

EASTLANE



RELAY ALL-AMERICANS

Congratulations to
the following NJLMSC

Relay All-Americans for All
courses 2005:

2005 GSM Garden State Masters

GSM Steve Hiltabiddle	38
GSM Robert Gannon	40
GSM Darek Hahn	38
GSM William Segal	40
GSM Frank J McElroy	57
GSM Arthur M Wein	55
GSM Jack S Zakim	60
GSM Larry Lengle	72

2005 JAM Jersey Area Masters

JAM J Wesley Donnelly	23
JAM Melody C Wysocki	19
JAM Vanja Sikirica	26
JAM Victoria Livingstone	28



SWIMMER UPDATE

Many swimmers remember the many contributions to Masters swimming in NJ made by Rob and Cathy Copeland. Some may also recall their two kids, Noah and Megan. I remember Noah in diapers at meets and on deck at practice. Well, Noah is now a freshman at Georgia Tech and he's inherited his parents' swimming talent. At the recent ACC championship meet he took 8th in the 200 Free (1:38) and 15th in the 500 (4:29). Not too shabby! 🏊

GREEN TEA—DRINK TO YOUR HEALTH

Practically every day a new study surfaces demonstrating health benefits of green tea. Here are a few news items I found that summarize some of the pluses of drinking this wonder beverage.

YOU WANT TO KICK BUTT DURING YOUR WORKOUT

THE BEST DRINK: GREEN TEA

A new study published in the Journal of the American Physiological Society found that green tea extract improved exercise endurance up to 24 percent, while also increasing the amount of fat burned. Japanese researchers monitored the time it took for mice swimming in a pool to exhaust themselves and found that those given the extract tired less easily over a 10-week period and had higher rates of fat oxidation. While more research needs to be done, the study's lead author, Takatoshi Murase, believes that drinking a few cups of green tea before a workout should have a similar effect in humans.

— *Women's Health magazine, Nov/Dec 2005 issue*

A CANCER-FIGHTING DRINK FOR WOMEN

Ovarian cancer strikes more than 22,000 American women a year, but drinking two cups of black or green tea a day can slash your risk in half, according to Swedish scientist who followed 60,000 women for 15 years. The research also showed that having a single daily cup reduced the odds by 24 percent. Most of the women in the study sipped black tea, but other evidence indicates that compounds in green tea also cut cancer risk.

— *Sarah Robbins,*
3/06 Shape magazine

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LIGHT THOSE CANDLES!

Happy birthday to the following 38 April babies:

Nickolas Demas 75-79	Dougin Walker 40-44
Edward Eyring 55-59	Robert Gannon 40-44
Peter Gruntfest 55-59	Martin Scheidl 40-44
Rita Nannini 50-54	Brent Matheson 35-39
Glenn Cantor 50-54	Jen Whiting 35-39
Michael Lyons 50-54	Scott Duprex 35-39
William Howarth 50-54	Julia Inagaki 35-39
Cedric Druce 50-54	Barry Bachenheimer 35-39
Marguerite Brennan 50-54	Marlene Sloger 30-34
Howard Libov 45-49	Daniel Miller 30-34
Mark Hoffman 45-49	Kristina Styraite 30-34
Elyse Dickman 45-49	George Damyaniadis 30-34
Hoyt Ammidon 45-49	Barbara Kertesz 30-34
Karen Shearly 45-49	Sandy Bluhm 25-29
Kathleen Carlyon 45-49	Stephanie Colbry 25-29
Janet Michaels 40-44	Meredith McDowell 25-29
Ping Feng 40-44	Lance Jochims 25-29
Elizabeth Grundy 40-44	Christine Schwebel 20-24
Scott Yeomans 40-44	Ahmed Elsayed 20-24

THE LATEST ON GREEN TEA By Clare M. Hasler, PhD, MBA

TRY IT FOR WEIGHT LOSS, SKIN PROTECTION AND MORE

For years you've heard about the medicinal benefits of green tea—one of the most widely consumed beverages in the world. Green tea contains biologically active compounds, known as catechins, that may reduce chronic disease risk and enhance health. Green tea consumption has been linked to lower cardiovascular risk, higher bone density, and calming effects in stressful situations.

More recently, researchers have investigated green tea for weight-loss benefits, and it's emerging as an important ingredient in skin health. Dozens of in vitro, animal and epidemiological studies conducted over the last few decades suggest that consumption of green tea may show promising benefits for certain types of cancer.

GO GREEN TO GET LEAN

With obesity reaching epidemic proportions in the U.S., it's not surprising that significant research efforts are targeted toward this health concern, as well as the role that various functional foods or other bioactive compounds may play. The evidence is growing for green tea in this role. Ingredients that stimulate the activity of the sympathetic nervous system, which in turn, suppresses hunger, enhances satiety, and stimulates energy expenditure, may contribute to weight loss.

THE NEWEST BRAIN BOOSTER?

In addition to the beneficial effects of tea catechins for weight loss, new evidence in mice suggest that these compounds have other effects that might have implications for treating Alzheimer's disease. Recent research in the Journal of Neuroscience reports that treatment with epigallocatechin gallate (EGCG) reduces both the production of betamyloid levels and beta-amyloid plaques in transgenic mice. Given that the progression of Alzheimer's disease is characterized by the

deposition of beta-amyloid peptides as senile plaques, this new animal research is promising and certainly warrants further study in humans.

POLYPHENOLS FOR PHOTOPROTECTION

Overexposure of the skin to ultraviolet (UV) rays results in a variety of adverse effects, including premature aging, cataracts and malignant skin cancer. The incidence of melanoma in certain areas of this country increased by 400% between 1960 and 1986, making it the most common type of cancer with one million cases diagnosed annually.

Clearly, the best protections against sunlight-related skin disorders are avoiding sun exposure at

times of peak intensity, the use of protective clothing, and conscientious application of sunscreens with a sun protection factor (SPF) of 15 or higher. In addition, intensive research efforts continue to identify plant extracts that may act as antiaging agents for the human skin, including green tea.

Green tea catechins have been investigated for more than two decades for their chemopreventive, natural healing, and antiaging effects in animal models. Emerging data suggest that green tea components may benefit human skin, too. In a small pilot study, application of diluted extracts of green tea applied to the back for 30 minutes prior to exposure to solar-simulated UV radiation produced a dose-dependent reduction in ery-

thema, or redness of the skin. A 10 percent solution of green tea polyphenols produced almost complete protection at 48 and 72 hours after sun exposure.

Application of green tea polyphenols also reduced the number of sunburn cells, protected epidermal cells from UV-induced damage, and reduced the DNA damage formed after UV radiation. More recently, in a placebo-controlled, double-blind study of 60 women aged 25 to 60, application of a gel containing two percent EGCG twice a day for four weeks resulted in marked improvements in texture and appearance of skin in 45 percent of subjects, with no reported side effects.

—*Excerpted from Taste for Life, Feb. 2006 issue*

GREEN TEA EXTRACT

I wanted to let you know about this flavored green tea extract product. I first tried it at my gym's café and I've become a fan. You put one dropper full in your water bottle and you're drinking the equivalent of 15 cups of brewed green tea. You can drink it hot or cold and it comes in several flavors including peach and raspberry. It is free of caffeine, calories, artificial sweeteners, sugar and alcohol. You can get more information and order the product at www.pureinventions.com.



REALLY? THE CLAIM: EXERCISING AT NIGHT CAN DISRUPT YOUR SLEEP.

THE FACTS Americans have long been encouraged to hit the gym or squeeze in a run around the block whenever possible, even at the end of a long workday. But can a late-evening workout ever be too late?

As a general rule, most fitness and sleep experts recommend avoiding intense physical activity in the immediate hours before bedtime, arguing that it takes at least three hours for adrenaline and other hormones that typically surge during a workout to return to normal levels. But most studies have not found that to be the case. One study

published in the journal of *Physiology and Behavior* in 1998, for example, had a group of college students exercise moderately for about an hour on two separate nights, in one case 90 minutes before bedtime and in the other 30 minutes before bedtime.

The activity, the researchers found, had no significant effects on the amount of time the subjects needed to fall asleep. Nor did it affect any other factors indicating how well they slept, including duration of sleep and their number of "waking episodes" during the night. Other studies have had similar findings.

One researcher who has published widely on the subject, Dr. Shawn D. Youngstedt at the University of South Carolina, says he believes that exercise before bed can actually promote sleep, easing anxiety and raising body temperature. But the effects vary from person to person.

THE BOTTOM LINE While experts generally recommend not exercising immediately before bedtime, most studies have found that it has no negative effects on sleep. ☺

—*By Anahad O'Connor; Taken from NYTimes, 1/24/06*

HOW MUCH IS A DOLPHIN KICK WORTH? OR, MUCH ADO ABOUT NOTHING?

By Phillip Whitten

PHOENIX, February 6. LAST year, when FINA changed the breaststroke rule to allow one dolphin kick after the start and each turn of a race, critics charged that it would devalue all the former records, especially the short course marks.

The rule was enacted, reluctantly, in response to videos showing that Japan's Kosuke Kitajima had taken dolphin kicks in his gold medal swims in the 100- and 200-meter breaststroke events at the 2003 World Championships and the 100 breast at the 2004 Olympic Games.

In fact, Kitajima was by no means the only world-class breaststroker using the then-illegal kick, which was thought to give the user an advantage of perhaps as much as half a second per kick (depending upon how powerful his kick was). On one of the videos that shows Kitajima (in lane 5) using an illegal dolphin kick in the 100-meter breaststroke in Athens (he did not use dolphin kicks in his winning 200-meter swim), the viewer can also see Ukraine's Oleg Lisogor taking a similar kick in lane 2. Every year, this observer has seen numerous swimmers at the NCAA Championships taking humungous dolphin kicks. The infraction is rarely called.

On its face, the new FINA rule seemed to many to be an effective, if unfortunate, solution to a perennial problem, one that was exacerbated because officials could really only see what the swimmers in the outside lanes were doing, allowing the swimmers in the middle lanes to get away with illegal movements. (In fact, at last summer's USMS long course nationals,

one swimmer who was seeded first in his age group, swam an entire 50 meters breaststroke using only the dolphin kick -- he did not take a single breaststroke kick. He won a very close race and was not DQ'ed, though several swimmers in outside lanes who had taken incidental dolphin kicks on the start were deked.)

The new rule, however, is unlikely to be a real solution to the problem that led to its passage in the first place. It allows the swimmer to take one dolphin kick legally, but he still has the opportunity to take another one or two illegally. (The ultimate solution is for the judges to utilize underwater cameras.)

Meanwhile, since the new rule has gone into effect, we were curious as to how much faster it made world-class breaststrokers. I figured we were talking somewhere in the two- to three-tenths of a second range. That's per kick. So, I estimated, a swimmer in a long course 100 breast might go 0.4 to 0.6sec faster; in the 200, he'd be able to double that advantage to 0.8 to 1.2sec per 100. In short course events, the advantage would be twice what it was in long course.

Thus far, however, the results at major meets do not seem to support that conjecture. On the World Cup circuit, only Oleg Lisogor has set a short course world mark, lowering his own standard by three-hundredths of a second in the 50 breast. And his former record was set three or four years ago. Few other top breaststrokers have recorded PRs.

So it was that we looked forward to Australia's Commonwealth Games Trials, figuring that Leisel Jones had a good shot at both the

100 and 200-meter world records -- even before the rule change. With the rule change, using our 2- to 3-tenths per lap estimate, we estimated Jones would go between 1:05.6 and 1:05.8 for the 100 and between 2:20.5 and 2:20.9 for the double century.

In fact, she swam 1:05.71 and 2:20.54.

Those swims seemed to provide an initial validation to our estimates. But we decided to ask the Lethal One, herself, how much help she felt she derived from the dolphin kick -- for example, how much farther and/or faster was her breakout?

So we asked Steve Thomas, our chief Australian correspondent, to pose the question to Leisel. Her reply blew our theory out of the water.

"I don't use the dolphin at all," she said. "It doesn't suit my kick."

So, there!

It's back to the drawing board.

Actually, it should be fairly easy to get a statistically valid minimum (mean) figure for the dolphin effect by comparing, for example, year-to-year improvement in the 100 and 200 breast at the NCAAs in past years with the improvement from 2005 to 2006. Men and women should be done separately.

It would be ironic, indeed, if there were no measurable advantage on the breaststroke start and turn to the still controversial dolphin kick.



—From
swimmingworldmagazine.com
website on February 6, 2006.

COMMON STROKE DEFECTS & "DRILLS" TO FIX THEM

by Bob Hopkins--ASCAP Coach 973/729-3686 swismart@yahoo.com

BACK

1. hips too low/out of balance/not horizontal-"Sidelying", "Switch"
2. not any/not enough rotation onto side-"Sidelying", "Switch", "Single Arm"
3. rotation/snap at wrong time-"Kick, Push, Snap", "Catchup"
4. straight arm pull-when doing any of the backstroke drills, concentrate on dropping the elbow and grabbing an armfull of water before starting the pull-"Fist"

BACKSTROKE DRILLS

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

SWITCH same as above, except six times per length take a stroke with the extended arm and roll from one side to the other; after each roll, make sure you regain

your horizontal position; your head position should be steady during the entire cycle

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

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

CATCHUP alternating single arm strokes with body snap in between; pull with right arm and snap to left side; snap to right side,

recover left arm and pull with left arm and snap to right side upon completion of left arm stroke, snap to left side and take right arm stroke; repeat sequence continuously

FIST swim backstroke with hand in a fist; learn to grab the water your forearm keeping a low elbow; grab an armful of water while on your side and through it toward your feet and snap to the other side at the end of your arm/hand push and repeat sequence

BUTTERFLY

1. too much body undulation-"Body Dolphin"
2. bending knees too much when kicking-"Body Dolphin alternate Fly/Breast"
3. improper timing of kicks-"One Arm Fly"
4. starting to breathe too early in arm stroke-"Late Breathing"
5. coordination incorrect-"Bussard"
6. not grabbing the water far in front-"Fist"

BUTTERFLY DRILLS

BODY DOLPHIN push off wall face down in a streamlined position with head between arms; without kicking or using arms; undulate your body starting at your finger tips and ending at your toes in order to propel yourself forward down the pool; when you need to breathe, scull your hands to shoulder width keeping arms straight during a forward lunge; as you begin to scull your hands back together, raise your head to breathe; then put your head back down to a streamlined position on your next forward lunge; your weight will tilt forward on the lunge and backward when you breathe

Body Dolphin with alternate fly/breast stroke-the next progression to the previous drill; as you scull to the corner, breathe as you take a breaststroke pull; lunge forward and on the next scull to the corners, take a butterfly stroke without breathing keeping your head low and in line with your body; repeat the sequence

ONE ARM FLY swim a length of fly stroking with one arm while keeping the non stroking arm in front; breathe to your stroking side every one or two strokes; concentrate on your down kick with the top of your feet as your hand enters the water in front of you and as your hand leaves the water behind you; concentrate on leaning forward on your chest on hand entry and on shifting your weight backwards as you take your arm stroke; concentrate on gliding in a streamlined position upon hand entry; repeat the next length with the other arm; a variation is breathing to the front but front breathing tends to raise the head a lot more and you lose your streamlined position; to approximate the horizontal body position you can achieve with side breathing, you must keep your chin close to the water when you breathe, that is, do not raise your head much out of the water; breathe late in the arm cycle during the push phase to keep as horizontal as possible

BUSSARD (this is very advanced) push off wall in horizontal position with arms extended in a streamlined position; scull to corners and begin your fly stroke and breathe; pull through to your sides, dolphin kick, and stop the stroke and glide in a horizontal position near the surface of the water; recover your

arms, kick again and glide again; the seven part drill is as follows: pull, breathe, kick, glide, recover, kick, glide; repeat the sequence for the entire length of the pool

LATE BREATHING push off wall on front with head looking straight down at the bottom of the pool; keep your arms at your sides; bend your arms from the elbows and bring your hands to your chest and then push backwards as if you were finishing the fly stroke; as you begin to move your arms back for the push phase of the stroke, start lifting your head to breathe; finish your breath and put your head back in the water as you complete your arm stroke push; repeat sequence

FIST swim butterfly with hands in fist; grab water far in front with forearms

BREAST

1. not streamlined on lunge-"Body Dolphin", "Breast Pull with Fly Kick"
2. kick too wide-"Pull Buoy"
3. leg recovery not streamlined-"Kick on Back"
4. low elbows on pull-"Fist"
5. not leaning forward /not shifting weight forward/not getting hips to surface on lunge and glide-"Body Dolphin Alternate Fly/Breast Pull", Body Dolphin with Breast Stroke"
6. not recovering legs far enough-"Hand Kick"

BREASTSTROKE DRILLS

BODY DOLPHIN same as butterfly drill

BODY DOLPHIN WITH ALTERNATE FLY/BREAST STROKE same as butterfly drill

BODY DOLPHIN WITH BREAST STROKE do breaststroke pull instead of just sculling to the corners; do body dolphin motion only; no kick

HAND KICK push off wall in a horizontal position facing the bottom of the pool with arms fully extended at sides; recover legs as in breaststroke until your feet touch your hands; turn your feet toward the sides of the pool and grab the water with the bottom of your feet by pointing your toes to the side walls and then kick back forcefully; at the end of the kick, be sure to snap your legs together until your ankles touch; keep toes pointed during the glide

BREAST PULL WITH FLY KICK do breaststroke but instead of using the normal breaststroke kick, do a dolphin kick instead; concentrate on your glide in a very streamlined position with head between arms and your toes pointed to the wall in back of you after each dolphin kick

KICK ON BACK lying on your back with arms extended overhead, recover your legs as in breaststroke fashion but be sure not to break the surface of the water; this teaches leg recovery in a streamlined position to reduce resistance

PULL BUOY swim breaststroke holding a pull buoy between your thighs; this will force you to narrow your leg recovery

FIST swim breaststroke with hands in a fist; concentrate on sculling inward with your forearms with elbows held high above your hands ↻

**“MAKE VOYAGES! –
ATTEMPT THEM! –
THERE’S NOTHING
ELSE.”**

– TENNESSEE WILLIAMS

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@h2oveloccity.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.

Hamilton Area YMCA Practices will be held M,W,F from 8:30 to 9:30PM. The coach is Dan Cenko. For more information call Dan at 609/571-5337 or Ami Lombardi, Aquatic Director at the Y at 609/581-9622.

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 of Central NJ in Scotch Plains New program with 3 coaches. Workouts are M & W 7:30-8:30PM, T 9:15-10:00AM and non-coached workouts four times a week. Contact Rebecca H. Rivera, Aquatics Director, 908/889- 8800 #219, rrivera@jccnj.org

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/lhymms.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

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 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 T & H 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 Workouts are M & W 6-7am, T & H 8-9 pm and Sat 7:30-8:30am. Contact Garrett Orr; Head Coach, Masters Swimming - 201.891.2081 x130.

NON-COACHED WORKOUTS

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

Hamilton Hammerheads Contact Ami Lombardi, 609.581.9622 for more information.

Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 681 I. 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 Voorhees, Aquatics Director, Monmouth University; rvoorhees@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 here 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 681 I, swim@newarkymca.org



MEMBERSHIP CONTEST RESULTS

The first phase of the membership contest ended March 31st and the results were awesome. Thirty current members helped bring 49 new members on board. The results are below. As to the rewards, for each new member brought in, the existing member can choose between getting \$2 or deducting \$2 from next year's membership. Contact Tom Brunson at tbrunson@worldnet.att.net to let him know what you want to do. Great job everyone! Don't let up your efforts as the next phase is underway until June 30th.

- Darek Hahn . . . 6 new members
- Susan Kirk 4
- Amanda Stover-Rudd 3
- Steve Levine. 3
- Andrea Luallen-Egg 3
- David Allred 2
- Melanie Fink. 2
- Tristan Formon 2
- Bob Hopkins 2
- Nancy Steadman-Martin. 2
- Lisa Bettinger. 1
- Greg Blessing. 1
- Tink Bolster. 1
- Linda Brown-Kuhn. 1
- T. Centrella 1
- Doug Clark 1
- Donald Denny 1
- Matthew Donovan 1
- Dan Drury. 1
- Dorothy Durkin. 1
- Peter Hockmeyer 1
- Michael Keltos 1
- Mike Kriley 1
- Carol Malone. 1
- Frank McElroy 1
- Marie Quinn 1
- Alan Sawyer 1
- Chris McGiffin 1
- Karl Fenske 1
- Deborah Kemp 1



MEET CALENDAR

MEETS INSIDE NEW JERSEY

June 23
Swim Independence Day 1 Mile Swim, Somers Point. Go to <http://www.lmsports.com/>

July 15
Swim for the Dolphins, Wildwood. Go to <http://www.lmsports.com>

July 29
NJ Senior Olympics for 50+Atlantic City High School. Go to <http://njso.us/>

MEETS OUTSIDE OF NEW JERSEY

May 28
Lady Liberty Swim, 1.5 k. New York, NY. Go to <http://www.nycswwim.org>

May 28
Jim McDonnell 1 & 2 Mile Swims, Lake Audubon, Reston, VA. Go to <http://www.lin-mark.com>

June 11
Great Chesapeake Bay Swim (4.4 miles) and 1 mile Bay Challenge, Sandy Point State Park, MD. Go to <http://www.lin-mark.com>

June 17
Park to Park Swim. 1.0 mile, New York, NY. Go to www.nycswwim.org

June 24
Manhattan Island Marathon Swim, 28.5 miles, NYC. Go to www.nycswwim.org

June 24
Madison Mile Swim, 1 mile open water, Surf Club, Madison, CT. Go to www.force5sports.com

July 8
Terrapin Masters' Terrapin Cup, University of Maryland Natatorium, College Park, MD. Contact Michael Lee at 301/474-1178 before 8 pm or email Korthain@yahoo.com

July 15
Buzzards Bay Swim, Buzzards Bay, MA. Go to www.savebuzzardsbay.org/events.htm

July 23
Cover to Cove Swim, 0.5 mile, NYC. Go to www.nycswwim.org

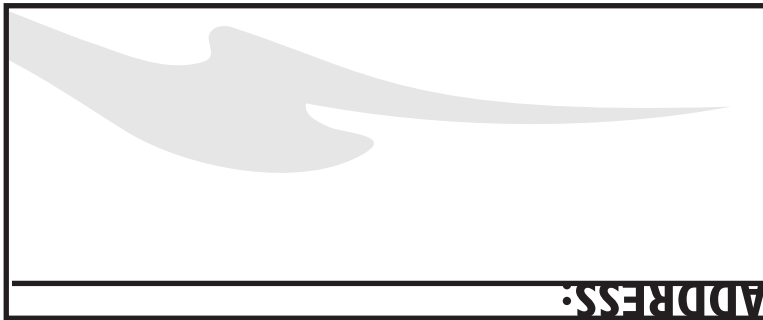
CHAMPIONSHIPS

April 21-23
Colonies Zone SCY Championships - George Mason University, Fairfax, VA Entry form: <http://www.patriotmasters.org/Colonies.April2006.Entry.pdf> Must be postmarked by APRIL 10

May 11-14
USMS Short Course Yards Nationals, Coral Springs, FL. entry form in Jan/Feb issue of USMS Swimmer

May 18-21
YMCA Masters Nationals, Fort Lauderdale, FL.

August 4-11
XI FINA Masters World Championships, Stanford, CA.



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

