

EASTLANE



NJ-LMSC ELECTION RESULTS

The annual meeting, held on November 20th, at Berkeley Aquatic Club was a productive meeting with lively discussions and some new faces in attendance. For meeting minutes go to our website at www.gsmswim.org. Special thanks go to Jack Frain and Judy Ramirez, the executive committee's "shore contingent", for their years of service to the NJ LMSC. Jack served as Open Water and Fitness chairs as well as host of the fabulous NJ LMSC beach parties and Judy helped those hosting meets in her post of Sanctions & Safety. They will be missed but we hope they are just taking a rest and will return sometime in the future. Elections were also held at the meeting and the results are as follows:

Chairperson – Chris McGiffin

Vice-Chairperson –
not currently filled

Registrar – Tom Brunson

Treasurer – Tom Brunson

Top Ten/Records – Ed Tsuzuki

Newsletter Editor –
Linda Brown-Kuhn

Officials – not currently filled

Fitness – not currently filled

Sanctions & Safety – Darek Hahn

Appointed positions:

1. Secretary – Susan Kirk

2. Publicity & Marketing –
Bob Hopkins

3. Clinics Coordinator –
not currently appointed

4. Open Water – Jeff Jotz

5. Webmaster – Ed Tsuzuki

6. Graphic Designer – Jeanne Coon

WANT TO HOST A SWIM CLINIC?

2004 World Masters Swimmer of the Year Karlyn Pipes-Neilsen and her husband Eric Neilsen are available to run a clinic the first week of April. They gave a clinic last year at Princeton that got good reviews and was well attended. Karlyn and Eric teach what is called a "wide entry, early catch" freestyle similar to the style used by top Australian and USA Olympic swimmers. It is also a variation of the "front quadrant" freestyle. Karlyn, now 43, changed to this style in 1999 and has been achieving lifetime bests in both freestyle and butterfly events!

With over 30 years of coaching between them, Karlyn and Eric are excellent instructors because they themselves are currently competitive swimmers and use the techniques taught in the clinic. They also believe in keeping the language simple and try to use examples found in any aquatic environment. It is also very obvious that they really enjoy what they are doing, have a ton of energy and like to have fun! Their teaching style is interactive, supportive and woven with personal experience. For more information about hosting an Aquatic Edge Clinic please contact them at aquaticedge@hawaii.rr.com or (808) 331-1766 (in Hawaii). ☎

RECORD-BREAKING PERFORMANCES!

Congratulations to the following swimmers who set new NJLMSC records at the Aquafit SCM Holiday Classic Meet in Long Island on December 4, 2005.

Men 40-44

Scott Yeomans, 41

200 Free 2:06.42

55-59

Frank McElroy, 57

1500 Free 20:28.53

200 IM 2:51.93

New NJLMSC records from

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NJ LMSC OFFICERS

CHAIRMAN

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

SECRETARY

Susan Kirk
11 Waldon Rd.
Califon, NJ 07830
908/832-9241
skirk@comcast.net

TREASURER & REGISTRAR

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

SANCTIONS & SAFETY CHAIRMAN

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

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 Dr.
Sparta, NJ 07871
973/729-3686
swimsmart@yahoo.com

OPEN WATER & FITNESS CHAIRMAN

Jeff Jotz
1125 Jaques Ave.
Rahway, NJ 07065
732/382-9419
jjotz@mac.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
jeannecoone137@aol.com



LIGHT THOSE CANDLES!

Happy birthday to the following 79 January and February babies:

Jim Pendergrass	85-89	Karen Markley	50-54
Daniel Sullivan	75-79	Dana Levitt	45-49
John Pomianowski	75-79	Nancy Shapiro	45-49
Harold DeSmidt	75-79	Alan Levine	45-49
John Waters	75-79	Donald Fink	45-49
Paul Lewinter	75-79	Judy Ramirez	45-49
Jane Fisher	70-74	Dan Kamieniec	45-49
Michael Lewis	65-69	Michael MacDonald	45-49
Jacqueline Glasser	60-64	W. Curtis Miller	45-49
Dagmar Haggerty	60-64	Paul Anderson	45-49
Joe Donohue	60-64	Dan Chamby	45-49
Rendall Banks	60-64	Howard Levine	45-49
Joan Szabo	60-64	William Sullivan	45-49
Peter Hempel	60-64	Greg Bassett	40-44
George Thieler	60-64	Carol Helstrom	40-44
Murray Simon	60-64	Thomas Miller	40-44
Sally Branon	55-59	Kathryn Flynn	40-44
John Zarych	55-59	Richard Hungerford	40-44
Bill Reichle	55-59	Jens Volker	40-44
Walter Saltzmann	55-59	Felicia DeBonis	40-44
Frank McElroy	55-59	Thomas Haggerty	40-44
Kathy Kelly	55-59	Darek Hahn	35-39
Susan Rardin	55-59	Margarita Montero	35-39
Fred Lieberberg	55-59	Susan Thiel	35-39
Judy Lee	55-59	Sean Palen	35-39
Kenneth Lazaruk	55-59	Norman Noe	35-39
Frank Goldstein	55-59	Stephanie Carey	35-39
Janet Estenes	55-59	Alison McKinnon	35-39
Tom Stearns	50-54	Jeffrey Jotz	35-39
Steven Treble	50-54	Phillip Sherratt	30-34
Irwin Mittleman	50-54	Kristine Sinram	30-34
John Quintana	50-54	Kaitlin Small	30-34
Richard Carlson	50-54	Erika Maresca	30-34
Mark Kenworthy	50-54	Michelle Wriede	30-34
Mary Roodkowsky	50-54	Matthew Grace	30-34
Sally Kleeman	50-54	Heather Klein	25-29
John Uray	50-54	Natalia Rivera	25-29
Greg Romano	50-54	Lian Tay	20-24
Edward Goracy	50-54	Kimberly Plewa	20-24
Jeanne Perantoni	50-54	⊖	

MESSAGE THERAPY FOR SWIMMERS? YES!

By Claudia Boorman
**MY GOAL FOR 2006:
TO COMPLETE MY FIRST
TRIATHLON.**

**MY REALITY FOR 2006:
SWIMMING IS HARD.**

I have some experience from my YMCA lessons (20 or so years ago). I thought that swimming would be like "getting back on the bike." Not so much. I joined my local Y, got on my suit, goggles,

go-faster cap and jumped in going straight into my freestyle. I felt great until I saw in the guy in the next lane doing the breaststroke and blazing by me.

By the next day, I got over my bruised ego, but my muscle soreness kicked in—Hello Triceps!! My lats, my pecs and rotator cuffs all ached. So, as a massage therapist who has been working with swimmers for the past four years, I feel

CONTINUED FROM PAGE 1 **RECORD-BREAKING PERFORMANCES!****the 2nd Annual Holiday Classic Meet at TCNJ on December 10-11, 2005.**

Congratulations to **Austin Newman**, 90, who swam under the existing world record times for both the 800 and 1500 meter freestyle!

The following new NJLMSC records were set at this meet:**Women 45-49****Susan Kirk, 45**

200 IM 3:17.45

50-54**Heidi Remak Ziff, 53**

50 Free 32.66

Nancy Steadman-Martin, 51

1500 Free 20:17.96

50 Back 37.6450

Breast 45.78

100 Fly 1:22.44

400 IM 6:07.73

60-64**Arlene DePolo, 60**

100 Free 1:29.91

200 Free 3:18.34

50 Fly 45.98

Patric Mills

50 Breast 52.90

100 Breast 1:56.52

100 IM 1:47.92

65-69**Jane Fisher, 69**

100 Breast 2:31.52

100 Fly 2:21.56

200 Fly 5:47.41

Men 18-24**J Wesley Donnelly, 23**

50 Back 29.33

40-44**William Segal, 41**

50 Free 25.17

100 Fly 1:01.53

Scott Yeomans, 41

200 IM 2:25.71

45-49**Benn Doyle, 47**

100 Breast 1:11.62

55-59**Frank McElroy, 57**

400 Free 4:59.28

200 Fly 2:51.95

200 IM 2:45.73

400 IM 5:58.36

60-64**Jack Zakim, 60**

100 Free 1:06.84

200 Free 2:25.69

Richard Alexander, 61

100 Back 1:15.45

100 Fly 1:14.73

65-69**Jerry Katz, 67**

50 Free 31.24

50 Breast 40.90

70-74**David Harrington, 70**

50 Fly 46.74

200 Fly 4:49.74

75-79**Paul Kiell, 75**

200 Free 3:23.37

400 Free 7:01.94

800 Free 14:15.53

1500 Free 26:53.46

80-84**George Melick, 81**

Back 53.81

90-94**Austin Newman, 90**

50 Free 1:11.92

100 Free 2:23.15

200 Free 4:43.45

400 Free 9:23.13

800 Free 18:49.01

(under existing world record)

1500 Free 35:20.36

(under existing world record)

Relays**Women 120-159****400 Free Relay**

JAM 5:22.07

Leigh Segal, 40

Nancy Shapiro, 47

Katie Ricker, 30

Diane Marolda, 35

160-199**800 Free Relay**

JAM 13:25.69

400 Medley Relay

JAM 6:36.76

Loretta Wells, 48

Christine Rodgers, 53

Margret Martonosi, 41

Leigh Segal, 40

200-239**400 Free Relay**

JAM 5:45.42

La Joy Collins, 48

Loretta Wells, 48

Patric Mills, 63

Margret Martonosi, 41

800 Free Relay

JAM 13:58.65

200 Medley Relay

JAM 2:58.64

Patric Mills, 63

La Joy Collins, 48

Margret Martonosi, 41

Loretta Wells, 48

Mixed 160-199**800 Free Relay**

JAM 12:52.61

Brian Carr, 38

Victoria Livingstone, 28

Christine Rogers, 53

Glenn Cantor, 52

200-239**400 Medley Relay**

JAM 6:39.20

Patric Mills, 63

David Goldberg, 57

Emily McKinney, 29

Zeev Bieder, 52

Men 240-279**400 Medley Relay**

GSM 5:24.26

Jack Zakim, 60

Arthur Wein, 55

Larry Lengle, 70

Frank McElroy, 57





Jersey Area Masters Presents:

MARCH MADNESS SCY SWIM MEET WITH MARCH MADNESS RELAYS

Saturday, March 25, 2006
The College of New Jersey, Ewing, NJ

Recognized by New Jersey LMSC, Inc. for USMS, Inc. #: 075-R02

- Facility:** The College of New Jersey Aquatic Center opened in 1987, measuring 126 feet by 67 feet; a moveable bulkhead separates the diving well from the main pool. The diving well measures 67 feet by 48 feet and has 3 lap lanes, which will be available for warm-up, warm-down throughout the meet.
- Schedule:** 12:00pm general warm-up. 1:00pm start
- Warm-ups:** No diving is permitted during warm-up except in the designated one-way sprint lane(s). **Diving is not allowed in the separate warm-up area at any time.**
- Entry Limit:** Swimmers may register for a maximum of 5 events, not including relays. The 500 Freestyle and 400 IM will be limited to the first 24 entries, there will be no refund for those registering for distance events and not being allow to swim due to limit being reached. **Register Early!!**
- Relays:** Relay Cards will be available at the scorer's desk. The 400 Medley Relays must be submitted by 12:30pm. Mixed **March Madness Relays** cards will also be available at the scorer's table rules for these relays will be announced at the meet.
- Check-in:** The 500 Freestyle and 400 IM require positive check-in by **1:00pm**. Those not checked in by the deadline will be scratched.
- 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. Heat sheets will be posted at www.jerseyareamasters.com on the Wednesday prior to the meet. Distance event heat sheets will be posted around the pool before the event.
- Age Groups:** Individuals: 19-24, 25-29, 30-34, etc. through 90+. Relays: age of the youngest swimmer in the relay: 25+, 35+, 45+, 55+, etc. All male or all female relays are permitted. Mixed relays must consist of two men and two women. Swimmers can only swim on one relay per event, for a total of two relays.
- 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:** Medals will be awarded for first through third place in individual events and relays in all categories (age-group, sex, etc.). Ribbons will be awarded for fourth through sixth place in individual events.
- Awards will not be mailed after the event**
- Registration:** **All entries must be received by March 17, 2006. No 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.**
- Entry Fees:**
- | | |
|--------------------|--|
| Pool Surcharge: | \$10 per swimmer (Including relay only swimmers) |
| Individual Events: | \$5 per event |
| Legal Relays: | \$10 per relay (<u>March Madness Relays are Free</u>) |
- Madness Relays:** Bring your friends, bring your family, this is going to be a fun event!! We will be having two breaks in the swimming action to have some fun maddening relays. No, you don't get to know in advance what the relays are, but you can pick your four favorite friends or family; men, women, children, mix them up, you decide. **There will be special awards for these two relays** so don't miss out on this fun opportunity. **This is a great chance to bring a friend and show them how much fun Masters Swimming can be!!!**
- Questions:** Meet Information: Darek Hahn, 609-947-3780 or by e-mail at dhahn@jerseyareamasters.com

JERSEY AREA MASTERS PRESENTS:

MARCH MADNESS SCY SWIM MEET W/MADNESS RELAY CHALLENGES

Saturday March 25, 2006

The College of New Jersey, Ewing, NJ

Warm-up: 12:00pm

Meet Starts: 1:00pm

Individual Meet Entry Form



Deadline:

Received by March 17, 2006
(A copy of your USMS card must be included with your entry)

Mail Entries to:

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

Make Checks Payable to:

Jersey Area Masters Swimming

Do not forget to attach a copy of your USMS card!

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:	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: _____

Please enter your best short course **yard** times for each event you wish to swim (put "NT" in the blank for No Time).

#:	Event:	Entry Time:	#:	Event:	Entry Time:
1.	Men's 400 Medley Relay	Deck Entered	13.	50 Back	_____
2.	Women's 400 Medley Relay	Deck Entered	14.	200 IM	_____
3.	Mixed 400 Medley Relay	Deck Entered	15.	500 Free	_____
4.	100 Breast	_____	16.	MADNESS RELAY #2	Deck Entered
5.	200 Fly	_____	17.	50 Fly	_____
6.	200 Free	_____	18.	200 Breast	_____
7.	100 Back	_____	19.	200 Back	_____
8.	400 IM	_____	20.	100 IM	_____
9.	MADNESS RELAY #1	Deck Entered	21.	100 Free	_____
10.	50 Breast	_____	22.	Men's 400 Free Relay	Deck Entered
11.	100 Fly	_____	23.	Women's 400 Free Relay	Deck Entered
12.	50 Free	_____	24.	Mixed 400 Free Relay	Deck Entered

TWENTIETH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP

Saturday, February 25, 2006
Ocean County YMCA, Toms River, New Jersey

- Approval:** Recognized by New Jersey LMSC, Inc., No. 076-R01
- Times:** Warm-ups: 12:45 pm Meet starts at 1:45 pm
- Pool:** Twelve (12) lanes, 25 yards; two lanes set aside for warm-up and cool-down during meet.
- Eligibility:** **Open to all teams and swimmers.** Competitors must be 18 years of age or older and may compete in a maximum of 5 events plus relays. **Note: Teams not officially sanctioned may compete.**
- Awards:** Trophies for first through third place teams. Individual awards for first through sixth place.
- Registration:** All entries must be received by 5:00 p.m., Monday, February 20, 2006. Sorry...no deck entries.
- Timing:** Electronic. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of backup (stopwatch) timers.
- Seeding:** Heats will be seeded slow to fast, regardless of sex or age. If you do not have a time, please give us a best estimate. Do not enter NT.
- Age Groups:** Individuals: 18-24,25-29,30-34, etc. through 90+ Relays: 18-24,25-34,35-44,45-54,55-64,65+
- Relays:** A relay must consist of two women and two men. The age of the youngest relay team member shall determine the age group.
- Entry Fees:** Surcharge: \$10.00. Individuals: \$5.00 per event. Relays: FREE. Please make checks payable to Ocean County YMCA.
- Events:**
- | | |
|--------------------------|--------------------------|
| 1. 1000 Freestyle | 8. 500 Freestyle |
| 2. 200 Medley Relay | 9. 100 Butterfly |
| 3. 200 Freestyle | 10. 50 Backstroke |
| 4. 100 Individual Medley | 11. 100 Breaststroke |
| 5. 50 Freestyle | 12. 50 Butterfly |
| 6. 100 Backstroke | 13. 100 Freestyle |
| 7. 50 Breaststroke | 14. 200 Mixed Free Relay |
- Scoring:** First through sixth. Individual: 7, 5, 4, 3, 2, 1 points. Relays: 14, 10, 8, 6, 4, 2 points.
- Directions:** Call Ocean County YMCA for directions to meet at (732) 341-9622
- Other:** Complimentary coffee, water, bagels and fruits will be provided to swimmers and officials, courtesy of Ocean County YMCA. The Sport Spot will have a sales table available.

For questions, call Brian Kilpatrick at (732) 341-9622 x 2210

TWENTIETH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign the waiver.

NAME: _____ USMS No.: _____

ADDRESS: _____
(STREET) (TOWN) (STATE) (ZIP)

PHONE: _____ AGE: _____ SEX: _____ CLUB: _____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING; UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS."

Swimmers Signature: _____ Date: ____/____/____

(Optional: Email Address: _____)

Event #	Event	Seed Time	Event #	Event	Seed Time
1.	1000 Freestyle		8.	500 Freestyle	
2.	200 Medley Relay		9.	100 Butterfly	
3.	200 Freestyle		10.	50 Backstroke	
4.	100 Individual Medley		11.	100 Breaststroke	
5.	50 Freestyle		12.	50 Butterfly	
6.	100 Backstroke		13.	100 Freestyle	
7.	50 Breaststroke		14.	200 Mixed Free Relay	

Meet Surcharge \$ 10.00
 Number of Events _____ @ \$ 5.00 each \$ _____
 Relays _____ @ **FREE** \$ _____
 TOTAL FEE ENCLOSED \$ _____

Make Checks payable to: Ocean County YMCA
 Mail to: Ocean County YMCA
 1088 West Whitty Road
 Toms River, NJ 08755

SAVE THE PATAPSCO SWIM

At 8:00 am on Sunday, May 21, 2006 **Maureen Rohrs, Jack Frain, Edson Bastos, Sue Megaw, Joe Stewart** and **Richard Wallace** will enter the Patapsco River to swim 4.4 miles across the mouth of the Patapsco River from Venice on the Bay Community Beach (VOBCB) to North Point State Park (NPSP). VOBCB is adjacent to 7629 Bay Street, Pasadena, Maryland 21122 in Anne Arundel County where swimmers and paddlers will park and which address can be used for MapQuest directions. NPSP is actually just outside the river's mouth in Baltimore County on the Chesapeake Bay where there will

be a Wade-In and Picnic sponsored by the Patapsco/Back River Tributary Team to which the public is invited. This will also be a Tri-Centennial Port of Baltimore Celebration featuring a 300th birthday cake and speakers on port history and environmental activities. NPSP directions are at <http://www.dnr.state.md.us/publiclands/central/northpoint.html>.

Swimmers will be supported by Baltimore Maritime Exchange, Chesapeake Bay Boston Whalers, Chesapeake Paddlers and U.S. Coast Guard in crossing the waterway and its commercial channel. Prior to the swim, each swimmer will collect at least \$400

in pledge funds which will be distributed to local area urban watershed organizations. Checks should be made out to Greater Homewood Community Corporation (GHCC) noting the swimmer's name in the memo section and mailed to Joe Stewart, 3212 Avon Avenue, Baltimore, MD 21218. After the swim, GHCC, a 501 (C) (3) tax exempt organization will distribute the donations among the beneficiary watershed groups.

For more information, contact Joe Stewart:

jstewart@dat.state.md.us
410.767.1354 or 410.243.4418



Continued from Page 7 **MASSAGE THERAPY FOR SWIMMERS? YES!**

good knowing that I have been working the right spots. But why do you get so sore – not just as a newbie, but as a well-seasoned Masters swimmer?

MUSCULAR FATIGUE

When you swim or do anything in life that is repetitive, requires energy, strength and endurance...you create muscular fatigue, loss of flexibility, energy drainage, and muscular ache. Muscles are like cars, they need refueling, maintenance and cleaning or else there could be a mechanical failure and breakdown.

When your muscles feel exhausted they are not getting the proper circulation because they are constricted and tight, and not working efficiently. Overuse causes all of these qualities. Massage is an essential part of your training as it will combat this muscular fatigue and tightness.

MASSAGE AND SWIMMING

Massage is a manual therapy that

helps to create circulation in the muscles, breaks down adhesions (which are restrictions within the muscle tissue that form due to overuse), and creates length and stamina. Massage gives your muscles a new sense of efficiency. Let's look at the car again. Imagine that you left your car running in the garage. Think of all the noxious fumes and gasses that would be in that space. The same thing happens to overworked muscles.

Since swimming is primarily drilling, consisting of interval training and speed work, a swimmer ends up primarily using their anaerobic system. Burning energy anaerobically is an inefficient way for the body to burn energy. A result of this chemical process is an accumulation of waste products in the muscle tissue, including lactic acid. With time and practice, your body can develop a higher anaerobic threshold. But, if the muscles aren't getting stretched or flushed, this waste is

going to accumulate and soreness/ache/fatigue will ensue. Massage acts as a pump to rid your muscles of waste products and allows them to work efficiently.

As aforementioned; repetitive use creates adhesions and loss of flexibility in muscles. For swimmers, necks, upper shoulders, pectorals and triceps are getting shortened with overuse. This creates an inability for your muscles to reach their full length and may affect your swim stroke or even create an overuse injury (such as bursitis or tendonitis).

Massage Therapy, through a series of deep penetrating strokes, can break down adhesions, and restore the length of the muscle tissues. Deep Tissue or Myofascial Release will combine massage with a stretch that can allow joints to fall back into their natural position, create a greater flexibility and allow your body to feel free of tightness. Back in the pool you will

**“I, NOT EVENTS,
HAVE THE POWER TO
MAKE ME HAPPY OR
UNHAPPY TODAY.
I CAN CHOOSE WHICH
IT SHALL BE.”**

—GROUCHO MARX

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

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. 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; 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 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

SUSSEX COUNTY YMCA LOOKING FOR COACH

The Sussex County YMCA wants to start a coached Adult Fitness (Masters) swim program but has not been able to hire a coach. The tentative schedule is Tuesday and Thursday mornings from 5:30 to 7:00 and probably Sunday morning at 8:00. Anyone interested, contact Bob Hopkins; 973-729-3686 swimsmart@yahoo.com . ☎

DID YOU KNOW?

An ex-New Jersey Masters swimmer, **Rob Copeland**, who currently resides in Georgia is the new President of the United States Masters Swimming. Not bad! Do you think that will give New Jersey extra pull? Probably not, but we can say, we know him when. ☎

MEET CALENDAR

MEETS INSIDE NEW JERSEY

- Feb. 25**
Ocean County Y's 20th Annual SCY Unofficial Team Championships Entry on page 6-7
- March 25**
JAM March Madness SCY meet at TCNJ. Entry on page 4-5

MEETS OUTSIDE OF NEW JERSEY

- Jan. 1-Dec. 31**
2006 USMS Check-Off Challenge - National Fitness Event Information:
<http://www.usms.org/fitness/content/checkoff>
Entry form:
<http://www.usms.org/fitness/2006checkoff.pdf>
Questions, contact Hugh Moore 2102 N.Vassault, Tacoma, WA 98406, swimmoore@comcast.net.
Deadline is 2/28.
- Jan. 1-Feb. 28**
TAM's Postal 1650 Don't Waste Your Base
Entry form:
<http://www.tammasters.org/MileSwimResults/1650MileSwimEntry2006.pdf> contact person: Jon Steiner at lawjls@aol.com
- Feb. 5**
Ground Hog Meet, Westport Swim Club, Westport CT. Go to www.connmasters.org
Contact person: Meet Director Mike Laux at lauxlaw@aol.com
- Feb. 11-12**
VMST David Gregg III Memorial Meet, NOVA of VA, Aquatic Center, Richmond, VA. Contact Nancy Miller at nancymillr@aol.com

March 5
5th Chinn Aquatics Swim Meet, Woodbridge, VA. Contact Harry DeLong, hdelong@comcast.net or 703/368-0306 until 9 pm.

March 5
Spring Fling Yard Meet, Hosted by AquaFit Masters at the Nassau County Aquatic Center, NY. For entry go to <http://www.aquafitmasters.com/Events/Events.htm>

April 2
April Fools Meet, Hosted by AquaFit Masters at the Nassau County Aquatic Center, NY. For entry go to <http://www.aquafitmasters.com/Events/Events.htm>

CHAMPIONSHIPS

April 21-23
Colonies Zone SCY Championships - George Mason University, Fairfax, VA Entry form: <http://www.patriotmasters.org/ColoniesApril2006.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.

Continued from Page 8.

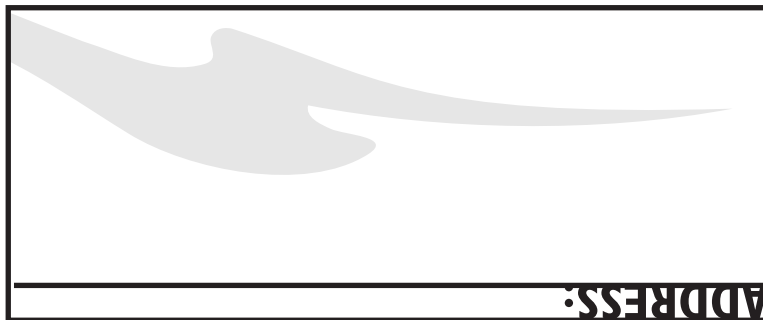
MASSAGE THERAPY FOR SWIMMERS? YES!

feel less drag, more length and an improved performance.

So, Happy 6x50, 4x75, and 6x100!!!
And please have mercy on the girl in the slow lane (any stroke tips will be greatly appreciated).

Next Installment—Swimming and Stretching (and I don't mean before you jump in !!!!)

Claudia Boorman is the Owner of Body Language Therapy Center located in Reform Studio (a fully equipped Pilates Studio) in Long Valley, NJ. She has been a Massage Therapist and Pilates Instructor for four years in the Long Valley/Chester area. Since her education at Somerset School of Massage Therapy, she has completed advanced training in Prenatal and Postnatal Massage, Myofascial Release, Neuromuscular Therapy, Therapeutic Stone and Thai-Yoga Massage. She is also Nationally Certified through the National Certification Board for Therapeutic Massage and Bodywork. Her Pilates Certifications have been completed through both Powerhouse Pilates and Power Pilates. www.bodylanguage-studio.com



451 Sweet Hollow Road
Bloomsbury, NJ 08804
NJ LMSC

