

FASTLANE



2006 NJ MASTERS SWIMMING MEMBERSHIP PROMOTION CAMPAIGN

Fellow NJ Masters Swimmers,

The NJ Local Masters Swimming Committee (NJ-LMSC) invites the NJ Masters swimming community to participate in a series of contests aimed at increasing the registered USMS membership within its geographic area.

Registration within the NJ-LMSC has plateaued at approximately 500 swimmers over the last several years. The NJ-LMSC Board, with the guidance of the Ad-Hoc Membership Promotion committee, has organized this event to increase the current membership level.

To help accomplish this objective, and promote USMS membership, we need your assistance. And, to encourage your participation, and a little friendly competition, the NJ-LMSC would like to announce three (3) contests associated with the 2006 NJ Masters Swimming Membership Promotion Campaign.

ELIGIBILITY:

The contests are open to all current USMS-registered swimmers resident in the NJ-LMSC geographic area (Sussex, Passaic, Bergen, Warren, Morris, Essex, Hudson, Hunterdon, Somerset, Union, Mercer, Middlesex, Monmouth, and Ocean counties only)

RULES:

- 1) The contest periods are as follows: 11/1/2005 – 3/31/2006, 4/1/2006 – 6/30/2006, and 7/1/2006 – 10/31/2006.
- 2) An official referral by a registered USMS member is required on the new member registration form. Credit for the referral is contin-

gent on the name of the current USMS member appearing on the new member's USMS registration form.

- 3) All records of new member referrals will be maintained by the NJ-LMSC Registrar.
- 4) Referral awards are limited to new 2006 USMS-registered members only. Returning or renewing members are not considered new USMS members.
- 5) New USMS-registered swimmers must reside within the NJ-LMSC geographic area.
- 6) Official receipt date of the new USMS member registration will determine the contest period for which a referral is recognized.
- 7) Newly registered USMS swimmers are eligible to participate in the contests from the date their registration form is received by the NJ-LMSC Registrar.
- 8) All participant referral credits start or re-start at zero at the beginning of each contest period.

AWARDS:

- 1) At the conclusion of each contest period, eligible participants will receive \$2 for each official referral of a new USMS swimmer registering for the 2006 membership year.
- 2) Award recipients can choose between receiving a check or a discount off of their 2007 registration fee in the amount of the award achieved.
- 3) The NJ-LMSC Treasurer will manage the awards program.

- 4) Check awards will be distributed one (1) week following the conclusion of each contest period.
- 5) Recognition of the top five award winners will be announced in the newsletter, FastLane, and on the NJ-LMSC web site, www.gsm-swim.com.

On behalf of the NJ-LMSC Board, I would like to thank all NJ Masters Swimmers for your efforts in making the 2006 Membership Promotion Campaign a success. Best of luck to you all!

Sincerely,
Chris McGiffin
NJ-LMSC Chairperson

PS. For questions or further information about the NJ-LMSC Membership Promotion Campaign, please contact Chris McGiffin (908-630-0166, CMcGiff@aol.com) or Tom Brunson (973-279-7153, tbrunson@worldnet.att.net)

INSIDE THIS ISSUE

PAGE 2	• LIGHT THOSE CANDLES!
PAGE 3	• CAFFEINE AND EXERCISE PERFORMANCE: WHAT STUDIES SAY
	• 9-YEAR-OLD SWIMS FROM ALCATRAZ
PAGE 4	• IRONBLOKE REPORT
	• QUALIFYING TIMES FOR WORLDS
PAGE 5-6	• JAM ENTRY FORM
PAGE 7	• LONG COURSE NATIONALS RECORDS
	• PROMOTE MASTERS SWIMMING
PAGE 8	• 2005 USMS CONVENTION NOTES
PAGE 9	• PLACES TO SWIM
	• FREE USMS PLANNERS
PAGE 10	• MEET CALENDAR

NJ LMSC OFFICERS



LIGHT THOSE CANDLES!

Happy birthday to the following 84 November and December babies:
(Correction—Joel Stein turned 55 in October, not 54 as I said)

CHAIRMAN

Chris McGiffin
75 Cross Road
Basking Ridge, NJ 07920
908/630-0166
CMcGiff@aol.com

VICE-CHAIRMAN & CLINICS COORDINATOR

Darek Hahn
102 Manlove Avenue
Hightstown, NJ 08520
609/947-3780
DHahn@princetonlightwave.com

TREASURER & REGISTRAR

Tom Brunson
11 Garret Drive
West Paterson, NJ 07424
973/279-7153
tbrunson@worldnet.att.net

SANCTIONS & SAFETY CHAIRMAN

Judy Ramirez
882 Landers Street
Toms River, NJ 08753
732/244-4602
judyiramirez@yahoo.com

SECRETARY, WEBMASTER, TOP TEN, RECORDS

Ed Tsuzuki
103 Orion Way
Neshanic Station, NJ 08853-4264
908/371-9179
edtsuzuki@patmedia.net

PUBLICITY & MARKETING

Bob Hopkins
8 Deire Drive
Sparta, NJ 07871
973/729-3686
swimsmart@yahoo.com

OPEN WATER & FITNESS CHAIRMAN

Jack Frain
3409 Sandpiper Way
P.O. Box 702
Allenwood, NJ 08720
732/528-8482
jjfrain@hotmail.com

NEWSLETTER EDITOR

Linda Brown-Kuhn
451 Sweet Hollow Rd
Bloomsbury, NJ 08804
908/479-1038
lbk@sprintmail.com

NEWSLETTER GRAPHIC DESIGNER

Jeanne Coon
134-B Bayshore Dr.
Barnegat, NJ 08005
973/401-1574
jeannecoon137@aol.com

Austin Newman	90-94	David Feldman	45-49
William O'Brien	75-79	Joann Spranz	45-49
Robert Stricker	75-79	Sue Lawson	45-49
Marie-Jean Carroll	75-79	Laurie Kramer	45-49
Edward Breisacher	70-74	Oscar Gonzalez	45-49
John Ruman	65-69	John Naylor	40-44
Norma Fallon	65-69	Randy Miller	40-44
Joel Pitt	65-59	Julie Canfield	40-44
Barbara Rosenbaum	60-64	Brenda Ziegler	40-44
John Hunt	60-64	James Wood	40-44
Joseph Perrine	60-64	Herb McCaffrey	40-44
Arlene DePolo	60-64	Matthew Starr	40-44
Alan Fidler	60-64	Elizabeth Bromley	40-44
Carol Zanoni	55-59	Michael Stewart	40-44
Richard Wallace	55-59	Jacqueline Jankewicz	40-44
Robert Cenker	55-59	Elyssa Malakoff	40-44
Tom Geiman	55-59	Andrew Wallace	40-44
Robert Nissen	55-59	Bridget Nastasi	35-39
Cathy Deats	55-59	Maryann Howes	35-39
Irene VanVranke	55-59	Tom Edenbaum	35-39
David Allred	55-59	Kathleen Hermes	35-39
John Casella	50-54	Brian Hayes	35-39
Daniel O'Connell	50-54	Jane Helstrom	35-39
Brian Fagan	50-54	Brian O'Sullivan	35-39
Michele Pfaff	50-54	Adam Duncan	35-39
Jack Wilson	50-54	Alan Howard	35-39
Paul Gondek	50-54	Jessica Kelley	35-39
Steven Levine	50-54	Krista Macaulay	35-39
Holly Houston	50-54	Matthew McKenna	30-34
Harry Sievers	50-54	Theodore Stephens	30-34
Donald Denny	50-54	Sukbin Song	30-34
Paul Swanson	50-54	Noelle Hays	30-34
Mike Ciolino	50-54	Zachary Wilson	30-34
Ronald Loria	50-54	Sonja Koppenwal	25-29
Morris Hawn	45-49	Kurt Wehmann	25-29
Richard Schluter	45-49	Kristy Jaheriss	25-29
Pat Quinlan	45-49	Kathryn Brower	25-29
Margaret Estlow	45-49	Joanna Carlsen	25-29
Thomas Gortych	45-49	Paul Buren	25-29
Peter Kalibat	45-49	James Specht	25-29
Carol Mateo	45-49	Matthew Gallagher	25-29
Ed Tsuzuki	45-49	John Delooper	20-24



CAFFEINE AND EXERCISE PERFORMANCE: WHAT STUDIES SAY

CAFFEINE MAY HELP JOCKS ABSORB CARBS

Caffeine can boost athletes' energy levels by raising the body's absorption of carbohydrates, British scientists concluded from new research.

Introducing caffeine into sports drinks raised the body's carb absorption rate by 26%, the scientists at the University of Birmingham found. They emphasized that the results don't necessarily prove that caffeine enhances performance, according to the Associated Press.

Study participants were given enough caffeine to equal four cups of coffee per hour, the researchers said. Caffeine, found in coffee and cola, was removed from the World Anti-Doping Agency's list of banned substances last year. The agency, however, continues to monitor how it is used, the wire service said.

—Taken from *HealthCentral.com*, 10/05

BETTER OFF IN THE LONG RUN

Consider switching to tea for a caffeine jolt before a race. A recent study review in the *Scandinavian Journal of Medicine & Science in Sports* confirmed that ingesting caffeine can improve your athletic performance, but coffee is not the best delivery system. Java

may be less efficient because of "the interaction of caffeine with the hundreds of other chemicals contained in coffee," say study author Mike Doherty, Ph.D. he reviewed 21 caffeine studies and concluded that caffeine reduces perceived exertion by 6 percent, meaning you can run harder for a longer period of time. Overall performance was boosted by 11 percent. Ideal dosage is 150 milligrams, the amount found in 24 ounces of tea. Drink it 90 minutes before start time for maximum effect.

—Taken from *Sept. 10/Oct. 2005 Women's Health magazine*

CAFFEINE MAY EASE THE 'OUCH' OF EXERCISE

Your morning cup of coffee may do more than give you a jolt to get you going, it may also make your workout less painful. A new study suggests that caffeine reduces exercise-induced muscle pain. Researchers say pain-relieving effects of caffeine may actually help explain why caffeine has been shown to improve endurance. Researchers say the mechanisms behind what causes muscle pain aren't clearly understood because different tissues in the body can trigger different types of pain, depending on the individual.

"Muscle contractions produce a host of biochemicals that can stimulate pain," says researcher Patrick O'Connor, professor of exercise science at the University of Georgia.

In this study, researchers monitored 16 young men as they rode a stationary bicycle for 30 minutes on two separate days. The intensity of the exercise was the same on both days and was designed to be strenuous and induce muscle pain. On each day, the participants took either a caffeine pill or placebo pill one hour before the exercise session. The study showed that the riders reported substantially less pain in their thigh muscles after taking the caffeine pill than when they took the placebo. But researchers say the effects of caffeine on reducing muscle pain were less significant among heavy caffeine users because the caffeine had altered their pain receptors.

But there are still more questions that need answering. Researcher Robert Motl, assistant professor of kinesiology at University of Illinois says, "The next step is to learn how caffeine helps people feel less muscle pain during exercise. We don't know yet whether the caffeine is acting on muscles or the brain." ☹

—Taken from *WebMD.com*, 9/17/03



9-YEAR-OLD SWIMS FROM ALCATRAZ

SAN FRANCISCO (AP)

—A 9-year-old boy swam the cold, choppy waters between Alcatraz island and the San Francisco



shoreline Monday, raising \$30,000 in donations for Hurricane Katrina victims.

Johnny Wilson, a fourth grader from Hillsborough, called the swim in the 53-degree San Francisco Bay "tiring" but said he kept telling himself, "I'm almost there, I'm almost there."

"The beginning was the hardest because I was all cold," he said.

His classmates were waiting for him on shore, cheering as he made it to Aquatic Park.

"Go, Johnny! Go, Johnny!" the group chanted.

Johnny finished the 1.4-mile swim from the infamous prison island in under two hours.

The prison closed in 1963 and never officially recorded a successful inmate escape. ☹

© Copyright 2005 The Associated Press. All rights reserved.



IRONBLOKE REPORT

By Doug Clark

I was asked to share my experiences at the World Ironman Triathlon Champs in Hawaii on October 15th. The following words should ensure I that I don't get asked again...

The crystal clear water of Kona Bay is normally 79 degrees but most of my 1800 fellow qualifiers were raising the temperature somewhat. No, not by a process of conduction. The cutoff time to complete the 2.4 ml sea swim is 2:20:00, not always enough for some of the older competitors. We set off amid a sea of limbs with schools of fish and the odd giant turtle below and schools of helicopters above. I had to do doggie-paddle for 2 minutes as everyone seemed to swim straight to the first of 10 in-line buoys, which did my time no favours. Did these people never study Pythagoras? The current and swells were tolerable and all but two of the 3599 arms and 3598 legs got to start the bike leg before the cutoff. The same dropout rate applied to my qualify-

ing race, Ironman Lake Placid in July. There the two arms and legs belonged to a bloke whom it transpired had been training hard for the race while living off disability allowance. He was arrested as he left the lake! My goals of fastest New Jerseyite and fastest British finisher were on shaky ground after a very mediocre 1:03 swim, 7 minutes more sedate than at the calm wetsuit-legal Ironman Lake Placid, while British former world champ Simon Lessing led the race way ahead.

Uncharacteristically light winds made the rolling 112 mile bike course less uninviting than in recent years, when the notorious 50mph crosswinds had scared the poop out of us, so inside of five hours after jumping (literally) onto my Van Dessel and heading into the lava fields, I was donning sneakers and heading down the famous Alii Drive in Hawaii's unforgiving sun, 88 degrees, and humidity that's normally found only in your YMCA's steam-room. This is where goofing the swim and bike starts to

pay dividends. I try to race like I'm trying to live my life - by negative splitting it (well I was a shy kid). This is very effective but requires knowing your capabilities very well, and on two previous occasions I'd done what's commonly known as the "Queen K shuffle", walking the last hour along the Queen Kaahumanu highway. This time it went to plan, running a 3-10 marathon to haul in a bunch of bona-fide swimmer-types and umpteen over-optimistic professionals. One toenail later, all goals were achieved, but only just, since NJ is a triathlon hotbed with Jerseyites Chris Martin, Mike Llerandi and Chris Gebhardt all breathing down my neck near the finish. I owe thanks to my wife Hillary, my Berkley Masters swim coach Tristan Formon, and to over 3000 incredible volunteers, most of whom I thanked on the way round the course (really).

Time: 9:16:03 (1:03:06, 4:57:59, 3:10:32); 90th overall, 8th out of 256 M35-39, 34th amateur.



QUALIFYING TIMES FOR WORLDS

Bob Hopkins recently asked Michael Moore, the meet director of the FINA World Masters Championships that will be held next August at Stanford University what the story is on "qualifying times". Here's what Moore had to say. Qualifying times in a FINA World Masters Championships means that you must achieve the qualifying time to be considered for a medal. You do not have to have swum the event with that qualifying time or faster before the meet. Thus, if the qualifying time is 40.00 sec for the event and at every meet you swim a 39, then swim a 40.04 at the meet you receive no time for the event. The results will say "No Time." If for the same event you have swum 41 seconds for the past year then swim at 39.90 at the Championships, your time will count and be considered for an award. Qualifying times are at:

<http://www.2006finamasters.org/index.php?topic=meetinfo> then go to standard entry times.





Jersey Area Masters Swim Club Presents: The 2nd SCM Holiday Classic

Saturday & Sunday, December 10-11, 2005
The College of New Jersey, Ewing, NJ

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #: 075-006

- Facility/ Warm-up:** The College of New Jersey Aquatic Center opened in 1987 as one of the finest indoor aquatic facilities in the northeast. Measuring 126 feet by 67 feet and costing over \$4.5 million to construct the TCNJ pool is divided by a moveable bulkhead, there will be 8 lanes used for competition. Lap lanes in the diving well will be available during the meet for warm-up and warm down. Diving only in designated one way sprint lanes. **Diving is not allowed in the separate warm-up area at any time.**
- Schedule:** **Saturday & Sunday 8:00am warm-up – 9:00am 1st Heat (On Saturday only** there will be a second general warm-up session at approximately 10:30am, with events resuming at approximately 11:30am).
- Entries:** Swimmers may register for a maximum of 5 individual events per day, not including relays. The 800 & 1500 Freestyle will be limited to the first 24 entries. Heat sheets and distance event lists will be posted on the internet Wednesday before the meet. No refunds for distance swimmers not allow to swim due to limit being reached, **register early.** All entry discrepancies must be brought to the meet directors attention prior to the beginning of competition on the first day. All information including an estimated timeline and results (following the meet) will be posted at www.jerseyareamasters.com and results will be submitted for top ten consideration. **This meet is limited to the first 300 swimmers registered!!**
- Distance Check-in:** **The 1500, 800 & 400 meter freestyle & 400 IM require positive check-in.** Swimmers must check-in 1 hour before the anticipated start of the race. Heat sheets will be posted throughout the pool area once the events have closed.
- Seeding:** All 50-100-200 meter events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with “No Times” will be seeded in the slowest heat.
- Age Groups:** Individuals: 18-24, 25-29, 30-34, etc. through 90+. Relays: Total age of swimmers in the following categories: 76-99, 100-119, 120-159, 160-199, 200-239, + 40 year increments as high as necessary. Mixed relays must consist of two men and two women.
- Eligibility:** Open to all USMS registered swimmers. Swimmers must be 18 years of age on the date of the meet and must include a copy of their USMS card with their registration.
- Awards:** Distinctive awards will be given for first through third place teams. Medals will be awarded for first through third place in individual events and 1st place only in relays in all age groups & categories. Ribbons will be awarded for fourth through sixth place in individual events.
All awards will not be mailed after the event
- Scoring:** Individual Events: 1st through 8th place 9,7,6,5,4,3,2,1, Relays 1st through 8th place double points.
- Registration:** **All entries must be received by Wednesday November 30, 2005. Absolutely no late or deck entries!**
- Timing:** Electronic timing will be utilized. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers. **If the possibility of a national or world record exists please notify the head official in advance of your race to back up timers can be in place.**
- Lockers:** **The locker room space is very limited, plan to keep your personal belongings with you.**
- Entry Fees:**
- | | |
|------------------------|---|
| Pool Surcharge: | \$10 per swimmer (Including relay only swimmers) |
| Individual Events: | \$5 per event |
| Relays (deck entered): | \$10 per relay (Saturday’s due by 10:30am, Sunday’s due by 8:30am) |
| Long Sleeve Tee’s: | \$15 per shirt pre-ordered (\$20 at the meet), custom designed for this event |
- Questions:**
- | | |
|--------------------|---|
| Meet Information: | Darek Hahn, 609-947-3780 or by e-mail at dhahn@jerseyareamasters.com |
| Local Information: | Vanja Sikirica, 443-570-9817 or by e-mail at vsikir5@ompus.jnj.com |

Local Hotels can also be found at www.jerseyareamasters.com

Jersey Area Masters Presents: The 2nd SCM Holiday Classic

Saturday & Sunday, December 10-11, 2005

The College of New Jersey, Ewing, NJ

Individual Meet Entry Form



Deadline:

Received by Wednesday, November 30, 2005

(A copy of your USMS card must be included with your entry)

Mail Entries to:

Jennifer Harnett, Registration Chairperson
27 Flower Hill Dr.
Pennington, NJ 08534
609-771-2383

Make Checks Payable to:

JERSEY AREA MASTERS SWIM CLUB

Entries without USMS card attached will be returned to sender!

Name (as it appears on USMS card):		Please Supply the following information in case there is a problem with your entries:	
Address:		Daytime Phone:	
USMS number:	Team (may be workout group):	Evening Phone:	
Birth date:	Age:	Sex:	E-mail address:

RELEASE OF LIABILITY BY PARTICIPANT:

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)

Signature: _____ Date: _____

Enter your **BEST SHORT COURSE METERS TIME** for each event you wish to swim (put "NT" for No Time).

#:	Event:	Entry Time:		#:	Event:	Entry Time:	
Saturday, December 10, 2005			Sunday, December 11, 2005				
1.	1500 Meter Freestyle			18.	Men's 400 Free Relay	Deck Entered	
2.	Men's 400 Medley Relay	Deck Entered		19.	Women's 400 Free Relay	Deck Entered	
3.	Women's 400 Medley Relay	Deck Entered		20.	Mixed 400 Free Relay	Deck Entered	
4.	Mixed 400 Medley Relay	Deck Entered		21.	100 IM		
5.	100 Breast			22.	200 Back		
6.	200 Fly			23.	100 Butterfly		
7.	100 Free			24.	50 Breaststroke		
8.	50 Back			25.	400 Freestyle		
9.	Men's 800 Free Relay	Deck Entered		26.	Men's 200 Medley Relay	Deck Entered	
10.	Women's 800 Free Relay	Deck Entered		27.	Women's 200 Medley Relay	Deck Entered	
11.	Mixed 800 Free Relay	Deck Entered		28.	Mixed 200 Medley Relay	Deck Entered	
12.	400 IM			29.	200 Breast		
13.	200 Freestyle			30.	50 Free		
14.	50 Butterfly			31.	200 IM		
15.	Men's 200 Free Relay	Deck Entered		32.	100 Back		
16.	Women's 200 Free Relay	Deck Entered		33.	800 Free		
17.	Mixed 200 Free Relay	Deck Entered					
						Surcharge	\$ 10.00
						Events @ \$5 Each	\$
						Long Sleeve Tee-Shirt (\$15)	\$
						Shirt Size (Please Circle):	S M L XL
						Total Enclosed	\$

This meet is limited to the first 300 swimmers registered!!

LONG COURSE NATIONALS RECORDS

Congratulations to the following swimmers who set new NJLMSC records at the USMS Long Course Nationals in Mission Viejo on August 11-15, 2005.

National Championship (All-American) swims bolded.

Women 50-54

Nancy Steadman-Martin, 51

400 Free 5:21.69 (3rd place)

800 Free 10:47.95 (2nd place)

1500 Free 20:36.57 (1st place)

200 Back 2:55.25 (3rd place)

200 Fly 2:55.20 (1st place)

400 IM 6:24.87 (2nd place)

80-84

Doris Steadman, 81

100 Free 1:55.11 (4th place)

50 Back 53.66 (1st place)

100 Back 2:01.86 (1st place)

200 Back 4:16.70 (1st place)

95-99

Julia Dolce, 96

50 Free 1:17.53 (1st place)

100 Free 3:08.43 (1st place)

50 Back 1:42.07 (1st place)

Men 35-39

Steve Hiltabiddle, 39

50 Fly 26.37 (1st place)

100 Fly 59.52 (2nd place)

55-59

Frank McElroy, 57

400 IM 6:11.13 (3rd place)



PROMOTE MASTERS SWIMMING



POOL OPERATOR, COACH, SWIMMER,

I have the United States Masters Swimming (USMS) Tradeshow Display (see attached photo) through the end of January. If you would like to use it for a day or a few days to promote Masters (adult fitness) swimming in your location, please let me know. It is coordinated in design and content with the "Could I Be A Masters Swimmer?" brochure to provide a clear and powerful message. I will also provide you with a supply of these brochures. The Display is perfect to set up in the lobby of your facility (attended or unattended) along with a sign up sheet for follow up with interested parties. It is 7 feet high, 8 feet long and 3 feet deep.

Whether you are planning on starting an adult fitness swim program or whether you already have one, this professional display will give a boost to your membership drive.

Please let me know as soon as possible about your interest to use it so I can schedule the Display delivery, set up, take down and pick up at your facility. There is no charge for the use of the Display or for the brochures. You can contact me at 973/729-3686 or swimsmart@yahoo.com

Thank you.

Bob Hopkins





2005 USMS CONVENTION NOTES

Greensboro, NC

As a “newbie” or first-year delegate to the annual USMS Convention, my instinct upon arrival in Greensboro, NC, was that my role as an active participant might be predictably diminished. What I discovered actually was the opposite. First-time delegates were welcomed, warmly received, and encouraged to offer their views without prejudice. Fresh eyes on long standing issues and concerns, offered perspective worthy of consideration. I quickly sensed that the limits of a delegate’s role, even for a “newbie” like me, are defined by the degree to which one seeks to become involved.

As USMS members, we should be eternally grateful for the quality of the delegates that volunteer their time to represent us all. The over 200 delegates in attendance currently represent 42,000+ registered members. My first impression was “wow, these folks know a ton about swimming.” It’s no surprise, though, after one becomes acquainted with the delegates on a personal level. These individuals are a knowledgeable and passionate group.

With a meeting schedule that left little time to catch one’s breath or grab a bite to eat, the USMS Convention condenses an ambitious agenda into a four-day flurry of activity. With eight Zones, over 20 committees, the business of

USMS was conducted as efficiently and effectively as possible.

Refrigerated rooms kept us from dosing off, and the hospitality suite kept us refreshed and entertained each day and night.

As a member of the Legislation Committee chaired by newly elected president Rob Copeland, I had a front seat in what proved to be the lead theme of this year’s Convention – restructuring USMS governance. The Legislation Committee entertained nearly 40 proposed changes to the USMS Rule Book “code.” Parliamentary procedures were in full effect – motions were proposed, seconded, discussed, amended, seconded, ad nauseam, until Committee members voted to approve the motions for submission to the House of Delegates. The whole process was a sight to behold. It felt like a mini-Continental Congress circa 1774! Political affiliations aside, the primary focus remained suitably in acting in the best interests of all masters swimmers.

In other news, New Jersey received recognition for the efforts underway in our LMSC to market and publicize adult fitness through swimming. Bob Hopkins, our resident NJ-LMSC Publicity & Marketing chair, has been instrumental in leading the efforts. His use of the “Could I Be A Masters Swimmer?” marketing display and brochures was lauded. Upon sharing the other ideas for promoting

USMS membership and Masters swimming (i.e., swimmer survey, membership promotion contest), I was approached to serve as a member on the Marketing Committee. To say that I was pleased and proud of NJ Masters Swimming would be an understatement. I look forward to participating as a committee member, and sharing the experiences and successes of the NJ Masters community with other LMSC’s and USMS as a whole.

The NJ-LMSC is ahead of the curve. With the member survey accomplished and results soon to be announced, the efforts and proposals of the Ad Hoc Membership Promotion Committee led by Darek Hahn, and our mutual commitment to growing membership, the NJ-LMSC is well-positioned to meet our objective to double the 516 registered NJ members. As if to affirm the NJ-LMSC efforts and direction, the USMS Marketing Committee is sponsoring a membership campaign competition at the LMSC level from November 1, 2005 to December 31, 2006. The LMSC that increases its membership by the largest percentage will be awarded one delegate’s expenses to the 2007 Convention (includes registration, coach airfare, and _ hotel room). Take your marks, NJ Masters! ☺

Chris McGiffin
NJ-LMSC Chairperson

**“ALWAYS BEHAVE LIKE
A DUCK — KEEP CALM
AND UNRUFFLED ON
THE SURFACE BUT
PADDLE LIKE THE DEVIL
UNDERNEATH.”**

—JACOB BRAUDE

FREE USMS PLANNERS

Back by popular
demand! The 2006

USMS Planners will soon
be available at the USMS National
Office. The Planner is an invaluable
resource for keeping track of your
swimming activities and progress,
as well as a calendar for recording
workouts and schedules. Valuable
coupons from our sponsors,
found in the back of this Planner
will save you money on your
swimming necessities.

The Planner is free, you just have
to send a self addressed stamped
(\$.60) envelope (5X7) and upon
receipt, a Planner will be sent
right out to you.

Are you a coach? Are you hosting
a meet? Order in quantity and
give them out to all your mem-
bers/participants. Contact the
National Office for postage fees. ☎

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 Chris McGiffin, 908-630-0166, cmcgiff@aol.com or go to http://www.berkeleyaquatic.org/usms/. Workouts are Sundays, 8:30-10:00AM, Wednesdays, 8:00-9:15PM, and Fridays, 8:00-9:15PM coached by Tristan Forman and Peter Hockmeyer.

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 Honoshowsky; 908/273-4242, amanda.stover@theconnectiononline.org.

Drew Masters Contact Dorsi Reynolds, 973-408-3002. The club will begin with a limited schedule at Drew University in November and December (Nov. 21, 28, 30, Dec. 5, 7, 9, 12, 14, 16, 19, 21) All workouts run 6:15am-7:30am. The club will run a 16 week session beginning Jan. 9 that will offer 4 practices per week Mon., Wed., Fri. 6:15-7:30am and Saturday 7:30-8:45am.

Hoboken YMCA Workouts are M, T, W and Th 7-8 pm. Contact Ignacio Sanchez, Aquatic Director at 201/963-4100, ext 22 or nacho_sanchez88@hotmail.com

Hunterdon County YMCA at Deerpath 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
Peddle Aquatics Association Peddie Aquatics Association Masters Swim Club Contact Paul Mucciarone and his email is pmooch@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 Sean Sepela at sepela@rci.rutgers.edu, 732/445-0462. 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.

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.bgcuaquatics.org; Updates: www.SwimMD.com

Westfield YMCA Contact Paul Casazza; 908/233-2700, pcasazza@westfieldnj.org Workouts are Tuesday 6:30-7:30 a.m. and Wednesday 8:00-9:00 PM

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-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

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, lmbehr80@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

MEET CALENDAR

MEETS INSIDE NEW JERSEY

December 10 & 11
Second annual Short Course Meters Holiday Classic, College of New Jersey. Entry enclosed.

MEETS OUTSIDE OF NEW JERSEY

December 2-4
Colonies Zone SC Meters Championship, Wheaton College, Balfour Natatorium, Norton, MA. More information to follow, check www.swimnem.org.

December 11
23rd Annual Terrapin Masters 1000/1650 Meet, Catholic University Dufour Center, Washington, DC. Contact David Diehl at ddiehl@umd.edu or 301/314-5372 (W) or go to www.terrapinmasters.org

December 11
Westerly YMCA Masters Meet Westerly-Pawcatuck YMCA Westerly, RI For more information and application forms please go to Westerly YMCA web site <http://www.wpymca.org/> or email dgriffin@wpymca.org.

January 22
Mid-Maine Masters Winter Warm-Up , Alford Youth Center, Waterville, ME Meet Director Anne Uecker; (207) 465-4877.

CHAMPIONSHIPS

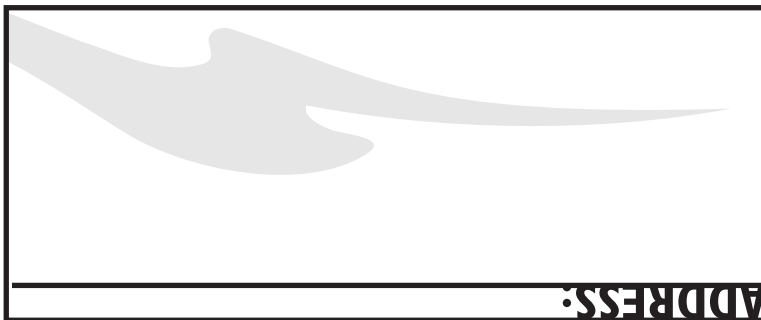
JAN. 1-31
USMS 1 HOUR POSTAL CHAMPIONSHIPS, O*H*I*O* MASTERS. Contact Tom Spence at 216/299-3858 or talltom13@msn.com

APRIL 2006
YMCA MASTERS NATIONALS, FT. LAUDERDALE, FL

MAY 11-14
USMS SHORT COURSE YARDS NATIONALS, CORAL SPRINGS, FL. AUGUST 4-17, 2006
MASTERS WORLD CHAMPIONSHIP, STANFORD, CA.

MAY 18-21
YMCA MASTERS NATIONALS, FORT LAUDERDALE, FL.

AUGUST 4-11
XI FINA MASTERS WORLD CHAMPIONSHIPS, STANFORD, CA.



ADDRESS:



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

