRUARY 14-15

**VIRGINIA MASTERS WINTER INVITATIONAL,
MIDLOTHIAN, VA.** Contact Nancy Miller; 804/741-
7077 or nancymillr@aol.com

FEBRUARY 29

**BILL CRAWFORD WINTER CLASSIC MEET,
VILLANOVA UNIVERSITY, VILLANOVA, PA.** Contact
Tom Tulenko at 215/646-6591 or thomas.tulenko@jef-fererson.edu

MARCH 15-15

**ASPHALT GREEN SCY MARCH MADNESS MEET,
TENTATIVE.**

MARCH 21

**SC YARD SPRINT FLING MEET, NASSAU COUNTY
AQUATIC CENTER IN EISENHOWER PARK, EAST
MEADOW, LONG ISLAND.** Entries must be received by
3/12. Contact Ray Farrell at 631/501-5702 (days) or
rfarrell@cdfsflaw.com

APRIL 18

**SCY APRIL SHOWERS MEET, NASSAU COUNTY
AQUATIC CENTER, EAST MEADOW, LONG ISLAND.**

CHAMPIONSHIPS

APRIL 2-4

**COLONIES ZONE CHAMPIONSHIP, GEORGE MASON
UNIVERSITY, FAIRFAX, VA.** Contact Peter Ward;
703/993-3930 or www.patriotMasters.org

APRIL 15-18

YMCA NATIONALS, FORT LAUDERDALE, FL.

2004 WORLDS

RICCONE, ITALY

2004 SC NATIONALS

INDIANA University, Indianapolis, IN. Contact
Mel Goldstein; 317/253-8289 or
Goldstein@mindspring.com.
Entry will be in SWIM magazine

AUGUST 2004

LC NATIONALS, SAVANNAH, GA.
Contact Scott Rabalais at
Scottrabalais@compuserve.com

