

# FAS TLANE



## LOOKING FOR STORIES

For those of you who swim and write, I'd love to add some zip to the Fast Lane with recountings of your experiences swimming at meets or races (indoor or outside). I also know that we've got a number of Masters swimmers in NJ in health-related professions such as physicians, massage therapists, nurses, nutritionists. If you have topics you'd like to write about that you think would be of interest to Masters swimmers, I'm all ears. Or if you don't want to write but you read a lot and see an interesting article, send it on to me to put in the Fast Lane. So give me a shout at [lbk@sprintmail.com](mailto:lbk@sprintmail.com) or 908/479-1038 and let's see what you've got! ☺



## NEW MEMBER CONTEST RESULTS FOR 4/01/06 THROUGH 6/30/06

*We have 506 2006 members as of June 30th; 13 referred of 24 "new to NJ" members. Here are the current members and how many new members they each brought in. Way to go! We're now in our third contest period which ends on October 31 so keep looking for new swimmers.*

DIGIACOMO, SCOTT . . . . .	1
EYRING, EDWARD . . . . .	1
FORMON, TRISTAN . . . . .	3
HAHN, DAREK . . . . .	3
HOPKINS, BOB . . . . .	1
HOWES, MARYANN . . . . .	1
JOTZ, JEFF . . . . .	1
STEVANCSE CZ, GAIL . . . . .	1
TOPER, AMANDA . . . . .	1

## OPEN WATER CLINIC A SUCCESS

Nineteen swimmers - many of them swimming in open water for the first time—braved the placid waters of Barnegat Bay on June 17 for the Second Annual Garden State Masters Open Water Clinic, hosted by Long Distance Chairman Jeff Jotz, with help from Jack Frain and Judy Ramirez. Tips on safety, navigation, technique and water entry and exit were all covered, and the participants enjoyed pizza and Gatorade at the conclusion of the clinic. Look for the return of the GSM open water clinic next June. Coach Jotz hopes to bring a USMS- sanctioned open water swim to the Jersey Shore in 2007. Stay tuned to the Fast Lane for updates. ☺

## ONE LITTLE SWIMMER, ONE GIANT FEAT

### YOUNGSTER, 7, SCOOTs FROM ALCATRAZ ISLAND TO SAN FRANCISCO

A 7-year-old Arizona boy swam from Alcatraz Island to the city in 47 minutes yesterday, where his father lifted him from the chilly waters. Braxton Bilbrey was joined by his coach and two other adults for the estimated 1.4 mile swim. The second-grader was greeted at the finish by reporters, photographers and well-wishers.

"I think it's pretty cool," the wetsuit clad boy said shortly after his father grabbed him under the arms and out of the water, which was in the mid-50s. Braxton said his next

ambition was to swim the English Channel.

Braxton, who lives in Glendale, Arizona, got the idea for the Alcatraz swim when he saw a magazine story about a 9-year-old boy who made the swim. Johnny Wilson, a fourth-grader from Hillsborough, California, completed the swim in 53-degree waters in October.

Coach Joe Semites said Braxton, who has completed several short-scale youth triathlons, planned to rest up after his swim.

—from *Star Ledger*, 5/23/06 ☺

## ROCK ON JULIA!

Hello,

I am Marianne Bradley, USMS swimmer with SUN Masters in Clearwater Florida. **Julia Dolce** swam with us in the early 1980's here at the Clearwater YMCA and we know she is still swimming with GSM (or was in 2005 at age 96 ! and hope she is still swimming).

Please give her greetings from me, **Marianne Bradley, Kay Schimpf, Frances Cichanski, Nancy Durstein** and our coach **Joe Biondi**.

I am 63 years old, swam with her when I was about 40 and she is a fabulous inspiration to me! I hope I can make it into the 95-99 age group one day!!

Many thanks,  
**Marianne Bradley,**  
Clearwater FL

## INSIDE THIS ISSUE

PAGE 2	• LIGHT THOSE CANDLES!	PAGE 4	• ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS ABOUT TOP TEN SWIMS—FROM THE NATIONAL TOP TEN COMMITTEE
PAGE 3	• AVOID ORAL ANTIBIOTICS FOR 'SWIMMER'S EAR'	PAGE 5	• SUMMER 2006 OPEN WATER SWIMS
	• BLOW AWAY SWIMMER'S EAR	PAGE 6	• THOSE WERE THE DAYS...OR WERE THEY?
	• WHAT'S GEEZERJOCK?	PAGE 7	• UPDATE—COLLEGES DROPPING SWIM REQUIREMENTS
	• WALSH TO RAISE FUNDS FOR NAVY SEALS		

# NJ LMSC OFFICERS



## LIGHT THOSE CANDLES!

Happy birthday to the following **100** July and August babies:

### 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  
sqkirk@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@jerseyareamasters.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  
jeannecoon137@aol.com

Julia Dolce . . . . .	95-99	Fred Nitting . . . . .	45-49
William VanPelt . . . . .	75-79	Amy Carow . . . . .	45-49
Marie McGowan. . . . .	75-79	Charels Freund. . . . .	40-44
Carol Eno. . . . .	70-74	Laurie Ditommaso . . . . .	40-44
Jerry Katz. . . . .	65-69	Mark Abate . . . . .	40-44
Donald Cox . . . . .	60-64	Chris Cavanaugh . . . . .	40-44
Jack Zakim . . . . .	60-64	Carlos Molina. . . . .	40-44
Edward Wynne. . . . .	60-64	Janet Tracy . . . . .	40-44
Arthur Deffaa. . . . .	55-59	Rebecca Kalibat . . . . .	40-44
Thomas Koellhoffer . . . . .	55-59	Austin Bailey . . . . .	40-44
James Ipsen . . . . .	55-59	Cathleen Vigneron . . . . .	40-44
Kate Reynolds . . . . .	55-59	Lorna Cialdella-Morehead . . . . .	40-44
Leonard Ershow. . . . .	55-59	Margaret Martonosi . . . . .	40-44
Sam Cynamon . . . . .	55-59	William Young. . . . .	40-44
Peter McCoy . . . . .	55-59	Matt Sweeney. . . . .	40-44
Daniel McConnell. . . . .	50-54	Melanie Fink. . . . .	40-44
Richard Cahayla-Wynne. . . . .	50-54	Tom Welchans . . . . .	40-44
Patricia Nagle. . . . .	50-54	Michael Halfacre. . . . .	40-44
Stephen Angeli . . . . .	50-54	Ronald Karnaugh . . . . .	40-44
Nancy Titko . . . . .	50-54	Nassim Zaagoub. . . . .	40-44
Nancy Steadman-Martin. . . . .	50-54	Paul Welchans . . . . .	40-44
Patti Foot. . . . .	50-54	William Sodano . . . . .	35-39
Mario Lepore. . . . .	50-54	Craig Prince. . . . .	35-39
Charels Huebner . . . . .	50-54	Melissa McCarthy. . . . .	35-39
Robert Erlanger . . . . .	50-54	Theresa Sanchez. . . . .	35-39
Deborah Deffaa . . . . .	50-54	Stephen Dragoni . . . . .	35-39
David Pletzner . . . . .	50-54	Murray Resinski . . . . .	35-39
Maria McCoy . . . . .	50-54	Ron Farina . . . . .	35-39
Steven Becker . . . . .	50-54	Jennifer Harnett. . . . .	35-39
Lesley Suttle . . . . .	50-54	Cary McConlogue . . . . .	35-39
Arthur Bilenker . . . . .	50-54	Ellen Sommerlad . . . . .	35-39
Marcia Postallian. . . . .	50-54	William Blumentals. . . . .	30-34
Maureen Koziol . . . . .	45-49	Mark Welsh . . . . .	30-34
Lajoy Collins . . . . .	45-49	Karin Adams. . . . .	30-34
Doug Myers . . . . .	45-49	Charles Manning. . . . .	30-34
Sarah Sangree. . . . .	45-49	Doug Buchan . . . . .	30-34
Lorraine Fitzsimmons. . . . .	45-49	Sumie Uezono . . . . .	30-34
Charles Daniel . . . . .	45-49	Michele Cody. . . . .	30-34
Barbara Hayes . . . . .	45-49	Katie Ricker . . . . .	30-34
Benn Doyle . . . . .	45-49	Samuel Horowitz . . . . .	30-34
Louis Conte. . . . .	45-49	Louis Padron DeLeon. . . . .	30-34
Dorothy Durkin. . . . .	45-49	Tiffany Brennan . . . . .	25-29
Michael Leddy . . . . .	45-49	Angela Cavalli. . . . .	25-29
Nancy Wilderotter. . . . .	45-49	Daniel Cenker . . . . .	25-29
Donald Smart. . . . .	45-49	Tamar Livne . . . . .	25-29
Edward Field . . . . .	45-49	Daniel Drury . . . . .	25-29
Robert Schweitzer . . . . .	45-49	Noelle Stary. . . . .	25-29
Karen Charen. . . . .	45-49	Wesley Donnelly . . . . .	20-24
Joseph Jankewicz . . . . .	45-49	Colleen Maniere. . . . .	20-24
Alice Alonso. . . . .	45-49		
Deborah Kemp. . . . .	45-49		



## AVOID ORAL ANTIBIOTICS FOR 'SWIMMER'S EAR'

SUNDAY, June 4 (HealthDay News)—Antiseptic or antibiotic ear drops should be front-line treatment for swimmer's ear, and doctors should use restraint in using oral antibiotics for the common condition.

So conclude the first-ever U.S. national treatment guidelines, which were crafted by a panel of experts from multiple disciplines, including otolaryngology, pediatrics and infectious diseases.

Swimmer's ear is an infection of the outer ear and ear canal. It's often caused by water becoming trapped in the ear during swimming, showering or bathing. It can also be caused by cleaning or scratching the ear and skin conditions such as psoriasis or acne.

Symptoms can include redness and swelling, itching, mild to moderate ear pain, or a feeling that the ears are blocked. There may also be fever, pus drainage, decreased hearing, swollen lymph nodes and radiating pain.

The expert panel developed the guidelines after they reviewed thousands of articles and studies dating back to the 1960s. Their findings and recommendations include:

- The condition should first be treated with antiseptic or antibiotic ear drops, which inhibit bacterial growth. These drops usually relieve the pain within a day and clear up the condition within a week. Doctors should show patients how to use the ear drops to ensure that they're effective.

- Oral antibiotics should be used with restraint, unless the patient has other conditions such as diabetes or some immune diseases. Studies suggest that oral antibiotics are less effective for swimmer's ear, and they have more side effects.
- Ear candles have not been shown to be an effective treatment for swimmer's ear and can have harmful side effects, such as burning or perforating the ear drum.
- Avoid swimmer's ear by using ear plugs to keep out moisture or by drying the ears with a hair dryer. Avoid water that may be polluted.
- Do not put fingers or other objects – including cotton swabs – in the ear. This can damage the ear or push material deeper into the ear canal. ☹

## BLOW AWAY SWIMMER'S EAR

When ears don't drain, a summer swim can lead to a throbbing infection. There's a new solution: Sahara DryEar, a phone-size device that dries out the ear canal. Hold it up to your ear, flip it on, and gentle 99 degree air blows for 80 seconds. A 13-month study of 15 people with chronic infections found that daily use cut incidence from two cases monthly to two cases a year. Our testers tried DryEar for a few weeks following their lap swims and like the results. DryEar is safe for all ages, but children age 5 and younger should have supervision. (cost: \$100; [www.dryear.net](http://www.dryear.net)) ☹

—Tanya Beers

—Taken from August, '06 issue of *Prevention*

## WHAT'S GEEZERJOCK?

GeezerJock, the Masters Sports & Fitness magazine, is the first magazine to cover the breadth of Masters sports, from swimming to track and field and from baseball to basketball to ice hockey. They mention our own Austin Newman in the current issue. The press has said that GeezerJock covers Masters sports like Sports Illustrated covers college and pro sports. GeezerJock also offers nutrition and training advice for Masters athletes in every issue. The magazine is available for a discounted subscription rate of \$30 for 18 issues—about 67% off the cover price—if you sign up at [www.geezerjock.com](http://www.geezerjock.com) ☹

## WALSH TO RAISE FUNDS FOR THE NAVY SEALs by Glenn Mills

Since our inception in 2000, the Naval Special Warfare (NSW) Foundation's goal has been to provide educational and motivational support, promote health and welfare programs and perpetuate the history and heritage of U.S. Naval Commandos, the Navy SEALs. Over the years, many people have donated their time and money to help ensure that the men and families of Naval Special Warfare have all they

need to succeed. But Don Walsh is taking support to a new level—a fundraiser that could suit only Navy SEALs. Don Walsh has chosen to swim the Isle of Jersey between August 25-28; a Channel Island located 15 miles off the coast of France. This will be the ultimate challenge for Don, and he will be the first person from New Jersey to swim around the Isle of Jersey, a distance of 41.5 miles.

Although never a Navy SEAL, Don Walsh did serve four years in the Air Force, and did three Vietnam tours. Don grew up on the Jersey shore, where he developed a love for ocean swimming. For the past 27 years, Don has been competing in open water racing up and down the East coast and California. He came to know the Navy SEALs while conducting swim clinics for them in

*Continued on page 6*

# ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS ABOUT TOP TEN SWIMS—FROM THE NATIONAL TOP TEN COMMITTEE

**Q: I swam in a USMS meet, but I don't see my times which would have made the top ten.**

A: The meet director is responsible for reporting times to the LMSC top ten person, who then would submit the times to the National level. Other factors include making sure the rules were followed, such as timing devices (one watch per lane is not allowed), valid pool measurements, etc. Also the times must be submitted by the deadline. Check with your LMSC top ten person to find out the details.

**Q: I swam in a USA meet. How do I get my times submitted for Top Ten?**

A: Report your times, with documentation such as a hardcopy of results or a link to the results posted on their official website, plus a copy of a valid pool measurement form if not already on file, to your LMSC top ten person, prior to the deadline for that course. Note that if the course had a bulkhead, there would need to be a measurement taken after the session(s) in which your times were done.

**Q: I swam in a foreign championship, but I don't see my times which would have made the top ten.**

A: Because the results from foreign meets are not sent to USMS, the swimmer is responsible to report times from a foreign championship to their LMSC top ten person. This must be done with documentation of the swim, such as a hardcopy of the results or the results posted on their official website. The reporting should be done prior to the deadline for submitting times in order for the LMSC top ten person to include with their submission to the National level.

**Q: I would like my lead off split for a relay or longer distance (such as first 100 of a 200 swim) to count for top ten. What do I have to do?**

**Q: When do times count for Top Ten?**

A: It depends upon the course:

Course	Times swum between	Submitted by	Published
Yards	June 1 and May 31	June 30	August
Short Course Meters	Jan. 1 and Dec. 31	Jan. 26	April
Long Course Meters	Oct. 1 and Sept. 30	Oct. 20	December

A: Prior to the swim, the split must be requested, in writing, and brought to the attention of the meet referee, before the conclusion of the meet. In addition, if the split is for an individual backstroke event, or for a relay, the meet referee must know about it before the swim. Splits also must be recorded by fully automatic timing equipment. The full distance of the event must be completed without any disqualifications, and the split portion must do a legal finish. If it is a relay, the second swimmer cannot start in the water.

Results should include such splits separately in the summary of results prepared by the meet director.

**Q: Sometimes the results of other meets such as Y Nationals or Senior or Gay Games appear in the top ten and sometimes not. How do I know if they will be?**

A: Never assume that such meets will have the results automatically included. These are usually recognized, but not necessarily sanctioned, meets, and as such are NOT automatically submitted for Top Ten. We attempt to get the results in a format we can easily work with, but are not always successful. It is the responsibility of the swimmer to report their results to their LMSC top ten person if they wish their times from such meets to be included in the Top Ten. Duplicate swims are eliminated on the chance that the results happen to get submitted.

**Q: Top Times vs. Top Ten. What's the difference?**

A: The Top Ten is currently mandated by the rules, while the Top Times is an attempt to display all times, not just the top 10. The main difference is that the Top Times are not scrutinized for accuracy, while the Top Ten tries to make sure all the swims can be validated. Currently they are maintained by separate committees.

The Top Ten is required to be submitted by meet directors for sanctioned meets within each LMSC, to their LMSC top ten person. There are requirements for eligibility of times submitted, which include such things as timing device accuracy (single watches per lane are ineligible), valid pool measurements on file, swimmers are legally registered with USMS, valid format for submission, and meeting the deadlines for submission, etc.

The Top Times is a voluntary database containing the results of meets that are submitted by meet directors. Not all meets everywhere are submitted. The combined meets are sorted for lookup by time within events, age groups and sexes.

**Q: What happens to my Top Ten times if I age up during the middle of a course?**

A: Each course actually includes times for an entire year. The start and end times vary by course for submission. Times for a swim are determined according to the date and course of the meet, and age of the swimmer. So your age "stays with" the particular swim(s) for that meet. If you do the same event and course later in the year, where you have "aged up" according to the course and meet date, then that event has your "aged up" age. Both swims (at the different ages) become part of the appropriate age group for submissions. For example, let's say your birth date is December. You swim 50 yard Free in November as a 34 year old. You turn 35 in December and swim another 50 yard Free in January. This is all part of the normal "yard season" which runs from June 1 to May 31. The time you did in November belongs to the 30-34 age group, while the time you did in January belongs to the 35-39 age group. You could conceivably be in the top ten in both age groups at the end of the yard "season" which would be published in August.

**SUMMER 2006 OPEN WATER SWIMS**

Compiled by Jeff Jotz

**JULY****Sat. July 29****32st Annual Andrew B. Manning Ocean Mile Swim, 6pm Sea Bright NJ**[www.sandyhookers.org/swim/index.htm](http://www.sandyhookers.org/swim/index.htm)\***Sat. July 29****Around Governor's Island 2 mi. Swim, New York, NY** [www.nycswim.org](http://www.nycswim.org)**Sat. July 29****Ocean City Masters 1 Mile Swim, Ocean City, NJ** [www.lmsports.com](http://www.lmsports.com)**AUGUST****Sun. August 6****Rainbow Channel 1 & 2.6 mi. Bay Swims, Ocean City, NJ** [www.rainbowchannelchallenge.com](http://www.rainbowchannelchallenge.com)**Sun. August 6****Metropolitan Masters 1 Mile Open Water Swim Championships, Point Lookout, NY** [www.metroswim.org](http://www.metroswim.org)**Sat. August 12****Atlantic City Around the Island 22.5 mi. Marathon Swim, Atlantic City, NJ** [www.acswim.org](http://www.acswim.org)**Sat. August 19****Ocean County YMCA 1.5 mile Mid Summer Ocean Swim, Seaside Park NJ** (732) 341-9622 x 2214 E-mail: [jsellito@ocymca.org](mailto:jsellito@ocymca.org)**Sat. August 19****Sound-to-Cove swim 1 mile, 5K and 10K swims, Glen Cove, NY** [www.swimacrossamerica.org/nassau\\_suffolk/ns\\_home.html](http://www.swimacrossamerica.org/nassau_suffolk/ns_home.html)**Sun. August 20****Ray Licata Memorial 1 mile ocean swim, Long Branch, NJ.** [www.raylicatamemorialschwim.com](http://www.raylicatamemorialschwim.com)**Sun. August 20****Riverside Park Tune Up 1.5 km Swim, New York, NY** [www.nycswim.org](http://www.nycswim.org)**Sun. August 20****Breezy Point 2.5 or 5 km Swims - Brighton Beach, NY** [www.metroswim.org](http://www.metroswim.org) (Sanctioned by MR LMSC #066-09)**Sat. August 26****10th Annual 1 Mile Ocean Swim at Manasquan Beach, 8am Manasquan NJ** (732) 681-4094 E-mail: [tkrug@optonline.net](mailto:tkrug@optonline.net) \***Sat. August 26****Little Red Lighthouse 5.85 mi. Swim, New York, NY** [www.nycswim.org](http://www.nycswim.org)**Sun. August 27****Metro 1 Mile & 5K Open Water Swims in Oyster Bay, NY****SEPTEMBER****Sat. September 2****Atlantic City Pageant 1.5 mi. Ocean Swim, Atlantic City, NJ** 609-347-5466 [www.acbp.org](http://www.acbp.org)**Sun. September 3****John Daly 1 Mile Ocean Swim, Long Beach, NY****Sat. September 9****Brooklyn Bridge 1 km Swim, New York, NY** [www.nycswim.org](http://www.nycswim.org)**Sun. September 17****1 Mile Fanny's Return (Across The Narrows) - Brooklyn, NY** [www.metroswim.org](http://www.metroswim.org) (Sanctioned by MR LMSC #066-11)**Sat. September 23****September Splash 2 mile, 1 mile and 1/2 mile Swims, Wildwood, NJ** [www.lmsports.com](http://www.lmsports.com)

\* UNCONFIRMED at this time. Please check back or contact the race director for more information.

## THOSE WERE THE DAYS...OR WERE THEY?

By Katie O'Dair

You remember them fondly, the days of your age group swimming: hanging out under the tent with your friends, eating raw jello by the box, wearing that American flag Speedo, and taking home the little medal in the box for 6th place. Those are the good memories. The bad ones, we have forgotten like your mom waking you up at 5:30 am to jump in a cold pool, the coach telling you what to do (there is no "age group option") and all those weekends away inside a natatorium while your friends hung out at the mall. We asked swimmers to compare their age group and Masters swim experiences, and got an earful. Below is a list of reflections from many participants at a recent meet and some of our own:

- In age group swimming you never hear "back when I was in high school..."
- In age group, the youngest person gets the most applause. In Masters, the oldest person does.
- In age group, bathing suits were cheap and oranges were an energy food. In Masters, suits cost \$250 and there are 50 kinds of energy drinks.
- In age group, you could have 3 donuts and a piece of pizza 2 minutes before getting on the block. In Masters, that could land you in the hospital.
- In age group, your parents drove you to meets. In Masters, you can drive yourself.
- In age group, you have crazy parents yelling "wup wup." In Masters, it's your coach.
- In age group, you do what your coach says. In Masters, you do what you want.
- In age group, the baby on deck is your sister. In Masters, it's your daughter.
- In age group, you never hear "my shoulder hurts, I slept on it wrong."
- In age group meets out of town, the first thing you look for at the hotel is the pool. In Masters, it's the bar.
- In age group, you swam 6 days a week. In Masters you swim 3.
- In age group, first through sixth place got trophies or medals. In Masters, only the top 3 get a medal.
- In age group, you have no body hair. In Masters, you shave. ☹

—From New England Masters newsletter online, [www.swimnem.org](http://www.swimnem.org)

### *Continued from page 3* **WALSH TO RAISE FUNDS FOR THE NAVY SEALS**

Coronado, California. He also trained SEAL instructors and BUD/S trainees in Coronado, and at the RTC at the Great Lakes Training Center in Illinois. Today, Don works with the SEAL RDAC program, developing the right candidates to become Navy SEALs.

Regarding his desire to support the Navy SEALs Don said, "I've been privileged to work with the finest young men in the country, and I hope this swim will help me to give back to the families of the fathers, husbands, and sons that have sacrificed their lives for our country." Don will be swimming to raise money for the Naval Special Warfare Foundation and specifically to honor the eleven SEALs who lost their lives in Afghanistan during Operation Red Wing in June 2005.

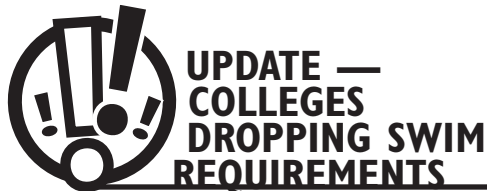
Please support Don Walsh's efforts and give to the Naval Special Warfare Foundation. You can donate online through [www.NSWFoundation.org](http://www.NSWFoundation.org) or by mailing your donation to NSW Foundation, P.O. Box 5965, Virginia Beach, Virginia, 23471. Please reference Don Walsh on your contribution. The NSW Foundation is a national non-profit 501(c)3 corporation, 31-1728910, and your donations are tax deductible.

Sincerely,  
Robert M. Rieve  
President and CEO  
Naval Special Warfare Foundation



**“WHEN YOU HAVE  
EXHAUSTED ALL  
POSSIBILITIES,  
REMEMBER THIS —  
YOU HAVEN’T.”**

— THOMAS EDISON



The New York Times carried an article on colleges dropping their swim requirements. The same article is available from The Gainesville Sun at [www.gainesville.com](http://www.gainesville.com) and search for “College swim test going extinct.” Below, Joe Katz, a student at the University of Chicago writes for the Chicago Maroon defending the test:

“To be a complete human being is to be in touch with the needs of of the body, as well as the brain. Joining our peer institutions in giving up the swimming requirement would be a long step down the road of abandoning that commitment to the physical along with the mental. It is as central to the ideal of a balanced life as the Core, and such a step would be just as contrary to our foundational values. ☹

—From Manhattan Island  
Foundation, 6/15/06 Cross  
Currents newsletter

## 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](mailto: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 Roestenber at [andreas@h2ovelocity.com](mailto:andreas@h2ovelocity.com) or [www.atlanticclub.com](http://www.atlanticclub.com) or 732/292-4372.

**Berkeley Aquatics** Workouts are Mon 8:45-9:45 pm,W and F 8-9:15 pm, Sun 8:30-10 am. Coached by Tristan Formon and Peter Hockmeyer. Contact Tristan at [tristan@juno.com](mailto:tristan@juno.com) or 908/464-0574 or [P\\_Hockmeyer@yahoo.com](mailto:P_Hockmeyer@yahoo.com).

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

**Somerset Valley YMCA/Bridgewater Pool** Workouts are T 8-9:15 pm, H 6-7 am. Contact Mel or Don Fink at [mfink38@comcast.net](mailto:mfink38@comcast.net).

**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](mailto:amanda.stover@theconnectiononline.org). Workouts are M, T, H 6-6:55 am, M, W 7-7:55 pm. Workouts provided other times. Coached by Amanda Rudd and Andrea Falcone at 908/273-4242 X 109 or [amanda.stover@theconnectiononline.org](mailto: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.

**Hamilton Hammerheads** Workouts are M,W,F 8:30-9:30 pm. Contact Ami Lombardi or Coach Dan Cenko; 609/581-9622, [Alombardi@hamiltonymca.org](mailto:Alombardi@hamiltonymca.org)

**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](mailto: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](mailto:jcarosi@aol.com).

**JCC of Central NJ in Scotch Plains** Workouts are M,W 7:30-8:30 pm, T, H 8:20-9:20 am and non-coached workouts handed out T, H 6:30-7:30 am and 12-1. Contact Aquatic Director-Rebecca Rivera 908-889-8800 ext 219 or [rrivera@jccnj.org](mailto: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](mailto: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](mailto:DHahn@princetonlightwave.com)

**Lakeland Hills Masters Team** Contact Pam Banks at [swimbanks@earthlink.com](mailto:swimbanks@earthlink.com) or [www.lhymasters.tripod.com/lhym.html](http://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 Tues & Thurs 7:15-8:30pm; Sundays 11:30am-12:30 until 9/7. Coach is Jay Muldoon. Contact Jamil McEnnis; 732/548-2044 X 212, [jamil.mcennis@metuchen-edisonymca.org](mailto:jamil.mcennis@metuchen-edisonymca.org)

**Peddie Aquatics Association Peddie Aquatics Association Masters Swim Club** Contact Paul Mucciarone and his email is [pfmooch@hotmail.com](mailto:pfmooch@hotmail.com) (or call the Aquatics Director at 609-490-7564). The hours are M-F 8:00 PM - 9:30 PM.

**Rahway Branch YMCA** Workouts are M-F 6-7 am. Contact Eric Klimkowich or Jeff Jotz at [jjotz@mac.com](mailto:jjotz@mac.com) or 732/827-2190.

**Ricochet Health and Racquet Club, South Plainfield.** Workouts are Tues. 6:15-7:15 am, Fri 8-9 pm. Contact Dawn Willemssen at 908/753-2300 or [fitness@ricochet-healthclub.com](mailto:fitness@ricochet-healthclub.com)

**Ridgewood YMCA** Workouts are M & F 8:30-9:30 pm. Contact Sue Ludzki at 201/444-5600 or Andrea Luallen-Egg at [rymstersandrea@optonline.net](mailto:rymstersandrea@optonline.net)

**Rutgers University** Contact Sean Sepela at [sepela@rci.rutgers.edu](mailto: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](http://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. **Summit YMCA** Workouts are Tues 5-6 am in the Hurst Pool. Contact coach Paula Coleman at 908-273-3330, X 143 or [rcoleman111@comcast.net](mailto:rcoleman111@comcast.net).

**Sussex County YMCA** Workouts are T,Th 5:30-7 am and Sun 10-11:30 am. Contact Coach John Postas at [jpostas1@earthlink.net](mailto:jpostas1@earthlink.net) or Aquatic Director, Maureen Tsadilas at 973-209-9622, X 210 or go to [www.sussexcountymca.org](http://www.sussexcountymca.org).

**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](mailto:CHollis@sussex.tec.nj.us)

**Union Boys and Girls Club** Ron Karnaugh at [RonKarnaugh@aol.com](mailto:RonKarnaugh@aol.com) or call 973/868-9922. The Club is located at 1050 Jeanette Ave., Union, NJ 07083 908/687-BOYS ext. 24; Directions: [www.bgcucaquatics.org](http://www.bgcucaquatics.org); Updates: [www.SwimMD.com](http://www.SwimMD.com)

**Virtual Swim Masters Jewish Community Center, Bridgewater.** Workouts scheduled through Coach John Quintana. Contact at [coach@virtualswim.com](mailto:coach@virtualswim.com) or 908/581-0275.

**Westfield YMCA** Contact Paul Casazza; 908/233-2700, [pcasazza@westfieldnj.org](mailto: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](mailto: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 Voorhees, Aquatics Director, Monmouth University; [rvoorhees@monmouth.edu](mailto: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](mailto: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, 5:45-7:30 at Community Park Pool.

**Red Bank YMCA/Deal JCC** Contact: Doug Rice; 908/741-2503.

**Sussex County Masters** Contact: Bob Hopkins; 973/729-3686 or [swimsmart@yahoo.com](mailto:swimsmart@yahoo.com)

**Montclair YMCA** Contact Billy Wilkenson; 973/744-3400

**Western Monmouth YMCA** Workouts are Sat. 7:30-9 am, T, H 8:30-10 pm. Contact Richard Wallace 732/851-5699 (H), 973/482-6400 X 2256 (W), [swimphil@optonline.net](mailto: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](mailto: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)

**Greater Bergen County YMCA** Contact David Allerd at [blueridge81@yahoo.com](mailto:blueridge81@yahoo.com)

**West Morris Area YMCA** Contact Kathy Fisher; 973/388-1120 or [kathy@wmay.com](mailto:kathy@wmay.com)

**St. Francis Community Center Aquatic Center** (Brandt Beach, Long Beach Island) Contact Linda Behr; 609/494-8861, [lmbehr80@aol.com](mailto:lmbehr80@aol.com)

**Ocean Club** (Stafford Twp, Manahawkin) Contact Kara Cassidy; 609/653-0939, [karaswims@comcast.net](mailto:karaswims@comcast.net)

**Newark YMCA** Contact Janelle Uroff; 973/624-8900, ext 6811, [swim@newarkymca.org](mailto:swim@newarkymca.org)

# MEET CALENDAR MEETS

## **OUTSIDE OF NEW JERSEY**

**October 29**

**GMU Patriot Masters Sprint Classic, George Mason University, Fairfax, VA.** Go to [www.pvmasters.org](http://www.pvmasters.org)

## **CHAMPIONSHIPS**

**August 4-11**

**XI FINA Masters World Championships, Stanford, CA.** Go to [www.2006finamasters.org/v2/](http://www.2006finamasters.org/v2/)

**August 26-27**

**Colonies Zone Long Course Championships at George Mason University, Fairfax, VA.**

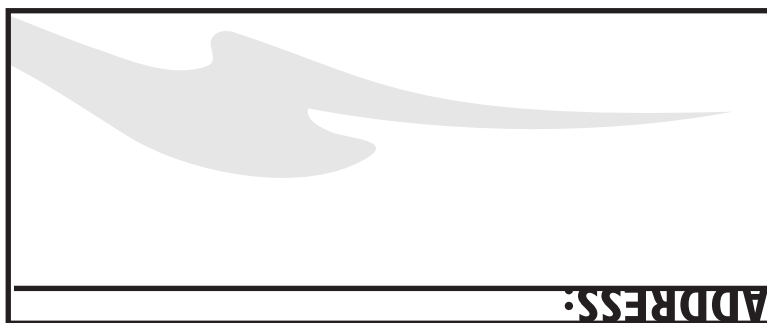
Go to [www.pvmasters.org](http://www.pvmasters.org)

**May 17-20, 2007**

**Short Course National Championships, Federal Way, WA**

**August 10-13, 2007**

**LC National Championships, The Woodlands, TX**



**NJ LMSC**  
451 Sweet Hollow Road  
Bloombsbury, NJ 08804