

EAST LANE

WELCOME NEW SWIMMERS

March 1, 2006 **Fellow NJ Masters Swimmers,**

With spring fast approaching, the 2006 swimming season is kicking into high gear. New Jersey Masters Swimming is experiencing and expecting several successful events – the 100 x 100's at Rutgers, the February Fitness Challenge, the Unofficial Team Championships at Ocean County Y, the upcoming March Madness meet at TCNJ (3/25/06), and assorted member clinics. Participation at these events is growing, and the traditions are being shared by more and more members. This is a very encouraging sign during a season where USMS membership promotion is receiving significant attention both at a national and local level.

As many of you know, the NJ LMSC is conducting its own USMS Membership Promotion Campaign to introduce the experience and benefits of masters swimming to a larger audience. It is worth noting that our members are doing an exceptional job in this effort. So, as the first phase of our Membership Promotion contest nears completion, it seems that a pause to recognize and welcome our new NJ Masters members is appropriate.

So, it is with great pride that we announce the names of the first-time USMS members who have joined our NJ Masters community. We are excited that you and the other hundreds of returning masters swimmers have made a choice to share in the fun, the fitness, and the competitive events planned for 2006. On behalf of the NJ LMSC, welcome and thanks for your interest and support of our organization

and the sport of masters swimming.

Sincerely,
Chris McGiffin
NJ LMSC Chairperson

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Bennett, Thomas E
Christian, Timothy J
Christmann, Abigail L
Cominsky, Anna G.
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Durkin, Dorothy L.
Fabian, David M.
Freeman-Patterson, Sue
Heubner, Paul H.
Hughes, Siochain
Ipsen, James G.
Jacobs, John
King, Matthew W.
Magnani, Mary J.
Marcinko, Cherri L.
Mc Coy, Maria M.
Mc Coy, Peter T.
McNamara, Danielle L.
Yang, Greg
Murphy, Barbara J.
Nelligan, William S.
Omara, Deirdre E.
Resinski, Murray L.
Ridilla, Linda M.
Ridilla, Stephanie L.
Schelling, Joyce E.
Styraite, Kristina
Vigneron, Cathleen T.
Wedeking, Robert D.
Wright, Jack
Inagaki, Julia
Maxwell, Amanda E.
Saillot, Anne-France A.
Konopka, Stan
Imken, Bill H.
Feehan, Beth H.
Klein, Catherine S.
Czvornyek, Chris
Murtagh, Sean P.
Phillips, Robert F.*

*Bachenheimer, Barry A.
Gruber, Craig
Esposito, Debra S.
Currie, Claudette C.
Desser, George A.
Fulton, Douglas N.
Lippitt, Andrew E.
Toaldo, Karol J.
Medhurst, Ronald A.
Morman, Carol R.
Clewell, Anne M.
Green, Lauren Y.
Hockmeyer, Peter B.
Hemecker, Ralph C.
Henderson, William C.
Presnal, Gregory E.
March, Gregory F.
Szymanski, Jack
Henry, Robert M.
Walsh, Sheryl G.
Bennett, Errington R. ☺*

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LIGHT THOSE CANDLES!

Happy birthday to the following 44 March babies:

Jean Nostrand.	70-74	Lynn English	45-49
Larry Lengle	70-74	Mike Kriley.	45-49
Lou Abel.	70-74	Nancy Conroy Leib	45-49
Tom Brunson	65-69	Mike Waldron.	45-49
Lynn Griesinger	60-64	Rosanne Lemongello	40-44
Frank McElroy	55-59	Jennifer Portman	40-44
Peggy DeRosa	55-59	Louise Goldsmith	40-44
Sue Freeman-Patterson	55-59	Robert O'Connell	40-44
Glen Fries	55-59	Jeffrey Gould	40-44
Gail Baumbach	50-54	Linda Bjork.	40-44
Carmen Alvarez	50-54	Sandy Carosi	40-44
Linda Rashti	50-54	Chris McGiffin	40-44
Julie Corpus	50-54	Jonathan Briggs.	40-44
Donald Asay	50-54	Eric Schiebler	35-39
Michael DiMario.	50-54	Laura Bush	35-39
Steven Putterman.	50-54	Bretta Jacquemin	35-39
Sheryl Walsh	50-54	Bridget Sherratt	35-39
Kenneth Niemi.	50-54	Jennifer Spoelker	35-39
Jim Jaffe	50-54	Monish Dhalwani	30-34
Anne Stich	50-54	Brian Frazer	25-29
Loretta Wells	45-49	Melinda Sulewski	25-29
Jean Becette.	45-49	Stephanie Ridilla.	20-24

NEW BABY NEWS

Welcome to little Billie Rose Sherratt who arrived in this world on January 12th, weighing 7 lbs, 5 oz. With two swimmers in the family, proud parents Bridget and Phil expect Billie will swim like a fish.

REGULAR EXERCISE MEANS LONGER, HEALTHIER LIFE

By Kelly Davidson

Can a daily walk increase your years on the planet? Yes, according to a recent study published in the Archives of Internal Medicine (2005, vol. 165, no. 20). The groundbreaking study, conducted at the Erasmus M.C. University Medical Center in Rotterdam, calculated how different physical activity levels affect life expectancy and the onset of cardiovascular disease in people 50 and older. Regular exercisers added nearly four years to their life span compared with more sedentary participants.

Researchers examined health and lifestyle information from the Framingham Heart Study, an ongoing project monitoring more than 5,000 residents in Framingham, Massachusetts, since 1948. The data showed that moderate physical activity (such as walking 30 minutes daily, five times per week) increased life expectancy by 1.3 to 1.5 years; high physical activity (such as running 30 minutes per day, five times per week) added 3.5 to 3.7 years. Researchers say these longer life spans are largely due to the fact that regular exercise delays the development of cardiovascular disease by 1.1 to 3.3 years. The most encouraging news, says lead author Oscar H. Franco, MD, DSc, PhD, is that even inactive middle-age individuals can add years to their lives by starting a regular exercise regimen.

RULES CORNER Kathy Casey, Rules Committee Chair**BREASTSTROKE**

There have been questions about when the dolphin kick may be taken during the breaststroke and also about the order of the kick and pull of the breaststroke.

The single dolphin kick may be taken during or at the end of the first arm pull-down after the start and after each turn.

The official interpretation is as follows: "...during, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not

required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is not permissible prior to the arm pull-down." This quote is from Bruce Stratton, Chair of the USA Swimming Rules and Regulations Committee, and is part of the official interpretation published regarding the recent rule changes for breaststroke and backstroke.

The full text can be accessed at usaswimming.org, click on volunteers, click on officials, click on rules and regulations, and click on the link to the interpretations in the 2nd paragraph on that page.

The breaststroke must begin with an arm stroke; "...the stroke cycle must be one arm stroke and one leg kick in that order." (101.2.2, 3rd sentence, p. 16 of the 2006 USMS Rule Book).

For any questions about rules contact Kathy Casey, USMS Rules Chair, at rules@usms.org.

**SUMMER SWIMMING**

Outdoor long course practice returns to the Walter E. Ulrich Pool in Rahway River Park this summer in Rahway. It's a great way to prepare for the World Masters Championships in August or to enjoy outdoor swimming. This coached practice begins on Monday, June 26 and runs through August. Practice times are 6-7:30 am M-F and 7-9 am Saturday. Cost is \$8/practice, \$40/week, \$175/season. For more information, contact Jeff Jotz at jjotz@mac.com or (732) 827-2190.

**HER DREAM: FAMILY SPLITS SO GIRL CAN PURSUE HER OLYMPIC QUEST**

Thirteen-year-old Felicia Lee is a shining star in the age group swimming world. She is so good that she has her sights set on the Beijing Summer Games of 2008. She lives in Wayne, NJ but since last summer she and her father live in the Baltimore suburb of Towson, MD during the week and return to New Jersey on the weekends.

She trains with Paul Yetter of the North Baltimore Aquatic Club, which has produced 10 Olympians, including Michael Phelps, who won six gold medals in Athens in 2004. Lee already is assured of making it to the 2008 U.S. Olympic trials in Omaha, Neb., by virtue of her times in the 100-meter and 200-

meter backstroke, the 100-meter butterfly and the 200-meter individual medley. She is ranked No. 1 in the nation among girls 13 and 14 in the 100-meter backstroke, the 200-meter backstroke, and the 100-meter butterfly. She is 10th in the country in the 100-meter butterfly among all ages. Last summer, Lee broke the YMCA all-ages national record in the 100-meter long-course butterfly. Her time in that event, 1:02:48, was just nine one-hundredths of a second off the Olympic trial cut.

Lee is the youngest and, at 5'5" and 112 pounds, the smallest swimmer in the group of teenagers. In terms of Lee's abilities, Yetter says he has never seen

a kicker like her. Using a kickboard only she can cover 25 yards in the pool in under 12 seconds. She looks like a dart in the water, skimming the surface, her feet barely seeming to move.

"There is no doubt that people in New Jersey did a good job with keeping her going in the right direction," Yetter says. "And there's no doubt that I'm a lucky coach who gets to work with this kid."

Let's keep an eye on this Jersey girl and see how far she can go!

—Excerpted from *Star Ledger*,
by Bridget Wentworth, 2/26/06



CHOCOLATE MILK: THE NEW SPORTS DRINK?

STUDY SHOWS CHOCOLATE MILK MAY HELP ATHLETIC PERFORMANCE

By Richard Sine
WebMD Medical News

Feb. 24, 2006—During a 2004 Summer Olympics awash in controversies over steroids and supplements, one sportswriter wryly noticed that top American swimmer Michael Phelps was playing it safe—he preferred to drink Carnation Instant Breakfast between races.

Now it appears that the six-time gold medalist may have been onto something. A new study shows that plain old chocolate milk may be as good—or better—than sports drinks like Gatorade at helping athletes recover from strenuous exercise.

The study, published in the *International Journal of Sport Nutrition and Exercise Metabolism*, was small in scale; it was partially funded by the dairy industry. But dietitians say the study should help to counter the notion that high-tech, expensive supplements are better than whole foods when it comes to athletic performance. They also note that milk contains key nutrients, such as calcium and vitamin D, in quantities that sports drinks can't match.

"[Milk] is a sports drink 'plus,'" Keith Ayoob, EdD, a registered dietitian and associate professor of pediatrics at the Albert Einstein College of Medicine, tells WebMD. "It will supply you with things you need whether or not you're working out."

The study builds on findings that intense endurance exercise reduces the muscles' supply of stored glucose, or glycogen, a key source of fuel for exercise. To maximize glycogen replacement,

the American College of Sports Medicine and the American Dietetic Association recommend taking in a serving of carbohydrates within 30 minutes after a long and vigorous workout.

MILK VS. SPORTS DRINKS

Common sports drinks such as Gatorade supply those carbs, as well as fluids and electrolytes lost through sweat. However, more recent research suggests that adding protein to the mix may further hasten recovery. Hence the new wave of drinks such as Endurox R4 that include protein as well as higher doses of carbs.

In the study, nine male cyclists rode until their muscles were depleted of energy, then rested four hours and biked again until exhaustion. During the rest period, the cyclists drank low-fat chocolate milk, Gatorade, or Endurox R4. During a second round of exercise, the cyclists who drank the chocolate milk were able to bike about 50% longer than those who drank Endurox, and about as long as those who drank the Gatorade.

The findings suggest that chocolate milk has an optimal ratio of carbohydrates to protein to help refuel tired muscles, researcher Joel M. Stager, PhD, Indiana University kinesiology professor, tells WebMD.

But the most puzzling result of the study, experts say, was why Endurox—which has the same carb-to-protein ratio as the chocolate milk—fared so poorly. Researcher Jeanne D. Johnston, MA, tells WebMD it may have to do with the different composition of the sugars in the milk. Another theory is that the sugars in the

milk may be better absorbed in the gut than those in the Endurox.

Edward F. Coyle, PhD, a researcher on exercise and hydration at the University of Texas, tells WebMD the trial would have been stronger if the researchers had also tested the effect of flavored water or another dummy (placebo) drink.

The study was partly funded by the Dairy and Nutrition Council, an industry group. Coyle says that the study's reliance on industry funding is not unusual in the world of sports research, as federal funding for such research is hard to come by.

A CHEAPER ALTERNATIVE?

While rapid nutrient replacement may not be important for casual exercisers, it can make a big difference in performance for competitive athletes who work out vigorously once or twice a day, says Roberta Anding, a sports dietitian and spokeswoman for the American Dietetic Association.

Anding has long recommended chocolate milk for young athletes who come to her practice at Texas Children's Hospital in Houston. For children and teenagers from lower-income families, it doesn't make sense to spend serious money on sports drinks when they can get milk as part of a subsidized lunch program, she tells WebMD. The only advantage of sports drinks, she notes, is that they never spoil.

Ayoob estimates that more than two-thirds of teenagers should be drinking more milk anyway because they don't get enough calcium in their diets. He also recommends milk for its vitamin D and potassium content. "For me, this is a no-brainer," he says. ☺

Garden State Masters Swimming Presents

Masters Open Water Swim Clinic



Saturday, June 17, 9 am
5th Ave. Bay Beach (at S. Bayview Ave.)
Seaside Park, NJ



WORKOUTS ■ SAFETY ■ STARTS
TECHNIQUE ■ NAVIGATION ■ FINISH

USMS Long Distance All American Jeff Jotz and other experienced open water swimmers will prepare you for swimming in everything from a backyard pond to the English Channel. Clinic will consist of dryland instruction as well as swimming in the shallow waters of Barnegat Bay. Beginners and advanced open water swimmers are welcome. Pizza will be provided after the clinic for participants.

Wetsuits are allowed and strongly encouraged if the water temperature is below 65F.

ENTRIES: The clinic is open to all Masters Swimmers holding a valid 2006 USMS registration card. A copy of your card must accompany your entry! Non-USMS members can register for a one-day USMS membership for an additional \$8 (form attached).

COST: **Pre-registration required.** \$25 if registered before June 3; \$30 after. Clinic size is limited to 25 swimmers. Make checks payable to Jeff Jotz Aquatics and mail to P.O. Box 873, Rahway, NJ 07065. Rain date is Sunday, June 18.

DIRECTIONS: Garden State Parkway to Exit 82 (Rt. 37/Seaside Hts.). Follow Rt. 37 E approx. 9 miles to Route 35 S. (Central Ave.) Seaside Park. Follow Central Ave. south and turn right at 5th Avenue (right before police HQ). Beach is one block ahead, on the corner of 5th & S. Bayview Aves.

NAME:	ADDRESS:
USMS NUMBER:	DAYTIME PHONE:
E-MAIL:	EVE. PHONE:

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 _____

Non-USMS members may fill out and mail in this attached form for a one day registration

2006 ONE EVENT REGISTRATION FORM



2006 ONE EVENT MEMBERSHIP APPLICATION

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day

OEVT - One Event Membership Event Date:

USMS Fee: \$8.00

LMSC Fee:

TOTAL FEE

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.

Signature _____





IS PROUD TO PRESENT

“EFFORTLESS STARTS & TURNS”

PRESENTED BY:
JERSEY AREA MASTERS HEAD COACH

DAREK HAHN

AND THE COLLEGE OF NEW JERSEY WOMEN'S HEAD COACH

JENNIFER HARNETT

- This clinic will focus on using the water to help your starts and turns.
- We will discuss ways to use the water to your advantage to get off the walls quicker, into your stroke more efficiently and create more power on your starts.
- The clinic will be broken into two groups, based on ability level so as long as you can swim continuous lengths you are welcome to attend.
- Please register early, as this clinic is likely to fill up fast!!!

Clinic Schedule

Sunday, April 9th 12:00-4:00 pm

Registration	11:45-12:00pm
Video Presentation & Discussion	12:00-1:00pm
One group in shallow end working on Turns (Alt. in deep end)	1:00-2:00pm
One group in deep end working on starts & turns (Alt in shallow end)	2:15-3:30pm
Wrap-up discussion	3:30-4:00pm

COST

JERSEY AREA MASTERS SWIM CLUB MEMBERS	\$35
NON-JERSEY AREA MASTERS SWIM CLUB MEMBERS	\$45

TO REGISTER OR FOR INFORMATION AND LOCATION PLEASE CONTACT COACH HAHN
AT 609-947-3780 OR BY EMAIL AT DHAHN@JERSEYAREAMASTERS.COM



COMMON STROKE DEFECTS & "DRILLS" TO FIX THEM

Bob Hopkins-ASCA COACH • 973-729-3686 • swimsmart@yahoo.com

FREESTYLE STROKE DEFECTS

1. not being horizontal-"sidelying"
2. not swimming on your side (being flat on the water)-"Sidelying", "Single Arm"
3. not rotating/snapping from side to side-"Stop, Stop, Switch", "Single Arm"
4. not rotating/snapping at the correct time-"Two Beat Kick"
5. not grabbing an armful of water up front-"Fist"
6. not keeping a high elbow during pull-"Fist"
7. not gliding on side after stroke-"Catch Up"

FREESTYLE DRILLS

Sidelying—one arm extended overhead with shoulder on ear, other arm at side, kick gently on side maintaining horizontal balance in water; you should be looking at the bottom of the pool; monitor your horizontal position by observing the arm that is at your side; it should be completely out of the water; if the water level is at your elbow, you need to press on the armpit of your extended arm to regain the horizontal balanced position needed for streamlining; swim one length on the right side and the next on the left side; when you need to breathe, roll your face out of the water and breathe; return immediately to the face down position and make sure you have not lost your horizontal position

Stop, Stop, Switch—same as Sidelying except that you will incorporate a roll from one side to the other and taking a breath; start the same way as in Sidelying but recover your arm that is at your side; as the recovering arm is even with your ear, grab the water with the arm that is extended and switch to your other side as you continue to recover your other arm; as your recovering arm enters the water your face should

be out of the water so you can breathe; hold this position (Stop) and regain your horizontal balance then roll your face back to a position looking down at the bottom of the pool and hold (Stop) that position until you have your horizontal balance; then repeat the rolling movement to the other side (Switch) and repeat all steps

Single Arm—breathing to stroking side-with non stroking arm at side, stroke with the other arm and breathe at the completion (push phase) of the stroke; at the completion of the stroke, your shoulder of your stroking arm should be out of the water via body rotation; upon entry of the stroking arm, the shoulder of your non stroking arm should be out of the water via body rotation

Single Arm—breathing to non stroking side-same as above except you breathe to the side of your non stroking arm; as your stroking arm enters the water, you should be on your side breathing with the shoulder of your non stroking arm out of the water; as you complete your stroke, the shoulder of your stroking arm should be out of the water since you have rolled to the other side during the stroke cycle;

Fist—swim whole stroke but keep hand in a "fist" so that you cannot grab the water with your hand; this will force you to learn how to rotate your forearm from elbow to fist and grab the water before you begin to pull back on the water for your stroke; the feeling is to get an "armful" of water

Catch Up—swim freestyle normally except delay the stroke of your right arm until the left hand touches the top of your right hand; when that occurs, take your full stroke with your right arm and as it recovers, touch the top of your left hand with your right hand and then begin your left arm pull

Two Beat Kick—swim normal freestyle but only kick twice per arm cycle; kick down with the top of the right during the right arm pull when your hand passes under your right shoulder; kick down with the top of your left foot as your left arm pull passes your left shoulder.



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/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. 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 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 681 I, swim@newarkymca.org

**“NEVER GIVE UP.
NO ONE KNOWS
WHAT’S GOING TO
HAPPEN NEXT.”**

—DOROTHY,
THE PATCHWORK GIRL OF OZ, 1904

**ADDITIONAL
NJ LMSC SCM
RECORD FROM
JAM HOLIDAY
CLASSIC**

December 10-11, 2005

Men 18-24

100 Back

J Wesley Donnelly 1:03.30

**MEMBERSHIP
CONTEST
UPDATE**

With the first phase of the membership contest running until the end of March, the numbers look good so far. Thirty existing members have been responsible for getting 63 new members! Here are those who have brought in two or more members. Everyone starts over at zero on 4/1, which presents another opportunity to all members to compete with a fresh start. Kudos to all and keep it going! ☺

Darek Hahn 5

Susan Kirk 3

Bob Hopkins 2

A. Stover-Rudd 2

Melanie Fink 3

Tristan Forman 2

Andrea Luallen-Egg 2



MEET CALENDAR

MEETS INSIDE NEW JERSEY

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.

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>

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

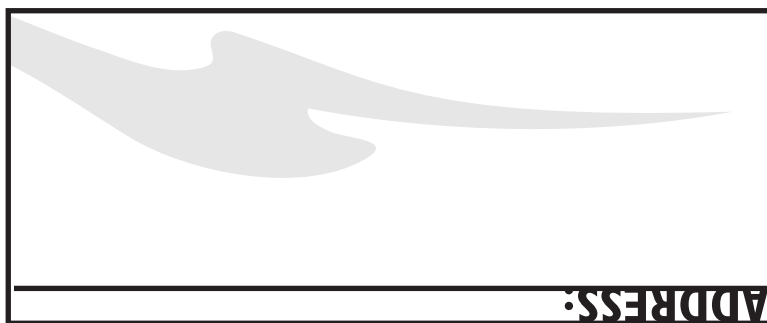
CHAMPIONSHIPS

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