

EASTLANE



EXECUTIVE BOARD SET FOR MAY 16TH

Why not come to the next executive board meeting (open to all) and see what's being planned for Masters swimmers in New Jersey? The meeting is May 16th at 2 pm at Ed Tsuzuki's house in Neshanic Station. You're guaranteed fabulous food and stimulating discussion.

Items on the May meeting agenda include the Dot Donnelley award, Rutgers Long Course Zones meets, insurance for open water practices, and the annual picnic (and associated awards). If you're interested in coming and need directions contact Ed at edtsuzuki@patmedia.net.



NEW NJLMSC RECORDS FROM SCY ZONES

WOMEN

Rebecca Kalibat 40

1000 Free 11:09.63*

1650 Free 18:34.78 *

MEN

Benn Doyle 45

50 Breast 28.64 *

100 Breast 1:03.13 *

200 Breast 2:18.83 *

100 IM 59.28

Richard Wallace 56

1650 Free 21:40.12

* = New Zone Meet Records

OCEAN COUNTY Y MEET

Congratulations to Ridgewood YMCA who took first place with their men and women. Check out the complete results at www.gsmswim.org. Go there directly by typing in: <http://www.gsm-swim.org/results/ocyteamchamps2004.htm>

TEAM RANKINGS (THROUGH EVENT 14)

FEMALE TEAM SCORES

Place	Team	Points
1	Ridgewood YMCA, RY	923
2	Red Bank YMCA, RBY	671
3	Lakeland Hills YMCA, LHY	352
4	Peddie Masters, PED	274
5	Ocean County YMCA, OCY	199
6	Stevens Masters, SM	197
7	Fort Monmouth, FM	100
8	Garden State Masters, GSM	97
9	Princeton YMCA, PY	82
10	1776, 1776	76
11	Wyckoff YMCA, WY	41

TOTAL: 3,012.00

MALE TEAM SCORES

Place	Team	Points
1	Ridgewood YMCA, RY	1,928
2	Red Bank YMCA, RBY	1,068
3	Garden State Masters, GSM	737
4	Lakeland Hills YMCA, LHY	601
5	Ocean County YMCA, OCY	399
6	Peddie Masters, PED	316
7	Stevens Masters, SM	314
8	Fort Monmouth, FM	255
9	Wyckoff YMCA, WY	92
10	Plymouth Tropical Fish, PTF	40
11	1776, 1776	29
12	Morris Center YMCA, MCY	14

TOTAL: 5,793.00



FOOD TIPS FOR THE YOUNG AT HEART

WANT TO LIVE LONG AND WELL? BUILD THESE SUPER FOODS INTO YOUR DAILY DIET.

By Kathleen Zelman, MPH, RD/ILD

WebMD Feature

Good nutrition is so much more than food to eat. Food and beverages that contain a powerhouse of nutrients can not only satisfy your appetite, but also ward off chronic diseases and keep you looking your best. How do you get enough of the super-nutritious foods every day? Try these tips from WebMD's director of nutrition, Kathleen M. Zelman, MPH, RD.

ANTIOXIDANT SUPER FOODS

Antioxidants help prevent cellular damage. Eat plenty of foods rich in antioxidants such as almonds, berries, citrus, carrots, spinach, tomatoes, and bell peppers.

1. Top your cereal with almonds or berries; add tomatoes to sandwiches, soups or stews; layer your whole grain bread sandwich with slices of peppers and fresh spinach.
2. Pack a snack bag of nuts, baby carrots, grape tomatoes, and bell pepper slices for a nutritious pick-me-up between meals.
3. Fruit and nut granola bars stash easily into briefcases for quick energy and a tasty treat.

CALCIUM

Calcium is the super nutrient that keeps bones and teeth strong. Now research shows that low-fat dairy also helps people lose weight! The best sources of calcium come from the cow.

1. Start your day with café au lait made with half skim milk and half strong coffee. Or order your latte skinny at your favorite coffee house. Add a bowl of whole grain cereal topped with skim

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YOU MIGHT BE A SWIMMER IF...

- If whenever you hear an electronic beep, you instinctively jump, you might be a swimmer.
- If you have rings around your eyes unrelated to the amount you sleep you got, you might be a swimmer.
- If you have been wearing the same pair of Lycra underwear for the past two weeks, you might be a swimmer.
- If waking up before dawn to exercise seems normal, you might be a swimmer. (You might also be crazy)
- If jamming a piece of Styrofoam between your legs is not a kinky sexual activity, you might be a swimmer.
- If bugs die of chlorine poisoning when they land on your skin, you might be a swimmer.
- If you sport long, curling hair with split ends on your legs, you might be a swimmer.
- If the phrase "This set with fins" is better than hearing "You just won \$1000," you might be a swimmer.
- If you answer, "I don't need to" when someone asks when you showered last, you might be a swimmer.
- If you love a good lightening storm when you have outdoor practice, you might be a swimmer.
- When you learn how to squirt water 15 different ways, you might be a swimmer.
- When your long-term goal is to slap your biceps on your lat, you might be a swimmer.
- When you wake up before six for the free doughnuts, you might be a swimmer.
- When you go through so much latex in one season you could wallpaper your room, you might be a swimmer.
- If a friend asks how a certain guy dresses and you reply, "I only see him without his clothes on", you might be a swimmer.
- If your friends have stopped asking you about your plans for the evenings, you might be a swimmer.
- If you go from store to store desperately trying to find your favorite sports drink, you might be a swimmer.
- If the first place you go when you're stressed out is a swimming pool, you might be a swimmer.
- If among your heroes are Janet, Jenny, or Amanda, or you know whom I'm talking about, you might be a swimmer.
- If your daily apparel is held together by knots or is torn and see through, you might be a swimmer.
- If you have an inhaler in every color of the rainbow, you might be a swimmer.
- If the phrase, "50 double armed backstroke with a breast stroke kick" makes you happier than anything, you might be a swimmer.
- If being fishlike is a compliment, you might be a swimmer.
- If your friends don't even call you anymore because they know that you have no time to do anything, you might be a swimmer.
- If your nightmares consist of a series of numbers ending in 0 or 5, you might be a swimmer.
- If you have hickeys on your neck, you might be a swimmer or you might be lucky.
- If you sweat chlorine even after showering, you might be a swimmer.
- If you just don't understand the charm of the swimsuit edition, you might be a swimmer.
- If getting smacked on the butt doesn't bother you at all, you might be a swimmer.
- If someone asks if you have any siblings and you start listing teammates, you might be a swimmer.
- If you cut yourself every time you shave, because you only do it 3 or 4 times a year and are out of practice, you might be a female swimmer.
- If you are determined, strong, smart and tough, you might be a swimmer.

—Taken from North Texas Masters Swimming website: www.ntmasters.org 



ASK THE SWIM DOCTOR *by Dr. Paul Hutinger*

Question: What are the effects of drugs and medications on my swim training and performances?

Answer: Many Masters swimmers are on long term drugs for heart problems, blood pressure, cholesterol, diabetes, etc., or temporary drugs for bacterial infections. Some blood pressure medications are beta blockers, which can cause a decrease in your heart rate, which can effect your performance. Medications affect patients differently, and the Masters swimmer must be aware of the side effects that may interfere with their daily training. Be sure to read the leaflet that comes with your medication, so you are aware of them. Some of the common complaints are a too low heart rate, extreme fatigue, muscle weakness, dizziness, shortness of breath, cough, constipation, diarrhea, etc. If you have any unusual symptoms, check with your doctor immediately, as he may be able to

prescribe a substitute that your body can handle more easily.

Most trained individuals do have a greater total body hemoglobin, due to the greater total blood volume. While working on my doctorate at Indiana Univ., we measured the amount of my blood, and I had 15%-20% greater than the predicted blood volume, which is based upon body size. Research studies verify this. If you train year round, three or four days a week, for 30-60 minutes, you are in a special category of a trained athlete, no matter what your age, and have more total liters of blood. With approximately 15% more blood, it appears your hematocrit and hemoglobin are lower than normal. This person may be misdiagnosed as having anemia. Sometimes, it is known as marathoner's anemia.

Roger Franks, a multi world record holder at age 75, recently experienced problems with the side effects of lipitor,

a cholesterol lowering drug. He consulted with his doctor as he became progressively weaker and ended up unable to walk without a limp, climb stairs normally, lift himself out of a chair without help and occasionally collapsed on the floor. In addition, he experienced muscle aches, cramps and spasms, especially at night. Needless to say, this was a frightening experience and his swimming was adversely affected. Be sure to inform your personal physician if you are a trained athlete. If he has a background in sport's medicine or has knowledge of your regular training, he can more adequately advise you and your special needs. As competitive Masters swimmers, we want more out of life than to just sit around in our rocking chairs and watch the world go by. ☹

— Taken from Florida LMSC newsletter June 2003, <http://att.net/~floridallmsc>

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FOOD TIPS FOR THE YOUNG AT HEART

milk and fresh fruit for a breakfast of champions.

2. Snack on low-fat yogurt or cheese between meals for an energizing treat.
3. Calcium-fortified juices and cereals are excellent alternatives to meet your three-a-day requirement.

FIBER

Fiber does wonderful things for the body, from lowering cholesterol levels, keeping you regular, and perhaps preventing certain cancers. Grandma called it roughage and we need plenty of it each day.

1. Read food labels to find whole grain breads and cereals that provide three or more grams of fiber per serving. A bowl full of bran or high-fiber cereal is a great start to meeting your daily needs.
2. Load up on whole fruits and veggies for a healthy dose of fiber. Aim for five to nine servings a day. Juices don't contain as much fiber as whole fruit.
3. Beans are loaded with fiber and protein, so add them to soups, stews, salads, eggs, and salsas.

SOY

Soy can lower cholesterol, which can help prevent cardiovascular disease. This super nutrient is a newcomer on the block and is gaining in popularity.

1. Tofu takes on the flavor of foods that it is cooked with. Try a stir-fry of colorful veggies and cubed tofu with a light Asian sauce for a quick meal. You can also find cereals at the store loaded with both soy and fiber. Serve with skim milk and you'll get three super nutrients for breakfast.
2. Take a soy protein bar for a quick snack or lunch during the day. Soy nuts are another great portable snack option.
3. Edamame (Japanese name for green soybeans) are snacks even kids will love! Find these nutritious nuggets in the freezer section at your supermarket. Serve them plain or with a low-fat dip.

WATER

Most of us don't get enough of this precious stuff. As a result, we may look peaked and feel fatigued. Our bodies are

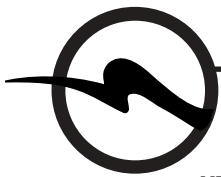
composed of more fluid than anything else, so water is a vital nutrient for our well-being.

1. Fill up a quart size water bottle each morning and keep it with you for quick and refreshing drinks throughout the day.
2. Don't rely on thirst; this sensation diminishes with age. Drink often and choose from nutritious liquids, including 100% fruit and vegetable juices, skim or low fat milk, broths, sparkling water, and teas.
3. You can also get fluids from foods, especially those that are liquid at room temperature. Try gelatin, frozen yogurt, soups, watermelon, pickles, oranges, lettuce, tomatoes, etc.

Published Jan. 21, 2004.

SOURCE: Kathleen M. Zelman, MPH, RD/LD, is director of nutrition for WebMD, and a former spokeswoman for the American Dietetic Association.





THE RIGHT NUTRIENTS CAN ADD ZEST AND HEALTH TO OUR GOLDEN YEARS. BUT THE TIME TO START EATING THEM IS NOW.

If you've made it this far in life, chances are strong that you may live into your 80s or even 90s. But will you be living well?

"We probably can't extend life much beyond what we already have done," says William Hart, PhD, MPH, associate professor of nutrition and dietetics at the St. Louis University Doisy School of Allied Health Professions. "But we can help make those last five to 10 years of life more enjoyable. Living longer isn't much fun if you're not healthy enough to enjoy it."

So what's the secret to staying healthy as you get older? Exercise, of course. Also, the right food. To get started, add these five nutrients to your diet.

SOY TO MANAGE YOUR CHOLESTEROL

"No, adding soy to your diet does not mean pouring more soy sauce on your Chinese food," says Leslie Bonci, MPH, RD, LDN, director of sports nutrition at the University of Pittsburgh Medical Center. It does mean adding soy foods such as tofu, soy milk, soy nuts, or the green soybeans called edamame by the Japanese.

Soy has an impressive resume, along with some inevitable controversy. Adding soy to your diet has been shown to significantly lower cholesterol, which can reduce your risk of heart disease. Plus, soy is high in iron, which many women need. Some women also say that soy helps them manage hot flashes and other symptoms of menopause, although those benefits have not been proven by long-term clinical studies.

Still, its cholesterol-lowering benefits are powerful enough. Indeed, the right diet can lower cholesterol as much as medication, according to a study reported July 2003 in *The Journal of the American Medical Association*. That four-week study found that a diet of soy fiber, protein from oats and barley, almonds, and margarine from plant sterols lowered cholesterol as much as statins, the most widely prescribed cholesterol medication. Soybeans themselves provide high-quality protein, are low in saturated fat, and contain no cholesterol, making them an ideal heart-healthy food. To lower your cholesterol, the American Heart Association suggests you look for products that provide 10

grams of soy protein per serving, and try to eat three or more servings per day.

FIBER FOR YOUR WHOLE BODY

Once upon a time our diet was made up mostly of whole foods loaded with fiber. While we may have fallen to a wild beast or infection, fiber helped keep our cholesterol and blood sugar levels low, and kept our bowels functioning smoothly.

Now in our frenzied lifestyle, we're more likely to grab fast food or use prepared foods at home that have only a passing acquaintance with dietary fiber. It's a little known fact: Most of us should double the amount of fiber we eat if we want to reap its benefits.

"I don't think it would be a bad idea to flip the food pyramid and suggest nine to 11 servings of fruits and vegetables a day instead of the five to seven we recommend now," says William Hart. "None of us eats enough fiber." The average American eats 12 grams of fiber a day; most health organizations recommend 20-35 grams.

Studies have shown that dietary fiber—including foods such as apples, barley, beans, and other legumes, fruits and vegetables, oatmeal, oat bran, and brown rice—clearly lower blood cholesterol. High-fiber foods are also digested more slowly, so they don't cause spikes in blood sugar levels like white bread, potatoes, and sweets do. Of course, everyone knows that fiber helps keep you regular, but so do laxatives. Fiber, however, has an added plus: High-fiber foods help us feel full, making it easier to control weight.

You get more nutritional "bang for your buck" with high-fiber food, says Hart.

ANTIOXIDANT 'SUPERFOODS' TO PROTECT YOUR CELLS AND HEART

When you're thinking "superfoods," think color, says Beverly Clevidence, PhD, a research leader at the USDA's Diet and Human Performance Laboratory. That means foods that are deep blue, purple, red, green, or orange. The carotenoids and anthocyanins that provide the color for these foods contain health-enhancing nutrients that protect against heart disease and cancer, and also improve our sense of balance, our memory, and other cognitive skills.

YOUR "SUPERFOODS" COLOR CHART SHOULD INCLUDE:

- Deep green—Cruciferous vegetables like broccoli may help prevent colon cancer, while spinach and kale are good sources of calcium. And kale also helps fight against age-related macular degeneration, the leading cause of blindness in older Americans.
- Red—Red tomatoes, especially when cooked, are beneficial sources of lycopene, which helps protect against prostate and cervical cancer.
- Orange/yellow—Squash, carrots, sweet potatoes, and yams promote healthy lungs and help fight off skin cancers such as squamous cell carcinoma.
- Deep blue/purple—Eggplant, plums, blueberries, blackberries (strawberries, raspberries, and cherries come under this category as well) lower your risk of heart disease by helping the liver "sop up" extra cholesterol, as well as improve your mental functioning.

"I've definitely been adding berries to my diet throughout the year," says Clevidence.

You don't have to limit your berry intake to in-season either. Fresh, frozen (without sugar), or dried... the benefits are the same.

CALCIUM FOR YOUR BONES

Got milk? If you want to keep your bones strong and lessen your chance of fractures as you get older, add calcium-rich foods such as low-fat cheese and milk to your diet. Calcium also keeps teeth strong, helps your muscles contract, and your heart beat. Recent studies have even shown that calcium may lower your risk of colon polyps, and help you lose weight. Researchers at Purdue University found that women who consume calcium from low-fat dairy products or get at least 1,000 milligrams a day showed an overall decrease in body weight.

As you get older, the amount of minerals in your bones decrease. Too little calcium increases your risk for osteoporosis and, with it, disabling or life-threatening fractures.

Dairy products are the best source of calcium. Choose skim milk, low-fat yogurt, and low-fat cheese to avoid saturated fats. A single serving can provide you with 20% of the 1,200 milligrams a day you need. You can also add calcium

to your diet with calcium-enriched cereals and orange juice. Foods such as dark green vegetables, dried beans, and sardines also contain calcium.

Won't taking a calcium supplement do the trick? Sure, says William Hart, but calcium-rich foods are also high in protein needed for bone and muscle strength.

While you're adding calcium to your diet, don't forget to exercise. Your bones will thank you later. "Calcium alone isn't enough. Add weight-bearing exercise as well," says Hart. Take the stairs, park at the far end of the parking lot, walk wherever you can. You'll help the calcium do its job."

WATER FOR ENERGY AND YOUR SKIN

"Most people don't drink enough water," says nutritionist Susan Ayersman. "We need water to flush out toxins, keep our tissues hydrated, keep our energy up."

Water is also essential if you're eating high-fiber foods, says Leslie Bonci at the University of Pittsburgh Medical Center. Water helps fiber do its job.

Don't stint on water just because you don't want to get up in the middle of the night to use the bathroom, says Bonci. "Just be strategic about when you drink it," she says. "Drinking throughout the day, and not just before you go to bed should keep you from having to get up during the night."

If plain water doesn't quite do it for you, add slices of lemon, lime, or orange for flavor without calories. Or try a sprig of mint for a refreshing change of pace.

THE BOTTOM LINE

Don't be overwhelmed with all these suggestions. You don't need to add everything in at once. "Make haste slowly," says Bonci. "Add a bowl of oatmeal in the morning, replace a glass of milk with soy

milk ... just take it one step at a time."

Agrees Hart: "It's simply a matter of deciding to get the foods into your diet."

Published Jan. 21, 2004.

SOURCE: William Hart, PhD, MPH, St. Louis University Doisy School of Allied Health Professions. Leslie Bonci, MPH, RD, director of sports nutrition, the University of Pittsburgh Medical Center. Beverly Clevidence, PhD, research leader, Diet and Human Performance Laboratory, USDA Agricultural Research Service. Susan Ayersman, CCN, Kronos, The Optimal Health Company. The American Dietetic Association website. The American Heart Association website.



IF YOUR SHIP DOESN'T COME IN, SWIM OUT TO IT.

—JONATHAN WINTERS

STROKE OF GENIUS *By Kelli Anderson*

QUITE SIMPLY, HE WAS THE GREATEST SWIMMING COACH WHO EVER LIVED. BUT DOC COUNSILMAN KNEW EVEN MORE ABOUT PEOPLE

On Sunday morning Indiana University's Royer Pool overflowed with swimming talent. Olympians Gary Hall Sr., Mike Troy, John Kinsella, Jim Montgomery, Don McKenzie, Charlie Hickcox and nine-time gold medalist Mark Spitz were among 200 IU alums who came back to Bloomington to dip into their common past—and in some cases, into the water—as they remembered Doc Councilman, the man who used to sit on a bench at poolside, sipping coffee, reading mail and occasionally dispensing swimming wisdom through a portable amplifier. "He rarely yelled," recalled Dave Tanner, who swam for Indiana from 1968-72 and was an assistant coach for two years. "In six years I saw him get mad three times." Said Spitz, 54, who addressed the group at a dinner on Saturday, "Doc taught us all one thing: we were special, whether we were Olympians or not."

Bob Knight once called James E. (Doc) Councilman "the best coach I ever met," and with no small reason. In his 33 years as the men's swimming coach at Indiana, Councilman led the Hoosiers to 23 Big Ten championships and six straight NCAA titles. He wrote the sport's bible, *The Science of Swimming*, in 1968, and he

introduced innovations such as the pace clock, weight training and pulling with bent rather than straight arms. No collegiate coach, except perhaps James Naismith, drove the evolution of a sport as Councilman did.

But those things were rarely mentioned at the reunion to honor Councilman, who died at age 83 on Jan. 4 after a long battle with Parkinson's disease. What emerged was a picture of a man who, for all his success and cool scientific inquiry, was a warm, caring father figure (just as his wife, Marge, whose lasagna recipe was served at Saturday team dinners, was a mother figure). Two hours of open swimming at Royer Pool gave the graying alums, some now in their 60s, a chance to do a few freestyle sets together and swap stories. Listening to them, an outsider couldn't help but conclude that as astute as Councilman was in physiology, the subject in which he earned his Ph.D. from Iowa in 1951 (and, thus, his nickname), he was even better at psychology. Before the 1971 NCAA Championships he told Spitz that the red bumps that had suddenly appeared on his chest were an allergic reaction. Only after Spitz had won two titles at the meet did Councilman say, "You have the measles."

On Sunday afternoon, as Hall stood in Memorial Union's Tudor Room, where

Councilman used to treat swimmers who had a 3.0 GPA or better to dinner, he recalled an image of his coach from that same meet. Councilman told Hall that he would win the 200 IM and beat Hickcox's American record. When Hall did exactly that, he looked up to see Councilman on the pool deck on his knees, tears running down his face. "I have only seen Doc cry twice, when his son Jimmy died (from an accidental fall in 1973) and after I won that race," says Hall. "His joy didn't come from winning Big Ten championships or NCAA titles; it came from seeing individuals succeed."

Councilman wanted his swimmers to be well-rounded, so in the early 60's he played classical music on the pool stereo system during training sessions. And he encouraged them to visit art museums on road trips. Even on Sunday he was exposing people to culture. At the memorial service nearly three hours of moving tributes concluded with Councilman's son, Brian, 48, leading the crowd of 300 in a rendition of *Moonlight Becomes You*, a song Councilman loved to mock, and *Mack the Knife*, a song he just loved.

It was a finish that might have brought tears to his eyes.

—From the 4/26/04 issue of *Sports Illustrated*



THE BACKSTROKE START

Editor's note: We took this article from the Pacific Northwest Association of Masters Swimmer's April 04 newsletter called The WetSet. They took it from a recent issue of Great Length, the newsletter for the Masters Swimming Association of British Columbia. The answers were provided by Tom Rushton, who coaches Masters swimmers in Surrey, B.C.

GL: Tom, many Masters swimmers find it difficult to raise their tushes above the water on the backstroke start, thus creating a plowing effect, which severely slows down their start and reduces their distance. Could you possibly explain foot position, hand position and head position during the ready phase of the start?

TR: It's true that the best backstrokes in the world launch themselves clear out of the water, in my opinion Mark Versfeld, ex-Canadian record holder in the 200 backstroke, is one of the best starters in the world. See the link to a short video clip of his backstroke at start: <http://www.swim.ee/videos/back/M-BackStart-Mark.mpg>

My feeling is that most Masters swimmers lack the flexibility and perhaps the strength to launch themselves this high, but with correct technique they can certainly improve the power with which they leave the wall, and the angle with which they enter.

There are two major schools when it comes to foot position: feet together or feet staggered. Swimmers should use whichever feels best.

Try a couple of starts with each technique. Using staggered feet may provide more stability, while some people feel that both feet together gives them more power. In either case the toes are not allowed to be above the water line. Hand position depends

greatly on the blocks at any given pool. My personal favorite are blocks where you're able to hold the side bars instead of holding a horizontal bar. Some blocks have multiple places to hold on, in which case I would suggest weaker starters-those wishing to get in and start swimming right away-use the lower bar, while those trying for a more acrobatic start use the higher bar.

Head position is probably the most important of the positions. My feeling is the head should be tucked and ready to "explode" outwards at the sound of the gun. Whichever foot and hand position a swimmer chooses, the head should be tucked tightly in at the signal to "Take Your Marks" and should initiate movement after the sound of the gun.

Other points to note: I see many swimmers curled so tightly at the marks signal that they have to unfurl their limbs just to begin starting. Though some swimmers may not be able to hold the position and thus must discover a compromise somewhere along the lines, the knees should be at an angle of about 90 degrees in anticipation of the start.

GL: Could you explain the procedure on take off and what body position you look for before submersion, that is, movement of head, arms, drive from legs and back position in flight?

TR: I've mentioned the importance of head position in readying the body for the starting gun, and this is the part of the body that should initiate movement. At the sound of the gun the head should fly back, followed by a push from the arms. Finally, the legs should push the body out from the wall. These movements occur very quickly, indeed almost simultaneously. As the head comes back the back should arch,

so that although the legs push the swimmer up and out, this angle is rounded by the head. Arms should be thrown back into a streamline position and break the surface of the water.

Again, some Masters swimmers seek only to begin swimming as soon as possible. In this case I recommend a flatter angle, instead of driving high, and then returning to the water, pushing back and swimming as soon as possible.

GL: What action do you use to facilitate streamlining on entry into the water as presumably you have a hollow back position in the air?

TR: the final motion above the water should be a single upsweep of a dolphin (butterfly) kick. As mentioned earlier, a swimmer will want to round out the start and enter hands first-thus forming a complete arch over the water (illustrated in the video already mentioned). This dolphin action will bring the legs up in order to slip through the same entry hole and also will begin the dolphin kick; which will follow underwater.

GL: In a previous newsletter you discussed streamline and suggested having a buddy observe you. Many have not been schooled in that skill. Could you elaborate a bit as to which the swim buddy should look for to help coach a better position on the glide and underwater kick off the start?

TR: Head should be between the arms, with the ears being squeezed by the biceps. In my opinion the head position is the most important aspect of the streamline, followed by the body, which should be straight, without any bends. The arms are useful, but only following proper alignment of the head and body. ☺

UPPER BACK TRAINING

Go to any Master's swimming workout and you'll see a group of incredibly healthy, muscular, and powerful adults with slouching shoulders. The repetitive motion of swimming tends to create enormously strong chest muscles, but without some attention outside of a pool, swimming creates enormously strong and incredibly tight chest muscles! To further this condition, many swimmers cross train with cycling, they drive several hours a day, and spend the day working at a computer. All of these activities are performed in the frontal plane (in front of your body) encouraging the tightness of the chest and completely neglecting the muscles in the back that counter this problem. (Anyone taking yoga

classes on a regular basis gets a gold star!)

What is so bad about slouching shoulders? Besides poor aesthetics, slouching shoulders can cause a much larger problem-shoulder impingement. To create an analogy, think of the shoulder area as a tent. If all the tie downs are pulled perfectly proportionally, you have a very stable, functional tent that will hold up under stress. However, if you take two of the tie downs and pull them down tightly, and loosen the opposing two up generously, your tent becomes a disaster! This is exactly what can occur with a shoulder. The tightness of the chest muscles can roll the head of the arm bone forward, creating pressure on

the muscles, tendons, ligaments and nerves of the arm. Changes in the position of the shoulder and shoulder blades lead to rounded shoulders when the ends of the scapula move forward. This poor posture can, in turn, cause problems with the neck and shoulders, as well as the lower back. I know, I know. Swimming is supposed to be one of those 'lifetime' sports that you can participate in forever. Don't worry. There's still hope.

The best way to prevent or correct such imbalances from occurring is to strengthen any areas that are weak, most often the lower trapezius muscles, the rhomboids and the posterior deltoids, and stretch the

muscles that are tight, mainly the muscles we affectionately call the 'pecs'. For a solid and functional program, I suggest going to a gym, coughing up a few bucks, and hiring a certified Personal Trainer for a session or two. For those of you who want a quick fix, the following are a few exercises that you can do without equipment or professional supervision.

STRENGTH

The following exercise is quick and easy, but is a building block and fundamental posturally correct position for virtually any exercise you perform in the gym. Standing or sitting, stabilize the shoulder blades by squeezing them together (imagine a walnut sitting in between the blades. Squeeze them together long and hard enough to crack the shell. This is also a great party trick!) Keep your head in a neutral position (a truly correct head position may feel awkward at first, as most of us push it forward out of habit. Try standing against a wall, tucking your chin slightly, and gently pushing the back of your head against the wall. Step away from the wall without letting your head pull forward again. This is a neutral position. Repeat this for 12 repetitions, several times a day. For extra credit, squeeze the shoulder blades together and slightly down with the head in neutral and hold that position for the duration of every red light you encounter on your daily drive.

STRETCHING FOR THE BACK

The following is a great way to loosen up the muscles throughout the chest. Always remember when stretching, however, to take the stretch to a point where you feel a gentle pull, but never a painful one. Start off by facing a corner, with arms lifted out at your sides and hands above face level. In this position, your elbows will be level with your shoulders, with your upper arms and body forming a football goalpost with uprights and your feet in a staggered position. Begin the exercise by slowly leaning into the corner until you feel a light stretch. It is important to keep the shoulder blades stabilized during this exercise, squeezing them together during the movement while keeping your abs contracted.

Small things can make a big difference in the overall scheme of muscle balance and imbalance. Incorporating one or two strengthening exercises and one or two stretches to your normal routine may save you a lot of ice and Advil in the long run!

—Laura Smith, Fitness Chairperson. This article came from the Jan/March 2004 issue of *Mastersplash*, the Colorado Masters Swimming Association's newsletter, found at www.cosma.org



AGING UP

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

Jim Dragon	60	Wayne Snead	40
Richard Alexander	60	Jack Huston	40
Edward Eyring	55	Paul Nelson	35
Peter Gruntfest	55	Yves Baeyens	35
Glenn Rothenberg	40	John Forrestal	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. -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.

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



NJ LMSC
 451 Sweet Hollow Road
 Bloomsbury, NJ 08804



MEET CALENDAR

MEETS IN NEW JERSEY

JUNE 25

1 MILE BAY SWIM, KENNEDY PARK, SOMERS POINT, 6:30 pm start. Contact Karen Pratz, Ocean City Aquatic & Fitness Center; 609/398-6900.

JUNE 27

6TH ANNUAL PLUNGE FOR THE PATIENTS SWIM (1 OR 3 MILE), WILDWOOD. Contact Vicki Ander; 410/502-5395, andervi@jhmi.edu

JULY 3

1.3 MILE OR A 5K BRIDGE TO BRIDGE RACE. Contact Sid & Kara Cassidy, 311 Montpelier Ave., Egg Harbor Township, NJ 08234; 609/653-0939, sacissidy@comcast.net. 4:30 and 6 pm start.

JULY 17

1 MILE OCEAN SWIM, 7TH ANNUAL SWIM FOR THE DOLPHINS, WILDWOOD CREST. Contact Dave Hirsch; 609/465-5590 or contact L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009; www.lmsports.com

JULY 24

1 MILE OCEAN SWIM, OCEAN CITY (34TH ST.). Contact Darren Hickman; 609/926-9191, darrenhickman@hotmail.com or go to www.lmsports.com

AUGUST 7

JASON NESSEL MEMORIAL MEET, RAHWAY. Entry in next newsletter.

MEETS OUTSIDE OF NEW JERSEY

JUNE 13

4.4 MILE CHESAPEAKE BAY SWIM. Race was full as of 2/2/03. Call 856/468-0010 or www.lin-mark.com

JUNE 13

1 MILE BAY CHALLENGE SWIM, RUN AT FINISH OF 4.4 MILE CHESAPEAKE BAY SWIM. Go to www.lin-mark.com

JUNE 26

MADISON MILE, MADISON, CT. Contact Dave Parcells, 17 Yankee Glen Drive, Madison, CT 06443; 203/606-4529, dave@force5sports.com.

JUNE 27

1 AND 2 MILE LEHIGH RIVER SWIM, ALLENTOWN, PA. Contact James Platt, PO Box 3304, Allentown, PA 18106; jhp35@hotmail.com or Mike Seip, seip@enter.net

JULY 3

28.5 MILE SWIM AROUND MANHATTAN ISLAND, NYC. www.nycswim.org

JULY 17

0.5 MILE COVE TO COVE SWIM, NEW YORK, NY. www.nycswim.org

JULY 17

2.4 MILE RACE FOR THE RIVER (HUDSON RIVER SWIM), NYC. World Financial Center to Chelsea Piers. www.nycswim.org

AUGUST 1

1 MILE PARK TO PARK SWIM, NEW YORK CITY. www.nycswim.org

AUGUST 7

17TH ANNUAL 25K SWIM ACROSS THE SOUND (FROM PORT JEFFERSON, NY TO BRIDGEPORT, CT). Proceeds help cancer patients and their families. Entries are due by 5/31. Contact Dave Parcells at dave@force5sports.com or at 203-606-4529 or go to www.swimacrossthesound.org.

CHAMPIONSHIPS

JUNE 2-13

WORLDS—RICCONE, ITALY. www.masters2004.it/italy, (39) 06362 000 469

JUNE 27

USMS ONE MILE OPEN WATER CHAMPIONSHIP, WILDWOOD, NJ. Contact Vicki Anders at 410/502-5395 or andervi@jhmi.edu. Go to www.usms.org/longdist/ldnat04/mien-try.pdf

AUGUST 12-15

LC NATIONALS — SAVANNAH, GA. Contact Scott Rabalais at Scottrabalais@compuserv