

EAST LANE

SAD NEWS

New Jersey Masters swimming lost its oldest swimmer, 97-year-old Julia Dolce, on August 21st. Julia was a stellar competitor, a friend and inspiration to many and will be dearly missed. Here is an excerpt from her obituary in the Bergen Record.

Julia Dolce, 97, of New Milford, NJ died peacefully on August 21, 2006. Julia was a devoted mother, grandmother and great-grand-mother. She was born in New York City on July 16, 1909. In her early years, she was a swimmer. She retired from the sport to raise her family only to return to swimming when in her 70's. Julia holds 5 World

Age Records and 4 American Age Group records and in 2005 she was named to the United States Masters Swimming All Star Team. She has earned the All American Team Honors for the fastest time in three events in the 95-100 age group. She represented the United States at the Senior Olympics. ☺

JULIA DOLCE: WORLD CHAMPION SWIMMER & FRIEND BY NANCY STEADMAN-MARTIN

I am very lucky to have known Julia Dolce. Over the past twenty years, I traveled to many swimming meets with Julia. We shared many laps of the pool, many meals, and, most importantly, many laughs. I always felt like a champion when I was with Julia because she was always so positive and had a way of making those around her feel very special. As I reflect on our friendship, I know I am blessed to have known her and that I will always carry a "piece" of Julia in my heart. Over the years and the many swimming meets we attended together, I wanted to share some memories of Julia.

Julia was always very excited to attend national championships. Her excitement would help motivate me. In recent years, as Julia's hearing made it difficult to talk on the phone, Julia and I would "fax" back and forth. As soon as she learned of the location of the next championship, she'd start faxing information and we'd begin planning our itinerary. She was a great traveling companion — she never complained about delays, bad meals, poor accommodations, or me!

Julia was very dedicated to doing her best. She loved to break records. I don't know how many in total she broke, but in recent years, she'd be disappointed if she raced and didn't break one. Many people at swim meets will write their heat & lane assignments on their hand so they wouldn't miss their event. Julia always remembered her heat & lane so she did not need to do that, but she would write the existing world or national record on her hand so she would know immediately after finishing as to whether she set another record!

Julia never lost her competitiveness and she proved herself to be tougher than any other athlete I know. At one long course national championship in Seattle, when she was in the 90-94 age group, she was scheduled to swim

the 800 meter freestyle on the first day of the meet. The evening prior to this event, we went out to dinner and Julia ordered a large bowl of raw clams. The rest of our dinner group questioned her choice, but Julia had the entire bowl. The next day, immediately prior to the 800 free, I couldn't find Julia. I was going to be her counter, so as they were clearing the pool to begin her heat, I began making a search for Julia. It was very unlike her to not be ready to go behind the starting block. I located her, bending over a garbage can in the hallway, getting sick. She then said she was fine and ready to swim. On the way to the blocks, she told me she got sick because I had given her a power bar to eat that morning and that it had nothing to do with the raw clams. Well, Julia went on to set a world record that day and she got annoyed when I would recount that story in front of others.

Julia had a great sense of humor and would get a twinkle in her eye when she told a funny story about something she had done or when she could fool someone. About 16 years ago, when Julia was a youngster of 81, we were at a dinner or fundraiser of some sort in honor of the Garden State Games. My father, Dick Steadman, was the organizer of the event, and in attendance were many sport celebrities. One such celebrity was Abel Kiviat, who at the time, was the oldest living Olympian. Abel was quite the character at age 95 and after chatting with Julia, he invited her to his hotel room. I noticed the twinkle in Julia's eye as she said, "Sure." Abel was surprised and quickly got busy talking to others. Julia remarked, "I knew I could call his bluff!"

When my father was alive and traveled to the swimming meets with us, he would get in the pool before the meet and try and beat Julia in a 50 freestyle when she wasn't looking. She never let him win! She would be swimming along slow-

ly, warming up, but when he got near her, she picked it up and always beat him to the wall.

Julia was an inspiration to me when I was training to swim the English Channel. She gave me a picture from 1920, when she was eleven years old sitting on the shoulders of Gertrude Ederle after swimming in a race in the East River. Julia said she got last in the race, but I never believed her. I'm sure she gave Gertrude a "run for her money." Julia was just always humble about what she did. When I called her from England after I completed my Channel Swim in 2004, to tell her I made it, she said, "You didn't have to call me, I knew you'd finish." That was Julia's way of always making me feel like a champion, when she was really the "Champion of Friends."

I will always remember Julia in her warm-up suit carrying her red gym bag with her All-American patches on it. My traveling to swim meets won't be the same without her. I know at age 97, Julia lead a full, healthy life and for more years than most. She loved her family and enjoyed her grandchildren, and great grandchildren. Even though, I recognize that 97 healthy years is a great thing, it still seems like her life was too short. I wish we had just one more swim meet together! ☺

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TRIBUTE TO JULIA

Julia was a lovely person and always an inspiration to the Nessels. Though she stood under 5 foot tall, we always looked up to her. I think of Julia, I smile. What better tribute.

— Ed & Eileen Nessel, Viera, Florida



LIGHT THOSE CANDLES!

Happy birthday to the following 54 September/october/october babies:

Gershen Konikow 85-89	Jack Horst 45-49
George Melick 80-84	Eric Schott 45-49
Edith Gabriel 80-84	Frank Bozich 45-49
Lainey Dooman 80-84	Ronald Bowman 45-49
Ron Engelhardt 75-79	Lily Hunter 45-49
Isaac Siskind 75-79	Michael Barnes 45-49
Henry Fallon 70-74	Diane Panzera 45-49
David Harrington 70-74	Daniel Morgan 40-44
Ann Ferguson 65-59	Anne-France Salliot 40-44
Toms Royal 65-59	Gregory March 40-44
Ernest Nosedo Sr. 60-64	Sandra Parham 40-44
Maurice Sercarz 55-59	Daniel Moore 40-44
Thomas Herits 55-59	Richard Clew 40-44
Dennis Funk 55-59	Robert Barrish 35-39
Karen Ristuccia 50-54	Abigail Christmann 35-39
Deborah Deffaaa 50-54	Curtis Sawin 35-39
Frank Turner 50-54	Jennisse Peatick 35-39
Maria McCoy 50-54	Barry Julius 30-34
Marie Quinn 50-54	Liza Barbarello 30-34
Fran McManus 50-54	Huybert Groenendaal 30-34
Karen Sacks 45-49	Maddalena Mustillo 25-29
Sandra White 45-49	Nick Mathers 25-29
Linda Twining 45-49	Danielle McNamara 25-29
Antony Bambrough 45-49	Gabriel Nieves 25-29
Susan FitzGibbon 45-49	Brandon Pierce 25-29
Paul Mucciarone 45-49	Matthew King 20-24
Errington Bennett 45-49	Melody Wysocki 20-24



COVE TO COVE SWIM

Congratulations to **Maddalena Mustillo** who won the Cove to Cove Swim on July 23 with a time of 6:07. The Cove-to-Cove swim is a 1/2 mile course along the sea wall beginning at the South Cove at Battery Park City and finishing at the North Cove Yacht Harbor at the World Financial Center in Battery Park City.

WORLDS—WOW!

New Jersey swimmers rocked at 2006 XI FINA World Championships on August 4-10 in Palo Alto, CA! Here's the lowdown: One World Champion in the 50 fly! (Steve Hiltabiddle). Nine top ten finishers! (Steve, Bill Haynes, Paul Keill, Benn Doyle, Barbara Rosenbaum, Diane McKay, Jeff Jotz, Jack Zakim, Jane Fisher). Congratulations to the following 28 swimmers who set new NJ LMSC LCM records!

Women 40-44**Laurie Ditommaso, 44**

50 Fly 31.67

45-49**Nancy Conroy-Leib, 47**

100 Free 1:09.29

200 Free 2:35.35

50 Fly 32.90

100 Fly 1:18.52

200 IM 2:57.81

Diane McKay, 45

50 Back 34.87

65-69**Barbara Rosenbaum, 65**

50 Breast 52.26 (7th)

100 Breast 1:59.13 (10th)

200 Breast 4:23.46

70-74**Jane Fisher, 70**

50 Breast 1:02.87

100 Breast 2:22.06

50 Fly 1:07.90

100 Fly 2:25.77

200 Fly 5:34.28 (9th)

Men 40-44**Steve Hiltabiddle, 40**

50 Free 25.26

100 Free 56.06 (10th)

50 Fly 26.20 (1st)

100 Fly 58.85 (3rd)

200 Fly 2:24.63 (9th)

50-54**Michael Fanelli, 52**

400 Free 5:24.20

Jack Zakim, 61

100 Free 1:06.85

200 Free 2:23.19 (9th)

800 Free 11:08.49

William Haynes, 80

50 Back 49.91 (4th)

100 Back 1:53.31 (4th)

200 Back 4:08.35 (7th)

Relays**Men 160-199**

200 Medley Relay

GSM 1:58.48

Jeff Jotz, 36**Benn Doyle, 48****Steve Hiltabiddle, 40****Ed Tsuzuki, 48**

Also placing in the top ten were:

Jeff Jotz, 36

200 Breast 2:46.54 (9th)

Benn Doyle, 48

50 Breast 33.27 (7th)

100 Breast 1:14.75 (7th)

200 Breast 2:45.72 (6th)

Paul Kiell, 76

800 Free 14:19.56 (8th)

200 Back 3:49.05 (4th)

William Haynes, 80

50 Free 41.14 (7th) 



LEFT: CHRIS MCGIFFIN, ELLEN SOMMERLAD, SUSAN KIRK AND ROSANNE LEMONGELLO



LEFT: JACK ZAKIM, ART WEIN AND LARRY SEIDMAN (L TO R).



LEFT: BILL REICHLER, JANE FISHER, BARBARA ROSENBAUM, JERRY KATZ, MICHAEL FARNELLI AND ED TSUZUKI.




BELOW: STEVE HILTABIDDLE, WORLD CHAMP IN THE 50 FLY!

GRAYSON BY LYNNE COX

In this inspiring memoir, the acclaimed author of *Swimming to Antarctica: Tales of a Long Distance Swimmer* recalls an amazing encounter from her 17th summer. Early one morning, at the end of a training session some 200 yards off the California shore, Cox realized she was being followed by a baby gray whale

that had lost its mother. Despite her fatigue, Cox stayed with the stray until the mother returned, in what turned out to be — as this book proves — an unforgettable, life-altering choice.

—From the Manhattan Island Foundation's *Cross Currents* newsletter 



Jersey Area Masters Swim Club Presents: The 3rd SCM Holiday Classic & Colonies Zone Championships

Friday, Saturday & Sunday, December 8-10, 2006
The College of New Jersey, Ewing, NJ

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #: 076-S03

- Facility/ Warm-up:** The College of New Jersey Aquatic Center opened in 1987; divided by a moveable bulkhead, there will be 8 lanes used for competition. Lap lanes in the diving well will be available during the meet for warm-up and warm down. Diving only in designated one way sprint lanes. **Diving is not allowed in the separate warm-up area at any time.**
- Entries:** This event is open to USMS registered swimmers only. Swimmers may register for a maximum of 5 individual events per day, not including relays. Heat sheets and distance event psyche sheets will be posted at www.jerseyareamasters.com by Sunday the 3rd of December, including an estimated timeline & results. All entry discrepancies must be brought to the meet directors attention prior to the beginning of competition on the first day.
- Distance Check-in:** **The 1500, 800 & 400 meter freestyle & 400 IM require positive check-in.** Swimmers must check-in 1/2 hour before the start of the race. Heat sheets will be posted throughout the pool area once the events have closed.
- Schedule:** **Friday** 5:00 pm warm-up – 6:00pm start, **Saturday & Sunday** 7:00am warm-up – 8:00am start, there will be a 30-minute warm-up after the distance events on Saturday & Sunday morning.
- Seeding:** All 50-100-200 meter events will be pre-seeded. Events will be run in heats, slowest to fastest, with women swimming first. No time (NT) entries are discouraged; give your best-estimated time for the event.
- Age Groups:** Individuals: 18-24, 25-29, 30-34, etc. through 90+. Relays: total age of swimmers in the following categories: 76-99, 100-119, 120-159, 160-199, 200-239, + 40 year increments as high as necessary. Mixed relays must consist of two men and two women.
- Eligibility:** Open to all USMS registered swimmers. Swimmers must include a copy of their USMS card.
- Awards:** Distinctive awards will be given for first through third place teams in both small and large team divisions. The meet director will make divisions at a logical break point. Medals will be awarded for first through third place and ribbons for fourth through sixth place in individual and relay events. **Awards will not be mailed after the meet**
- Scoring:** Individual Events: 1st through 8th place 9,7,6,5,4,3,2,1, Relays 1st through 8th place double points.
- Registration:** **All entries must be received by Wednesday, November 22, 2006. No late or deck entries!**
- Timing:** Electronic timing will be utilized. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers. If the possibility of a national or world record exists please notify the head official in advance of your race so back up timers can be in place.
- Entry Fees:**
- | | |
|------------------------|---|
| Pool Surcharge: | \$10 per swimmer (Including relay only swimmers) |
| Individual Events: | \$5 per event |
| Relays (deck entered): | \$10 per relay (Entries due by 10:00am each day) |
| Long Sleeve Tee's: | \$15 per shirt pre-ordered (\$20 at the meet), custom designed for this event |
- Questions:**
- | | |
|--------------------|---|
| Meet Information: | Darek Hahn, 609-947-3780 or by e-mail at dhahn@jerseyareamasters.com |
| Local Information: | Vanja Sikirica, 443-570-9817 or by e-mail at vsikir5@ompus.jnj.com |

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

Jersey Area Masters Presents:

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Friday, Saturday & Sunday, December 8-10, 2006

The College of New Jersey, Ewing, NJ

Individual Meet Entry FormDeadline:Received by Monday, November 22, 2006(A copy of your USMS card must be included with your entry)Mail Entries to:

Jennifer Harnett, Registration Chairperson
1501 Parkside Ave., Apt. 12-O
Ewing, NJ 08638
609-771-2383

Make Checks Payable to:

JERSEY AREA MASTERS SWIM CLUB

Entries without USMS card attached will be returned to sender!

Name (as it appears on USMS card):			Please Supply the following information in case there is a problem with your entries:		
Address:			Daytime Phone:		
USMS number:		USMS Registered 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: _____

Enter your **BEST SHORT COURSE METERS TIME** for each event you wish to swim.

W	M	Event:	Entry Time:
Friday, December 8, 2006			
1	2	800 Meter Freestyle	
3	4	1500 Meter Freestyle	
Saturday, December 9, 2006			
5	6	400 Individual Medley	
30 Minute Break			
7	8	100 Freestyle	
9	10	200 Butterfly	
11	12	100 Breaststroke	
13	14	50 Backstroke	
15	16	200 Freestyle	
17	18	50 Butterfly	
10 Minute Break			
19	20	400 Medley Relay	Deck Entered
	21	Mixed 400 Medley Relay	Deck Entered
22	23	800 Free Relay	Deck Entered
	24	Mixed 800 Free Relay	Deck Entered
25	26	200 Free Relay	Deck Entered
	27	Mixed 200 Free Relay	Deck Entered

W	M	Event:	Entry Time:
Sunday, December 11, 2005			
28	29	400 Freestyle	
30 Minute Break			
30	31	100 Individual Medley	
32	33	50 Freestyle	
34	35	200 Breaststroke	
36	37	200 Backstroke	
38	39	100 Butterfly	
40	41	200 Individual Medley	
42	43	50 Breaststroke	
44	45	100 Backstroke	
10 Minute Break			
46	47	400 Freestyle Relay	Deck Entered
	48	Mixed 400 Freestyle Relay	Deck Entered
49	50	200 Medley Relay	Deck Entered
	51	Mixed 200 Medley Relay	Deck Entered
Surcharge			\$ 10.00
Events @ \$5/Event			\$
Long Sleeve Tee-Shirt (\$15)			\$
Shirt Size (Please Circle):			S M L XL
Total Enclosed			\$

THE WATER'S EDGE

A NEW BOOK BY ARTIST AND MASTERS SWIMMER ARDYN HALTER

Ardyn Halter, a former Great Britain Junior swimming champion and present Israel masters swimming champion comes from a family of swimmers. His mother, Susan Halter, is a former Olympic swimmer (London, 1948) who represents Great Britain in the 75-79 age group.

Fusing images and poems that share water as a common theme, *The Water's Edge* explores the complexi-

ties of expression through a series of screen prints by the acclaimed artist Ardyn Halter. Beautiful imagery is complemented by a range of poems that, while quite separate from the prints, are linked by the notion of water as a primary element in the emotional consciousness of the creative being. Indeed, though none of the prints were produced to illustrate the poems the words and images sit together effortlessly.

You can see some of the color images of *The Water's Edge* at:

http://www.ardynhalter.com/Ardyn_Halter/Silkscreen/Watersedge.htm To order the \$35 book call Ashgate Publishing in Williston, VT at 800-535-9544 or email: orders@ashgate.com Quote reference SF1556 ☺

—Thanks for this article to Ellen Fischl Bodner who lives in Israel and swims with the *Aqvatikim Givat Haim Masters Team*. Her father, Robert Fischl, forwards the *Fast Lane* to her.

WALSH SWIMS 'ROUND THE ISLE OF JERSEY

Don Walsh successfully swam around the Isle of Jersey off the coast of England on August 25th, completing the 41.5 mile swim in 11 hours, 3 minutes. Here's a recounting of his swim by Charlie, the "swim guide" on the support boat.

Good Morning America!—How are ya? (With apologies to all grey haired pub singers everywhere!)

I can tell you all there's one happy chappy here in Jersey this morning.

Don's finishing time was, subject to dope tests and a full check over by the local lunatic asylum, 11 hours and 3 minutes. If a swimmer half his age and twice his speed had returned such a time it would have been a more than credible result. Having 'cruised' beside him for that time I can tell you he's one great swimmer to watch and a pleasure to escort.

I took a gamble on the weather, having had several days of definitely not 'sitting on the beach' weather behind us and winds up to Force 6 howling

around. Fortunately my hunch was correct and we were given an almost perfect swimming day. Calm seas and light almost non-existent winds. Not too much sun to peel the skin off his back, but enough to let you know it was shining. Water temperature was a pleasant 64.1 to 65.3F all day. Don settled in very quickly to a steady 37 to 39 strokes per minute, a very laconic style, but there's obviously a lot going on underwater!

On board with me were Don's son Sean, who worked tirelessly feeding his Dad every 30 minutes with a cocktail of 'Gu' and high protein drinks. Also with us was Laura Lopez-Bonilla an English Channel swimmer and native of Madrid, Spain, working well, mixing the grog and generally adding a little feminine touch to events. She controlled us guys and kept order well! We had great fun aboard and Don found time to entertain us with impressions of a whale

and exchanging faces with Sean. We swam with a 15 year old local girl Alice who kept a discreet distance behind our visitor and returned a very impressive time of 11 hrs 40. When Don finished we hauled him aboard and went back down the course to cheer Alice in to the finish. Then the whole armada of two escort boats and a two man canoe which had escorted Alice the entire way round returned to the quay side where they were welcomed in true 'super hero' style by a good sized crowd of our local club members.

We will return Don to you, spotlessly clean, with a big smile, which he wore all day. Please treat him as a hero, 'The boy done good!'

It was a privilege to be part of the team which escorted the first resident of New Jersey, USA, around Jersey Great Britain.

Cheers,
Charlie Gravett ☺

INDOOR POOLS MAY POSE DANGER FOR YOUNG LUNGS

Could indoor pools be contributing to the increase in asthma among children? The idea has been around for a while, but new research that compared the number of pools in different parts of Europe with the incidence of the disease has found that this may well be the case.

Writing in the current journal *Occupational and Environmental Medicine*, the researchers said that the more indoor pools per capita there were, the greater the prevalence of childhood asthma and wheezing. The researchers, from the Catholic University of Louvain in Belgium, noted that as asthma and allergies have become more common

in the developed world over the last 30 years, some people have suggested that increased exposure to chlorination byproducts in the air at indoor pools may play a role.

Chlorine products are regularly used in pools to fight disease. But they give off strong gases – giving pools their distinctive smell – when the water is disturbed or when the chlorine destroys organic matter from swimmers.

“The discovery that this chlorine-laden atmosphere can be deleterious to the lungs of young children exercising in it is not surprising,” the researchers wrote. The study suggested that pools might need to be better

ventilated.

For the study, the researchers looked at the incidence of asthma, allergies and eczema among almost 190,000 children in 21 countries. They then looked at the number of pools per 100,000 residents, a figure that varied considerably by region. Western Europe, for example, has many more pools than Eastern Europe. The strongest association was found between indoor pools and asthma. It remained, the researchers said, even after other factors like climate and altitude were taken into account. ☺

—New York Times, 7/25/06

**“SWIMMING
INSTRUCTION, WHICH
IN TIME BECAME
SWIMMING PRACTICE,
WAS GRUELING, BUT
THERE WAS THE DEEP
PLEASURE OF DOING
A STROKE WITH
INCREASING EASE AND
SPEED, OVER AND OVER,
TILL HYPNOSIS
PRACTICALLY, THE
WATER TURNING FROM
MOLTEN LEAD TO
LIQUID LIGHT.”**

—FROM THE **LIFE OF PI** BY YANN MARTEL

NEW PLACE TO SWIM

Healthquest in Flemington now offers coached masters workouts on Tuesdays and Thursdays 8:00pm - 9:30pm. For club members the monthly fee is \$35.00. Non-club members are welcome and the monthly fee is TBD. For additional information or questions, please contact Coach Jean Becette
jbe7artist@mindspring.com



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 Roestenber at andreas@h2oveloccity.com or www.atlanticclub.com or 732/292-4372.

Berkeley Aquatics Workouts are Mon 8:30-9:30 pm, W 8-9:15 pm, F 8:45-9:45 pm, Sun 8:30-10 am. Contact coach Peter Hockmeyer at 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.

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

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. 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.

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

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 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

JCC Metro West (West Orange) Workouts are W 8-9pm and Sun 8-9am. 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 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

Peddle 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.

Rahway Branch YMCA Workouts are M-F 6-7 am. Contact Eric Klimkowich or Jeff Jotz at jtotz@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

Ridgewood YMCA Workouts are M & F 8:30-9:30 pm. Contact Sue Ludzki at 201/444-5600 or Andrea Luallen-Egg at ryumas-terandrea@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.

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.

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 or Aquatic Director, Maureen Tsadilas at 973-209-9622, X 210 or go to 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

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

Virtual Swim Masters Jewish Community Center, Bridgewater. Workouts scheduled through Coach John Quintana. Contact at coach@virtualswim.com or 908/581-0275.

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

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 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, 5:45-7:30 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

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

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)

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, lmbhr80@aol.com

Ocean Club (Stafford Twsp, Manahawkin) Contact Kara Cassidy; 609/653-0939, karaswims@comcast.net

Newark YMCA Contact Janelle Uroff; 973/624-8900, ext 6811, swim@newarkymca.org

MEET CALENDAR

MEETS OUTSIDE OF NEW JERSEY

December 15-17, 2006

**New England LMSC SC Meters Championship,
Boston University Fitness and Recreation
Center, state of the art 2 year old pool.**

Meet information is at

<http://www.greatbaymasters.org/06scmchamp.php>

CHAMPIONSHIPS

December 8-10, 2006

**3rd Annual Holiday Classic and Colonies Zone
SCM Championships, College of New Jersey.**

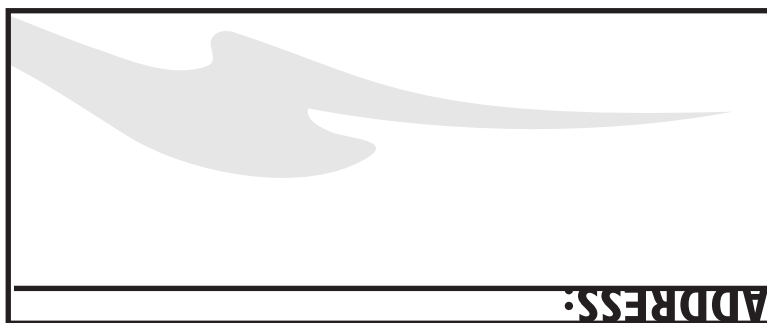
Meet entry is at www.gsmswim.org or go to
the JAM website at www.jerseyareamasters.com.

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
Bloomsbury, NJ 08804