

EAST LANE

73 YEARS OF ADORATION AND ACCOMPLISHMENT

BY MAURA McDERMOTT, *Star Ledger Staff*

(Editorial note: The following is excerpted from an obituary that appeared in the Star Ledger on Tuesday, February 8, 2005)

No matter what Daniel Dotterweich undertook, his wife, Elsie, supported him.

During the couple's 73-year marriage, Daniel started his own glass-blowing business. He raised championship homing pigeons. He won a place in the Essex County Bowling Hall of Fame. He set world swimming records in his age class, earning him a mention in Sports Illustrated at 85.

Through it all, Elsie tended their Tudor-style home in Cedar Grove. She cooked his favorite meat-and-potatoes meals. She smiled when he composed whimsical little "odes" to her.

"She just thought he was the greatest thing on two feet," their son, Daniel Jr., said. "And she was his right arm. She gave him a lot of the strength to keep doing what he did."

Last week, the couple died within a day of each other.

On Wednesday, the 96-year-old Daniel spoke his last words after falling at home, where the couple lived with a caretaker.

"He asked for Elsie," then slipped unconscious, Daniel Jr. said.

He died the next day in Saint Barnabas Medical Center in Livingston. The cause was kidney failure.

The family delivered the news to Elsie—at 93, bedridden and barely conscious, warmed by an afghan she had crocheted—on Friday at home.

"We tried to tell her that he was gone and waiting for her," said the couple's daughter, Diane Soucy. "I hope that she did hear us."

A few hours later, at about 9 p.m., Mrs. Dotterweich's heart gave out.

"Is it romantic, or is it just ironic, or a coincidence?" their son wondered.

No matter the answer, he said, "It kind of touches your heart a bit."

Mr. Dotterweich's interest in swimming began with an injury he sustained while hiking. He used to climb the Kittatinny range in Sussex County with Soucy and her husband, Leonard, co-founders of the Raptor Trust in Millington, a rehabilitation center for injured birds.

After he injured his knee climbing, his doctor suggested swimming.

A Pittsburgh native who swam in the Allegheny River as a boy, Mr. Dotterweich took up the sport again at 73. Even his family -- accustomed to his knack for new things -- was surprised when he began setting world records with United States Masters Swimming, a competitive program for adults.

"Do your best, try your best," Daniel Jr. said. "That was the theme of his life."

The Lakeland Hills Family YMCA pool became a second home, and Mr. Dotterweich would go there daily to swim, flirt, banter and compose songs and poems dedicated to his friends.

"We thought of him as the mayor there," said Rich Cahayla-Wynne, who used to swim with Mr. Dotterweich. "He's somebody to look up to. He was inspiring, I guess was the word."

The YMCA held a 90th birthday party for Mr. Dotterweich in 1998, floating a cake out to him on a kickboard.

His fellow swimmers drove him to competitions where he would set age-group records.

"He'd be swimming backstroke with double arms and singing in the water, and he'd still win a race against people who were 10 years younger than him," said Gwen McNamara, aquatic director at the YMCA. ☺

WARM MEMORIES OF DAN *by Pam Banks*

We will all certainly miss Dan whenever we walk into the pool room for a long, long time. Dan lived life to it's fullest, and was upbeat and happy whenever I saw him. Whenever we met, he would serenade me with song and escort me over to my lane.

I'll never forget the day I met him. I was about 34 or so and warming up at Nationals. While using the sprint lane, I noticed a body at the end of the pool. As I sprinted down I could see it was an older man and shouldn't flip because he was still at the end. He smiled at me and I got out. While getting back on line, I felt someone tapping my shoulder, it was that man. He said "I remember you". I did the quick reference search in my brain, but I couldn't remember from where. As the line got shorter, he teased with questions about my past. My curiosity was getting stronger, but it was my turn on the block. As I stepped up, he remarked, "you're that backstroker from the Monclair Marlyns. I belonged to the Monclair Y and remember seeing you there." I gasped, and suddenly my whole swimming past floated quickly by me. As I sprinted down the lane I felt young, and stronger than ever! Dan Did that for me! He had a way of making you think of good things, and not waste time on the bad. ☺

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LIGHT THOSE CANDLES!

Happy birthday to the following 48 March and April babies:

Jean Norstrand	70-74	Tom Lawson	45-49
Larry Lengle	70-74	Louis Solimine	45-49
Lou Abel	65-69	Harry Sheil	45-49
Tom Brunson	65-69	Lisa Stickle	40-44
Lynn Griesinger	60-64	Nancy Breden	40-44
Frank McElroy	55-59	Rosanne Lemongello	40-44
Maris Buttacavol	55-59	Jennifer Portman	40-44
Peggy DeRosa	55-59	Louise Goldsmith	40-44
Gail Baumbach	50-54	Robert O'Connell	40-44
Carmen Alvarez	50-54	Jeffrey Meltzer	40-44
Patricia Anderson	50-54	Jeffrey Gould	40-44
Linda Rashti	50-54	Sandy Carosi	35-39
Julie Corpus	50-54	Chris McGiffin	35-39
Donald Asay	50-54	Jonathan Briggs	35-39
W.Thomas Gutowski	50-54	Georgiann Anker	35-39
Steven Putterman	50-54	Laura Bush	35-39
Kenneth Niemi	50-54	Bretta Jacquemin	35-39
Jim Jaffe	50-54	Lisa Gilligan	30-34
Anne Stich	45-49	Daniel Fishman	30-34
Jean Becette	45-49	Alana Abercrombie	30-34
Lynn English	45-49	Catherine Delneo	25-29
Mike Kriley	45-49	Monish Dhalwani	25-29
Nancy Conroy Lieb	45-49	Heather Klein	25-29
Mike Waldron	45-49	Sarah Rankowitz	25-29



EMAIL CHANGES

If you change your email address please let Tom Brunson know by emailing him at tbrunson@worldnet.att.net.

KIDS COACH WANTED

X-Cel Swimming of Princeton, NJ is currently seeking to add a new Head/Senior Coach to replace our current Head Coach, Xiang Hao Mu, who will be retiring from the team after the 2005 long course season. The preferred start date for the position is April, 2005 at the beginning of the spring/summer long course season.

The new Head/Senior Coach will be responsible for coordinating all practice sessions, which are held in the evening and on weekends. In addition, he/she will work closely with the team's parent Board, and will be responsible for all aspects of the team including swimmer recruitment, training regiment, mentoring of assistant coaching staff, parent communication, and attendance at meets.

The base salary will range from \$35K+/yr, depending on experience. In addition, we offer a complete compensation package including health and dental insurance, along with travel reimbursement, and paid vacation. All interested applicants should email a cover letter, resume, and a brief outline of their coaching philosophy to XcelSwimming@comcast.net. For more information about X-Cel, please visit our website at <http://mywebpages.comcast.net/xcelswimming/>.

NATIONAL RECORDS SET

Congratulations to **Doris Steadman** and **Jim Dragon**, who each posted times below the existing USMS National records in the following events at the December 11 Holiday Classic meet at TCNJ!

Doris Steadman, 80
200 Back 4:09.07

Jim Dragon, 60
50 Fly 29.87





A QUESTION OF BALANCE (OR DIRE CONSEQUENCES) by Coach Emmett Hines

Revised from an article which first appeared in *Schwimmvergnügen* in 1997.

Watching each of my sons learning to walk, it was quite obvious that their first tentative steps required total focused concentration. Even then, they still fell down a lot. Now, at two and a half and five they both run everywhere and, I'm sure, give no thought to balance as they go about their important business. The issue of balance is now pretty much a no-brainer — they no longer spend much or any conscious brain cycles on the subject.

DIRE CONSEQUENCES

We all learn early in life that staying balanced on our feet allows us to avoid falling down and all that entails — getting bruised or bloody, and looking really foolish — things I refer to as “dire consequences.” The prospect of falling down provided the motivation to keep total focused concentration on that balance thing till it worked flawlessly nearly all the time. Later in life we went through roughly the same concentration/consequences feedback cycle in learning to ride a bike. The skills were a bit harder to acquire but, as luck would have it, the consequences were enough more dire to keep our attention fully focused till balance on the bike was a no-brainer as well.

NOT FALLING DOWN

Although we all know what it means to be balanced, bear with me as I get a wee bit more technical. Balance, on land, means that your body mass is properly distributed with respect to your support structure — in this case, your feet pressing on two small spots on the earth and those two spots pushing back on your feet with an equal amount of force (Remember those physics buzzwords “equal and opposite” from back in junior high school?). Assuming you can get your center of gravity aligned over a spot between your feet you can stand in one place long enough to buy tickets to a Moody Blues concert (did I just date myself?) without falling over. But, if your body mass becomes improperly distributed with respect to your support structure — as when a thoughtlessly placed patch of ice separates you from your balance — you fall down (or you quickly engage in an entertaining set of scrambling motions, then you fall down).

“Hey Coach,” you intone, “thanks for the visual image there, but what's all this got to do with swimming? I'm freezing my

butt off standin' here on deck while you flap yer gums when I could be crankin' out some yardage!”

Bear with me O Ye of Short Attention Span. Presently, these things shall be made clear.

But first, allow me to digress in a seemingly unrelated direction.

BUOYANCY AND GRAVITY

Let's say I cut off your legs and toss them in the water. Do they float or do they sink? For the vast majority of people likely to read this, they sink. For triathletes with only two percent body fat, they sink fast. How about if I cut off your arms and toss them in? Your head? Your lower torso? They all sink. In fact, for most swimmers the only part of the body that floats all by itself is the upper torso. Why? Your lungs - two sacs full of air that act as a buoy. If I cut out your upper torso and toss it in the water it'll float around like a cork.

Lemme digress even further. Visualize a water polo ball resting peacefully on the surface of a calm pool. The water pushes back on the bottom of the ball with exactly as much force as the ball exerts on the water — roughly one pound. Now, if you put your hand on top of the ball and press down with one additional pound of force two things happen: 1) the ball sinks down in the water a bit, and 2) the water increases its pressure pushing back up on the ball to match the sum of the ball's mass and the extra force you are pressing down with — a total of two pounds. Putting even more pressure on the ball causes it to sink further at the same time the water continues to match all downward (gravity and your hand) forces with upward (buoyant) forces. The harder you press the ball toward the bottom the harder the water pushes the ball back up (that “equal and opposite” thing again).

Patience. I'm about to pull this thing together.

NOT FALLING DOWN IN THE WATER

So, if balance on land is a matter of properly distributing your body mass with respect to your support structure then what is balance in swimming? Rephrasing a tag line from an old margarine ad campaign — “On land, in water, no difference.” (Dated again!)

Your upper torso—your buoy—is just

like that water polo ball. The harder you press it toward the bottom of the pool the harder the water pushes back on it.

This upward force acting on your buoy is your support structure. Pressing your buoy toward the bottom, or leaning on it, raises the hips in much the same way that pressing on one end of a floating kick-board raises the other end. By properly positioning your body and consistently pressing your buoy into the water you can support your entire body, including your hips and legs, right at the surface of the water without needing to use your kick to keep your legs up. You can spot a well-balanced freestyle swimmer because the centerlines of the head, shoulders, spine, hips and legs are all aligned parallel to and close to the water surface with little or no kick in evidence.

Swimmers who are not properly attuned to using buoy pressure to maintain balance typically use their kick to keep their hips and legs from sinking (I liken this to using a cane or a walker on land to make up for poor balance). And even with a strong kick the hips usually sit down in the water well below the shoulders and head. This is what I call “swimming uphill.” This creates loads of unnecessary frontal resistance. A 4-6 inch drop at the hips (very common) is enough to double frontal resistance from what a well balanced position encounters.

Conversely, learning how to maintain balance using buoy pressure (and proper inline head position) can raise those hips effortlessly to the surface and cut frontal resistance by half or more. In comparison to an unbalanced, low-hips position, this will feel like “swimming downhill” in two ways. 1) You'll feel as if you are tilting a bit down rather than a bit up (in fact you won't be tilting at all longitudinally, it'll just feel that way) and 2) Swimming will take less energy. Such a deal!

DON'T TRY THIS AT HOME

Try this experiment to see the effects of buoy pressure for yourself. Push off from the wall on your stomach with both arms at your sides and begin kicking easily. Keep your head in line — the crown of your head should be in line with your spine, nose pointed toward the bottom of the pool. Lightly press your buoy toward the bottom, allowing your hips to rise to the surface. The more of an “uphill” swimmer you are the more pressure you will need on your buoy to bring your hips to the surface. When you need to take a breath, lift your head straight up in front

to get a breath of air. Then put your head back down so that the crown is in line with your spine and press your buoy again. Note that when you lift your head, your hips and legs sink rapidly toward the bottom. And note that as soon as you get your head back in line with your spine and press your buoy, you can easily get re-balanced. The back quarter of your head, your shoulder blades and the cheeks of your butt will all be exposed to the air when you are in balance.

Now do the same thing again but after you are aware of being well balanced, start playing with the amount of buoy pressure. Try putting too much pressure on your buoy, enough to submerge your head and shoulders and poke your butt way out of the water, then go back to a balanced position. Next try letting some pressure off the buoy and feel your hips and legs sink. You should feel as though

you have complete control of the position of your hips and legs based on what you do with your head and buoy rather than by using your kick for that purpose. Finally, try swimming a length or two using your new-found balancing skills, feeling for your butt and hips to stay right at the water surface.

PONDER THE CONSEQUENCES

Aquatic balance is fundamental to efficient swimming. Without it, all other swimming activities are meaningless. Yet, for most swimmers, a sense of balance is not well developed. On land, there were dire consequences to help you stay focused long enough to turn land-balance into a no-brainer. Are there similar motivators to keep you focused long enough to get your water-balance dialed in? Ponder these consequences of poor water-balance: 1) With poor balance you are likely

spending twice as much or more energy than necessary to get from here to there, and 2) Right now, today, enlightened swimmers around you are looking at your unbalanced, low hips position and snickering to themselves about the way you swim and 3) Some of those same swimmers are talking behind your back.

How much more "dire" do you need?

Stay focused on the fundamentals and you will be a better swimmer! ☺

Taken from www.h2oustonswims.org. Emmett Hines is Director and Head Coach of H2Ouston Swims. He has coached adult swimming in Houston since 1982, is a Senior Coach for Total Immersion Swim Camps, holds an ASCA Level 5 Certification, was selected as United States Masters Swimming's Coach of the Year in 1993 and received the MACA Lifetime Achievement Award in 2002.



USMS REVAMPS ITS WEBSITE

Visit www.usms.org! USMS Webmaster Jim Matysek and Assistant Marian Briones have been very busy lately! The USMS Web Team, led by Matysek and Briones, recently unveiled the redesigned USMS web site and the new USMS SWIMMER micro web site. Built using the latest research on good web design principles, the redesigned site features an easy to use, flexible database-driven navigation system, restructured information, and more graphics.

The centerpiece of the web site is a redesigned home page, which allows for easy posting of feature stories, what's new information, lists of new articles, and news release notices. Released along with the new site are sections for All-American, All-Star, Oral History, and Stories about Swimmers plus an automated web content management system.

The USMS SWIMMER micro web site contains details about SWIMMER magazine, including subscription and advertising information. It will also contain an archive of materials from the magazine and a preview of the upcoming issue, which will be posted prior to publication. Please check www.usmsswimmer.com for a peek at the inaugural issue, sometime in mid to late February. ☺

USING SWIMMING TO IMPROVE GOLF STRENGTH, FLEXIBILITY, CONDITIONING

You've tried instructional videos, swing gadgets and experts' tips. But can swimming help take strokes off your score, improve your swing and increase your stamina? Yes, says Michael Collins, member of the United States Masters Swimming (USMS) coaches' committee and head Masters swim coach for the Novaquatics team in Orange County, Calif. His evidence:

1. Strength: Swimming develops the upper-body and core muscle strength golfers need for a smooth, powerful swing, and does so with minimal risk of injury. Swimming also requires strong core muscles to keep the body in a straight line. Freestyle and backstroke, in particular, force swimmers to rotate

from the hips around a vertical axis, keeping their bodies in a long "tube," just as golfers must keep their swing in a "barrel."

2. Flexibility: Swimming helps develop both upper- and lower-body flexibility. Proper kicking, especially with fins, forces ankles to become more flexible, strengthens the ligaments and tendons that support ankle movement, and increases flexibility in the hip flexors. Proper technique in all four swim strokes (freestyle, backstroke, breaststroke, butterfly) develops and maintains needed flexibility in the shoulders and back.

3. Conditioning: Swimming with proper technique is well known as one of the

top aerobic workouts. For golfers, better conditioning keeps fatigue at bay and allows concentration of energy on the swing. Avoiding getting out of breath walking up a steep hill to a tee or a green translates to being ready to hit your next shot.

4. Coordination: Swimming, done correctly, teaches coordination. Swimmers must coordinate in ways that parallel golf skills: legs with arms, core muscle movement with arm/leg movement. And swimmers have no choice but to be "breath control-oriented," which translates directly to greater efficiency and smoothness on the course.

Continued on page 9

JERSEY AREA MASTERS SWIM CLUB



The Jersey Area Masters Swim Club

Is Proud To Present A Clinic For Both Masters:

COACHES AND SWIMMERS

WITH

KARLYN PIPES-NEILSEN

2004 WORLD MASTERS SWIMMER OF THE YEAR

Saturday April 9, 2005

Who is Karlyn Pipes-Neilsen?

2004 World Masters Swimmer of the Year by *Swimming World Magazine*
 Holds 49 FINA Masters World records
 Holds 96 United States Masters National records
 Has been the USMS Female Swimmer of the Year 1997, 2002 & 2003
 Oldest athlete to set and/or hold an NCAA record, set at age 36
 339 time USMS All-American (achieved by earning #1 national ranking in an event)
 8 USMS Long Distance Records (3,000 yd., 6,000 yd, 5k & 1-hour postal)
 Has broken a FINA Masters World record in every stroke
 1st Female (40-44) and 2nd overall 2003 USMS National 3k open water championships
 Overall winner of Coronado Optimist One-mile Cable swim from 1995-2003
 1999 5k Open-water USMS National Champion for 35-39 age group
 3-time overall (female) winner of the Gatorman 3-mile, La Jolla, CA 1993-94 & 1996
 La Jolla Rough Water One-mile Swim Champion for 1994-2001
 Only swimmer to win "Daily-Double" Gatorman 3-mile/one mile swim combo 1994 & 1996
 For more information on Karlyn and her accomplishments please read the attached bio!!



Karlyn Pipes-Neilsen
 Swim Coach
 Motivational Speaker

CLINIC SCHEDULE:

Time	Master's Swim Coaches Track	Time	Master's Swimmer Track
9:00-9:30 am	• Registration	12:30-1:00pm	• Registration
9:30-10:10 am	• Coaching the Masters Swimmer – Strategies, Suggestions and Motivation- <i>Karlyn Pipes-Neilsen</i>	1:00-1:50pm	• Masters Swimming; Watch video footage, dryland body awareness, mini-motivational talk - <i>Karlyn Pipes-Neilsen</i>
10:20-11:00am	• Differences between Masters Swimmers – <i>Darek Hahn, Head Coach Jersey Area Masters</i>	2:00-3:15	• Freestyle – group training – Video tape all participants*, then a step by step freestyle stroke progression by <i>Karlyn Pipes-Neilsen</i>
11:10-11:50 am	• Coaching the New Adult Swimmer – <i>Karlyn Pipes-Neilsen</i>	3:15-3:30	• Short break-light snack provided
12:00-1:00pm	• Lunch		
1:00-1:50 pm	• Building a Masters Swimming Program – <i>Darek Hahn, Head Coach Jersey Area Masters, Chris McGiff, NJ Masters Chairperson & Bob Hopkins, NJ Masters Publicity Chairperson</i>	3:30-4:50pm	• Stroke work – <i>Karlyn Pipes-Neilsen Coaching Clinic Participants</i> . Swimmers will rotate through three 20-minute stations for fly, back and breast. Additional freestyle work is also available. Video*
2:00-6:30pm	• Support for Swimmers Clinic	5:00-6:30pm	• Video Review • W/Pizza Dinner Provided
* = During the Pool time swimmers will be given the opportunity to have a before and after videotaping, All videotaping will be reviewed by the coaches during the dinner session for immediate feedback and suggestions.			

The clinic will be held at the brand new John C. Witherspoon pool in Princeton, NJ.

For more information please contact:

Darek Hahn at 609-947-3780 or by e-mail at dhahn@jerseyareamasters.com

TCNJ GARDEN STATE MASTERS – MASTERS SWIMMING FRENZY MEET ENTRY FORM

Sanctioned by GSM for USMS, Inc. – Sanction # - 075-002

USMS # and club (Must Include Copy Of Card)					
Name:					
Address:					
City, State, & Zip:					
Phone:		Date of Birth:		Age:	
				Sex:	

WHEN? – MARCH 26, 2005 WARM-UPS: 12:00 PM MEET STARTS: 1:00 PM

All times submitted should be in Short Course Yards. Entries will be seeded by time and all events will be mixed.

EVENT #	ENTRY TIME	EVENT #	ENTRY TIME
1.	_____ 500 FREE	10.	_____ 100 BREAST
2.	_____ 200 MEDLY RELAY	11.	_____ 100 IM
3.	_____ 200 FLY	12.	_____ 100 FLY
4.	_____ 50 BACK	13.	_____ 200 BACK
5.	_____ 100 FREE	14.	_____ 50 BREAST
6.	_____ 200 BREAST	15.	_____ 200 FREE
7.	_____ 200 IM	16.	_____ 50 FLY
8.	_____ 100 BACK	17.	_____ 400 FREE RELAY
	TEN MINUTE BREAK	18.	_____ 400 IM
9.	_____ 50 FREE		

<p>Entry Fee Calculation (Relays \$8 - will be deck entered)</p> <p>____ Individual Events X \$4.00 \$ _____</p> <p> Plus Meet Surcharge \$10.00</p> <p>____ T-Shirt M L XL @ \$12.00 \$ _____</p> <p>Total Entry Fee \$ _____</p>	<p><input type="checkbox"/> Check Enclosed (Made out to TCNJ Varsity Club)</p> <p>Entries Must Be Posted Marked By March 18th 2005 and Mailed To:</p> <p>TCNJ Varsity Club:</p> <p>1501 Parkside Ave. Apt. 13K Ewing, NJ 08638</p> <p>**Must include a Copy of Your USMS Card</p>
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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. (RULE BOOK ARTICLE 203.1)

DATE: _____ **SIGNATURE:** _____

Email: tcnjmasters@yahoo.com

Swimming is finessing your way through the water with strength. The key word in this statement is strength. A couple of weeks ago we did a set that involved completing some push-ups in between 25 sprints. Some individuals had difficulty completing three push-ups.

Swimming helps develop strength, but there is a limited amount of strength gain due to the fact that swimming is an aerobic activity. The main benefit gained from an aerobic activity is cardiovascular improvement. To take your swimming to another level, you must perform some type of resistance training. This may involve the use of free-weights, nautilus type of equipment, or your own body weight.

Some may ask what is type of resistance training is best. The simplest answer is, "any type is better than none at all."

You want to concentrate most of your time to the abdominal muscles. These muscles will include external and internal obliques, transverse abdominis, and rectus abdominis. The muscles that counter balance the abdominal muscles are the erector spinae muscles that control the movement and stability of the spine and lower back. These muscles are the longissimus, spinalis, and iliocostalis muscle. Believe it or not these seven muscles are the most important muscles for swimming. Ever stroke you take starts and finishes with the use of these muscles. These muscles are continuously performing an eccentric contraction (lengthening) and concentric contraction (shorting). The better these muscles are developed, the more effectively you can reach out in front, pull underneath your body, and finish your stroke.

"Why do I struggle so much with butterfly?" I hear this question A LOT! Have you ever noticed when swimming butterfly that the first part of the stroke technique to break down is the length or the distance you cover per stroke. This is because you are very quickly reaching a state of fatigue in your stomach muscles. The weaker you are in the abdominal and lower back muscles, the faster you will lose your stroke. This is also true for breaststroke and freestyle. When I tell you to keep the distance per stroke, I am helping you concentrate on developing your abdominal muscles. The pain in your stomach is coming from the over use of weak muscles.

What can you do? Very simple -- sit-ups, crunches, back raises, V-ups, kicks, and leg raises. When you perform these simple exercises, maintain control and do them slowly. Do not use body momentum to

help you perform these exercises. If you can, only start off completing 3-5 at a time. Slowly increase the number as you get stronger. Starting with one is better than not starting at all.

The next set of muscles to concentrate on are your upper body and shoulder muscles. Swimming through the water is 70-80% upper body and 20-30% legs. When developing upper body strength for swimming purposes, you want to concentrate on swimming specific muscles, specific swimming movements and range of motion. THE LAST EXERCISE YOU WANT TO PERFORM IS THE BENCH PRESS. This will decrease your swimming ability. When you are in the water, what stroke has the same range of motion as the bench press? NONE! When you are pushing a large amount of weight (greater than 60% of your body weight) away from your body, you are destroying the rotator cuff muscles. When performing the bench press, too much of the weight is supported and stabilized by the rotator cuff muscles. These are the most important muscles for swimming. Have you ever wondered why so many swimmers have shoulder problems? One, because of poor stroke technique, and two, because of improper resistance training.

On the other hand, one of the best exercises for swimming is a push-up. The push-up only uses about 40-50% of your body weight with more of the weight evenly distributed to the rotator cuff muscles, deltoid muscles, and pectoralis muscles. Have you noticed that when you get fatigued from doing push-ups, you feel the fatigue evenly distributed between your chest and arms?

Other swimming friendly resistance exercises include any type of activities that require you to pull weight towards your body to simulate the front part of your stroke or push weight down and away to simulate the finishing of your stroke.

Upper body exercises include: pull-ups (palms facing away), chin-ups (palms facing you), dips, lat pull down, tricep extension, seated rows, standing lateral raise, bicep curls. When you perform these exercises, you should have a full range of motion. If you cheat and do not fully extend your muscles, you are conditioning the muscles to decrease the range of motion. This will decrease the length of your swim stroke.

Lower body exercises include: squat, forward lunge, leg press, calf raises, abductor/adductor machine, and calf raises. When performing leg exercises concentrate more on light weight and high repetitions.

To help keep the muscles conditioned for swimming, I recommend you lift before swimming so the muscles can be stretched out during swimming. At first this may be difficult to accomplish but if you maintain your distance per stroke, you will keep your range of motion. When you lift after practice, you are conditioning the body to decrease your range of motion and shorten your swim stroke.

Some type of resistance work is better than none. If you have to start off with only one push-up that is OK, at least it's a start.

Taken from District of Columbia Aquatics Club website: www.swimdcac.org

MIDDLE DISTANCE FREESTYLE WORKOUT

The following workout comes from Charlie Flatness of Des Moines Masters. It's 2,950 yards and you can change intervals to suit yourself. It was taken from www.swiminfo.com.

Warm-up

400 Swim
4 x 50's kick
4 x 50's pull
1:20 per 100 pace
15 sec rest on 1:00

Main Set

4 x 200's swim
50 EZ
4 x 100's swim
50 EZ
5 x 50's pull
50 EZ
5 x 50's swim
50 EZ
On 3:30 descend as needed
2:00 descend and hold as needed
on 1:00 work on alt breathing as needed
on 1:00 fast as needed

Warm-Down

100 warm down

NEW MAGAZINE

For those magazine junkies like myself, there's a new one out that you might want to peruse. It's called GeezerJock and it's a monthly Masters sports and fitness magazine aimed at over-40 athletes. You can sign up for a free subscription at www.geezerjock.com.

Continued from page 4

USING SWIMMING TO IMPROVE GOLF STRENGTH, FLEXIBILITY, CONDITIONING

Gregg Amber, a 48-year-old Costa Mesa, Calif., attorney, was an irregular golfer who, after he started swimming regularly, had to adjust his club selection 1 to 1-1/2 sizes because he was hitting the ball 10 to 20 yards over the greens.

"I never hit a 300-yard drive until I started swimming regularly," Amber said. "I used to drive 280 when I was younger and did lots of weight training. Now, I haven't been weight training, but I swim three or four times a week in a coached Masters practice. It has made all the difference."

Because swimming relies so heavily on technique, says USMS's Collins, "an individual with good technique will out-swim a well-trained athlete with marginal form any day."

In Castle Rock, Colo., Dean Bennett, 38, today is president of Dean Bennett Design and Construction, Inc. Bennett is a former golf professional who at one time played 100 to 150 times a year. Now an architectural designer and contractor, he is only able to play five to 10 times a year. "Since starting to swim regularly, with good technique, I'm still able to keep near par with little practice," said Bennett. "I've noticed that I have significantly less back and shoulder pain than I used to. Swimming has helped develop the strength and flexibility I need, and I'm now more confident in relying on my strong core muscles to produce a fluid swing."

To make swimming an effective workout, Collins recommends learning proper form through clinics, workshops, group or individual lessons. Resources include:

- Local rec centers, YMCAs, Jewish Community Centers, colleges or high schools with swimming programs.
- Total Immersion (www.totalimmersion.net) – Offers instructional videos and clinics.
- GoSwim (www.goswim.tv) – Offers instructional videos and clinics.
- United States Masters Swimming (www.usms.org) – While USMS is not a learn-to-swim organization, the Web site offers a listing of clubs and a worldwide "Places to Swim" directory. ☎

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

The Atlantic Club Workouts are M,W,F 6-7pm, T & H 7-8am and Sat. 8-9am. Contact: Andreas Roestenberg at andreas@h2velocity.com or www.atlanticclub.com or 732/292-4372.

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

Blair Academy (in Blairstown) Different session for different ability levels. Contact coach Ed Dellert days at 973/764-5252 or eddellert@warwick.net.

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink at donfink@comcast.net, workouts T at 8pm & H at 5:30am.

The Connection for Women and Families (Summit) Workouts are T & H 6:30-7:30am, W 7-8pm. Contact Amanda Stover or Steve Honohowsky; 908/273-4242, amanda.stover@theconnectiononline.org.

Hoboken YMCA Workouts are M & W 7-8pm. Contact Ignacio Sanchez, Aquatic Director at 201/963-4100, ext 22.

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 Metro West (West Orange) Workouts are W 8-9pm and Sun 8-9am. Contact Coach Melanie Fink at mfink38@comcast.net

JCC Metro West (Whippany) Workouts are H 8-9pm. Contact Coach Melanie Fink at mfink38@comcast.net

Jersey Area Masters, Princeton Fitness and Wellness, workouts M-H 7-8 or 8-9:30pm. 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 head swim coach Ed Foeri; 973/822-YMCA, ext 228 or Dave Wray, ext 230. Workouts are M & W 8:20-9:30 pm.

Metuchen-Edison YMCA Workouts are T & H from 8:15-9:30 pm. Contact Jay Muldoon at jmuldoon@att.com

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 YMCA Workouts are M & F 8:30-9:30 pm. Contact Sue Ludzki at 201/444-5600 or Andrea Luallen-Egg at rymastersandrea@optonline.net

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.

Somerset Valley YMCA (Bridgewater) Contact Melanie Fink; 908/526-0688, mfink38@comcast.net

Sussex Tech Adult Career Center Workouts are Tues and Thurs 6-7 pm. Contact Christine Hollis at 973/383-6700 or CHollis@sussex.tec.nj.us

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

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

County College of Morris Contact Nicole Agresto, pool coordinator; 973/328-5257, nagresto@ccm.edu

Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 6811. Workouts: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.

Monmouth Swim Hawks Monmouth University, West Long Branch Workouts are M,W & F mornings from 7am-8am. Contact Robert Vorhees, Aquatics Director, Monmouth University; rvorhees@monmouth.edu or 732/263-5601. Or contact Murray Simon at 732/229-7623.

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.

Morris Center YMCA Contact Ed Soder; 973/267-0704, esoder@morriscenterymca.org

Princeton Area Masters Contact Tink Bolster; 609/924-4222 or contact Princeton Recreation Department; 609/921-9480 and ask for Kate Herlihy. 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.

Montclair YMCA Contact Billy Wilkenson; 973/744-3400

Westfield YMCA Contact Paul Casazza; 908/233-2700, pcasazza@westfieldynj.org

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

Somerset Hills YMCA Contact Karley Dabry; 908/766-7898, ext 529.

Sussex County Technical School (Sparta) Tues and Thurs 6-7 pm. Contact Sharon Vogel; 973/383-6700, ext 255.

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

FORMATIVE (this new category refers to pools that have an interest in coached workouts but aren't there yet. Call if interested. Maybe you can get things going)

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

Greater Bergen County YMCA Contact David Allerd at blueridge81@yahoo.com

West Morris Area YMCA Contact Kathy Fisher; 973/388-1120 or kathy@wmay.com

St. Francis Community Center Aquatic Center (Brandt Beach, Long Beach Island) Contact Linda Behr; 609/494-8861, lbwehr80@aol.com

Ocean Club (Stafford Twsp, Manahawkin) Contact Kara Cassidy; 609/653-0939, karaswims@comcast.net

Newark YMCA Contact Janelle Uroff; 973/624-8900, ext 6811, swim@newarkymca.org

ADDRESS:



MEET CALENDAR

MEETS IN NEW JERSEY

MARCH 26

"FEBRUARY" FRENZY MEET. Entry enclosed.

MEETS OUTSIDE OF NEW JERSEY

APRIL 30

"WE THE SWIMMERS MEET," PHILADELPHIA, PA, UNIV. OF PA, SHEER POOL. Go to www.philadelphia-fins.org/Swim_Meet/swim_meet.html

MAY 29

JIM McDONNELL 1 & 2 MILE LAKE SWIMS LAKE AUDUBON, RESTON, VA
www.restonmasters.org

JUNE 4

POTOMAC RIVER 7.5 MILE SWIM POINT LOOKOUT STATE PARK, MD
www.crosslink.net/~cherylw/pr2005i.htm

JUNE 11

FLAG DAY 1 MILE SWIM NEW YORK, NY
www.nycswim.org

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 2/5/05. Check the site for updates or check www.bayswim.com. Race fills up quickly.

JUNE 18

SWIM FOR LIFE 1, 2, 3, 4, & 5 MILE SWIMS CHESTERTOWN, MD www.swimdca.org

JULY 9

MANHATTAN ISLAND MARATHON SWIM 28.5 MILES NEW YORK, NY www.nycswim.org

JULY 16

RACE FOR THE RIVER .5 MILE SWIM NEW YORK, NY www.nycswim.org

JULY 31

PARK TO PARK 1 MILER NEW YORK, NY
www.nycswim.org

AUGUST 6

BOSTON LIGHT 8 MILE SWIM BOSTON, MA OW; Contact: John Werner, Race Coordinator Cell: 617-835-1242, Work: 617 695 2300 x 103 Email: johnwerner@citizenschools.org Web: <http://www.bostonlightswim.org>

AUGUST 20

THE GREAT HUDSON RIVER SWIM 2.8 MILES NEW YORK, NY www.nycswim.org

SEPTEMBER 17

LITTLE RED LIGHTHOUSE SWIM 7.8 MILES NEW YORK, NY www.nycswim.org

CHAMPIONSHIPS

APRIL 21-23

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

APRIL 22-24

COLONIES ZONE SCY CHAMPIONSHIPS, GEORGE MASON UNIVERSITY, FAIRFAX, VA. Go to www.patriotmasters.org or www.usms.org

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.mastersmvswwimming.org

**AS LONG
AS YOU'RE
GOING TO
BE THINKING
ANYWAY,
THINK BIG.**

—DONALD TRUMP