

FASTLANE

www.gmswim.org

JANUARY / FEBRUARY 2007



To: NJ Masters Swimmers
From: NJ Masters Chair
Re: NJ Masters/USMS Continuous Member Recognition

On February 10, 2007, Masters swimmers from throughout the NJ LMSC gathered at the NJ LMSC Dinner to socialize and celebrate the value of USMS membership. While each swimmer defines that value in their own terms and based on their own goals and experiences, there are certainly a few common themes that reveal the benefits of organized adult swimming, fitness, fun, friendly competition, and lasting friendships.

The social setting outside of the pool is an excellent way to share perspectives on what membership in USMS means to each of us. That very basic topic was evident from the conversations that took place during the dinner, especially when one speaks with a long-time member.

In person, one discovers that our members join USMS for a variety of reasons. And upon further discussion with long-term USMS members, there is much more to the picture. The reasons for continued

Well-fed and mellow party goers strike a pose at the 1st Annual NJ LMSC Dinner in Rahway on February 10th. Featured speaker, Rob Copeland, who was a long-time NJ Masters swimmer and is now president of the USMS, is in the middle of the back row wearing glasses.

membership evolve into lifestyle decisions based on benefits experienced from a structured fitness routine and rooted in the people with whom you share that experience.

Through the years, the USMS organization has been instrumental in supporting programs that enable adults to develop their swimming knowledge and abilities. Often, the benefits of USMS membership are unassuming, but to be clear, their existence influences each member more than we realize.

For example, membership in USMS bestows material benefits, such as:

- Automatic coverage by the USMS insurance policy which provides accident and liability insurance during all sanctioned events and organized workouts.
- Ability to participate in sanctioned local, regional, national and international USMS

events.

- Subscription to USMS Swimmer magazine which keeps you informed of the organization's programs and happenings
- Subscription to NJ LMSC newsletter, Fastlane (though this is available online for free)
- Access to USMS Video Library Rentals which are only available to current USMS members.
- USMS Coaching Committee provides a book lending service to all USMS members
- Improved training opportunities and pool access for registered USMS members. There are many coached/structured workout opportunities with USMS teams and clubs nationwide with existing facility access.

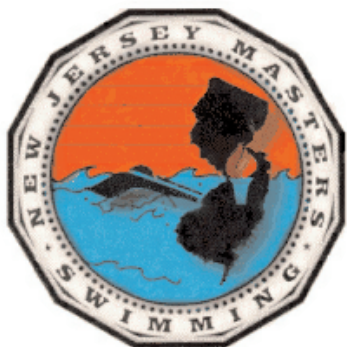
And, among the other benefits:

- Camaraderie from organized/structured group workouts
- Social aspects related to group activities
- Health benefits of regular fitness swimming activity
- Open Water swim participation with group
- Injury rehabilitation
- Cross-training
- Opportunities to serve as a volunteer within local and national USMS organization(s).

Within the NJ LMSC, we decided to create a way to recognize those NJ LMSC members who dedicate themselves every year to renewing their commitment to USMS, its mission and its benefits, both tangible and intangible.

Over the last few months, an effort has been underway to review the available registration data from both the NJ LMSC and USMS and compile specific membership achievement levels based on continuous years of membership. While much more work continues to complete our research, we are pleased to report that there are some truly impressive findings thus far.

Member Recognition continues >



NJ LMSC OFFICERS

Chairman
Chris McGiffin

73 Cross Rd.
Basking Ridge, NJ 07920
908-630-0166
CMcGIFF@aol.com

Registrar
Tom Brunson

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

Treasurer
Scott Lillis

306 Stratford Drive
Lawrenceville, NJ 08648
609-947-3780
Scott.lillis@jpmorgan.com

Sanctions & Safety Chairman

Darek Hahn

102 Manlove Avenue
Hightstown, NJ 08520
609-947-3780
dhahn@jerseyareamasters.com

Secretary

Susan Kirk

11 Waldon Rd.
Califon, NJ 07830
908-832-9241
Sqkirk838@gmail.com

Top Ten, Records

Ed Tsuzuki

103 Orion Way
Neshanic Station, NJ 08853
908-371-9179
edtsuzuki@patmedia.net

Newsletter Editor

Linda Brown-Kuhn

451 Sweet Hollow Road
Bloomsbury, NJ 08804
lbk@sprintmail.com

Continuous 5-Year USMS Members (2002–2006) (105 TOTAL)

George Allison
David F. Allred
Randi S. Anderson
John A. Baliko
Robert J. Barrish
Jodi L. Barrish
Edward H. Breisacher
Elizabeth H. Bromley
Bruce M. Burner
Richard Cahayla-Wynne
Gerri Callahan
Sandra L. Carosi
Stephanie L. Carroll
Amy S. Carow
Michael Ciolino
Doug Clark
Louis B. Conte
James W. Curd
Michelle L. Davidson
Peggy L. De Rosa
Deborah A. Deffaa
Deborah T. Deffaa
Don Denny
Matthew P. Donovan
Stephen D. Dragoni
Cedric H. Druce
Scott Duprex
Carol K. Eno
Janet B. Estenes
Ping Feng
Donald A. Fink
Robert Fischl
Susan T. FitzGibbon
Dennis Friedman
Glen Fries

Jacqueline Glasser
Paul C. Gondek
Oscar J. Gonzalez
Peter Gruntfest
Darek L. Hahn
Randi D. Hawkins
Peter A. Hempel
Robert A. Hengeveld
Holly M. Houston
Kathleen A. Hurley
Ray L. Hurst
Jack Huston
Joseph B. Jankewicz
Jacqueline E. Jankewicz
Paul C. Jennings
Rebecca Kalibat
Ronald D. Karnaugh
Sally A. Kleeman
Gershen Konikow
Mike R. Kriley
William J. Kristoff
Michael Leddy
Nancy Conroy Leib
Mario R. Lepore
Michael L. Lewis
Ronald A. Loria
William D. Mackolin
Fran C. McManus
Florence B. Melick
George F. Melick
Thomas J. Miller
Daniel A. Morgan
Paul F. Mucciarone
Cornelia Muehler
Rita A. Nannini

Kenneth C. Nichols
Jonathan Norton
Ernest D. Nosedo, Sr
Brian G. O'Sullivan
Ellen M Pease
Jeanne K. Perantoni
Julie S. Porro
Jennifer J. Portman
Marcia A. Postallian
Joann Rean
Karen J. Ristuccia
Gita Roy
Alan D. Sawyer
Martin Scheidl
Richard H. Schluter
Gail F. Seelig
Nancy M. Shapiro
Philip J. Sherratt
Cheryl A. Shiber
Maggie M. Singler
Donald P. Smart
Tom Stearns
Theodore M. Stephens
Gail N. Stevanecsecz
Anne F. Stich
Melinda H. Sulewski
Robert H. Stricker
Kristine R. Templeton
Susan M. Thiel
Nancy C. Titko
Steven W. Treble
Frank Turner
Jens Volker
Dougin A. Walker
Arthur M. Wein

Continuous 10-Year USMS Members (1997–2006) (39 TOTAL)

Alice R. Alonso
Carmen H. Alvarez
Richard D. Carlson
Julie L. Corpus
Charles T. Daniel
Nickolas P. Demas
Ann P. Ferguson
Jack J. Frain
Robert H. Goldberg
Edward R. Goracy
David R. Harrington
Thomas J. Herits
Mark S. Hoffman

Maryann M. Howes
Richard S. Hungerford
Jeffrey J. Jotz
Deborah K. Kemp
Albert M. Krone
Andrew F. Maggion
Chris D. McGiffin
Wm. Curtis Miller
Irwin J. Mittleman
Kenneth A. Niemi
Daniel P. O'Connell
Robert J. O'Connell
Regina T. Papini

Judy I. Ramirez
Kate A. Reynolds
Toms B. Royal
Curtis D. Sawin
David E. Schmitt
Karen M. Shearly
Murray Simon
Matthew J. Sweeney
Ed M. Tsuzuki
Donald T. Walsh
John E. Waters
Scott Yeomans
Jack S. Zakim

Member Recognition continues >

Watch Out! Austin's Got A New Knee

Ninety one year old long-time swimmer, Austin Newman, is on the mend from a recent knee replacement surgery. His daughter Diane says he's in pain but she can see improvement each day.

If you'd like to send a card wishing him a speedy recovery you can mail it to him at:

2084 Whitesville Road

Toms River, NJ 08755-1098

He's anxious to get back in the pool and try out his new knee.



Bouncing Baby News

Emily and Matt McKimmy proudly announce the arrival of their baby girl, Morgan Emma McKimmy. She was born January 8, 2007 and was 6 lbs 4 oz and 18.25 inches long. Emily swam the whole pregnancy, including 2,000 yards with flip turns the day before Morgan was born!

Continuous 15+ Year USMS Members (1992–2006) (46 TOTAL)

Louis A. Abel
Richard J. Alexander
Tink M. Bolster
Penny P. Boorman
Linda Brown-Kuhn
Tom Brunson
Cathy L. Deats
John D. Decker
Arthur E. Deffaa
Lainey Dooman
Benn W. Doyle
Jim Dragon
Ron Engelhardt
Lynn A. English
Alfred L. Ferguson
William F Haynes

Bob Hopkins
John W Hunt
Jerry A Katz
Kathy D Kelly
Michael J Keltos
Paul J Kiell
Susan Kirk
Kenneth H Lazaruk
Judith M Lee
Larry E Lenge
Beth Maloney
Karen M. Markley
Marie McGowan
Diane S. Panzera
Jim Pendergrass
Bill Reichle

William F Ruthrauff
Karen S Sacks
Lawrence B Seidman
Maurice H Sercarz
Isaac Siskind
Doris E Steadman
Nancy Steadman-Martin
William B Stern
Daniel J Sullivan
William H Van Pelt
Richard J Wallace
James M Wood
Dieter E Wunderlich
Brenda L Ziegler

Congratulations to those NJ LMSC members who have achieved these distinguished USMS Continuous Membership milestones. We appreciate your special commitment to NJ Masters Swimming and to USMS.

We continue to research and analyze the USMS membership data as it becomes available. The goal is to finalize the continuous membership research to determine who has met the 20YR and 25YR milestones. Ultimately, the objective is to establish a program that annually

reports and recognizes the NJ LMSC members who achieve these membership milestones.

We look forward to sharing the completed report with you sometime soon. Thanks again for supporting NJ Masters Swimming. We appreciate your continued membership, your participation and contributions to the NJ Masters swimming community.

Sincerely,
Chris McGiffin,
NJ LMSC Chair



You'd hardly guess from looking at them that this good-looking bunch of people were getting ready to jump in and chug out 100 X 100s! That's just what they did at this popular annual event held at Rutgers Sonny Werblin Pool on February 4th.

Good News For Swimmers

Despite swimming's low-impact rep, your water workout can strengthen your bones. A study from Israel's Wingate Institute in Netanya, indicates that women who frequently swim laps have greater leg bone mass than nonswimmers. Weight-bearing activities like running are the best way to build bone, lead researcher Bareket Falk notes. But flip turns work, too.

—from *Self* magazine, 11/04
(just uncovered in my office)

Rules Corner

By Kathy Casey, USMS Rules Chair

The 2007 USMS Rules Book is now available for your reading pleasure. Order yours from the USMS National Office, PO Box 185, Londonderry, NH 03053-0185 (\$9 per book). Mini rule books are also available (\$3 each). The rule book is also available for viewing, downloading, or purchase at www.usms.org. All the rule numbers below reference the 2007 USMS Rule Book.

Question: "If I swim the 50 free and just miss the record, can I ask to re swim it later in the meet in another attempt to break the record?"

Answer: No. Except for postponement (102.13.3, pages 12-13) there are no provisions for reswimming a race. A swimmer would have an opportunity to swim the 50 free again by swimming the leadoff leg of a relay. Record attempts can also be made during initial distances of longer events (105.3.7, page 38) as can official times for Top 10 (105.2.2, page 38) and official times for all purposes (103.13.1, 12, and .3, pages 24-25).

—Taken from *Winter 2007 National Office Streamlines newsletter*

Light Those Candles!

Happy birthday to the following 87 January and February babies:

Jim Pendergrass 85-89	Tom Stearns 55-59	Richard Hungerford 40-44
Daniel Sullivan 80-84	Heidi Remak Ziff 50-54	Jens Volker 40-44
John Pomianowski 75-79	Steven Treble 50-54	Leigh Segal 40-44
John Waters 75-59	Irwin Mittleman 50-54	Thomas Haggerty 40-44
Paul Lewinter 75-59	Richard Carlson 50-54	Darek Hahn 40-44
Jane Fisher 70-74	Mary Roodkowsky 50-54	Margarita Montero 40-44
Joan Levine 70-74	Sally Kleeman 50-54	Susan Thiel 35-39
Noreen Parsons 65-59	Robin Dunikoski 50-54	Joscelin Burrer 35-39
Michael Lewis 65-59	Tom O'Neill 50-54	Jean Magnier 35-39
Kenneth Vellon 65-59	Donna Taylor 50-54	Stephani Carroll 35-39
Jacqueline Glasser 60-64	Greg Romano 50-54	Dennis Andal 35-39
Dagmar Haggerty 60-64	Moirra Horan 50-54	Claudette Currie 35-39
Joe Donohue 60-64	Terry Christie 50-54	Clyde Wardle 35-39
Rendall Banks 60-64	Bernard Shepard 50-54	Gerald Omara 35-39
Joan Szabo 60-64	Edward Goracy 50-54	Jeffrey Jotz 35-39
Peter Hempel 60-64	Jeanne Perantoni 50-54	Sara Pascale 30-34
George Thieler 60-64	Karen Markley 50-54	Phillip Sherratt 30-34
Simon Murray 60-64	Dana Levitt 45-49	Lori Szeles 30-34
Sally Branon 60-64	Nancy Shapiro 45-49	Matthew Grace 30-34
Greg Blessing 60-64	Donald Fink 45-49	Amy Coghlan 22225-29
Bill Reichle 55-59	Judy Ramirez 45-49	Heather Klein 25-29
William Kristoff 55-59	Curtis Miller 45-49	Mike Betts 25-29
Kathy Kelly 55-59	Paul Anderson 45-49	Vanessa
Susan Rardin 55-59	Dan Chamby 45-49	Franciscovic 25-29
Judy Lee 55-59	Brenda Hershberger 45-49	Erik Dailey 25-29
Christie Whitehouse 55-59	William Sullivan 45-49	Amanda Cenker 25-29
Kenneth Lazaruk 55-59	Linda Behr 40-44	Amanda Maxwell 25-29
Frank Goldstein 55-59	Thomas Miller 40-44	Jennifer Betts 25-29
Janet Estenes 55-59	Laura Pontecorvo	Kimberly Piewa 20-24
Kenneth Langlieb 55-59	Noonan 40-44	



Swim Like a Fish, Look Like a Movie Star

Gear test with Summer Sanders and Aaron Peirsol, Olympic Swimmers

By Sarah Bowen Shea

Water-bound competitors have long used swimming shampoos to tame their distressed locks. But like sport shampoos, these products are now moving into the mainstream. Last year, eight new swimming shampoos and conditioners were introduced, double the number in 2002, according to Mintel International, a market research group.

To counteract the damaging and drying effects of frequent post-workout showers, sport shampoos aim to be gentler and more moisturizing than traditional ones. Swimming shampoos work to remove chlorine and minerals that swimmers say discolor hair and make it brittle.

Chlorine isn't necessarily the problem, said Dr. Peter Halperin, an assistant professor of dermatology at Weill Medical College of Cornell University in New York. Excess exposure to water itself can

cause irritation and dryness.

To see if these shampoos helped, two swimmers - Aaron Peirsol who won three gold medals in 2004 and Summer Sanders, winner of four Olympic medals in Barcelona-lathered up. Mr. Peirsol's main concern was keeping his hair looking healthy while Ms. Sanders wanted to get rid of chlorine odor.

John Allans's Sport Conditioning Shampoo \$15 for 12.6 ounces, www.johnallans.com This shampoo and conditioner combination was Md. Sander's favorite, citing how well it lathered. Post-run, she thought it got her "sweaty hair" really clean, but her hair "didn't have a smooth soft feeling" so she used another conditioner. Mr. Peirsol also said this 2-in-1 didn't moisturize well enough, though he liked its "apple aroma." *Gear Test continues >*

Aubrey Organics Swimmer's Normalizing Shampoo for Active Lifestyles \$9.98 for 11 ounces, www.aubrey-organics.com. This all-natural shampoo relies on organic corn syrup to remove chlorine and citric acid to restore pH balance. While Mr. Peirsol thought the UltraSwim washed away chlorine better, he rated Aubrey the best day-to-day shampoo because he thought it didn't over strip his hair.

California Baby Swimmer's Defense Shampoo & Body Wash \$9.95 for 8.5 ounces, www.californiababy.com. This all-natural formulation gets rid of chlorine and copper, the mineral that can give hair a greenish tinge. It left Ms. Sanders' tresses feeling "clean, hydrated and smooth." An essential-oil blend of lemon grass, coconut and gardenia flowers gave this shampoo a "wonderful, citrusy bouquet," Mr. Peirsol said, adding that it had "excellent latherability."

Kiehl's All-Sport Everyday Shampoo \$13 for 8.4 ounces, www.kiehls.com. Mr. Peirsol found that this shampoo, designed to be gentle and non-drying, was "too thin" but nonetheless "very latherable." It was well suited for frequent use because it was

effective in cleansing without "stripping the hair" he said. Ms. Sanders, however, was not a fan. "It didn't lather, was watery and had no smell whatsoever."

UltraSwim Chlorine Removal Shampoo \$4.99 for 7 ounces, www.chattem.com. Mr. Peirsol prized UltraSwim as a "work-horse shampoo" fit to "eradicate" chlorine. Although packed with moisturizers like vitamin E and aloe, this shampoo left his "dry" hair feeling "like it was going to crack." Ms. Sanders loved UltraSwim's subtle white musk scent.

Jason Swimmers & Sports Rejuvenating Shampoo \$8.50 for 17.5 ounces, www.amazon.com. Both athletes appreciated that this chemical-free shampoo was environmentally friendly but were disappointed that it didn't create enough suds. It did remove chlorine well, Mr. Peirsol said. Ms. Sanders said the shampoo had a "thick, substantial consistency." But the lather died so quickly she felt the need to shampoo twice.

—From the *New York Times*, 11/2/06

Chatter Box



If you set a goal for yourself and are able to achieve it, you have won your race. Your goal can be to come in first, to improve your performance, or just finish the race. It's up to you.



—Dave Scott,
Six-Time Hawaii
Ironman Champion

Power-Boosting Protein in Muscle Declines with Age

TUESDAY, Feb. 6 (HealthDay News) — An age-related decline in a power-boosting signal in muscle may be the reason why older people have to exercise harder than younger people in order to get the same benefits, suggests a U.S. study.

Reporting in the February issue of the journal *Cell Metabolism*, researchers found that AMP-activated protein kinase (AMPK) worked more slowly in the skeletal muscle of 2-year-old rats than in 3-month-old rats.

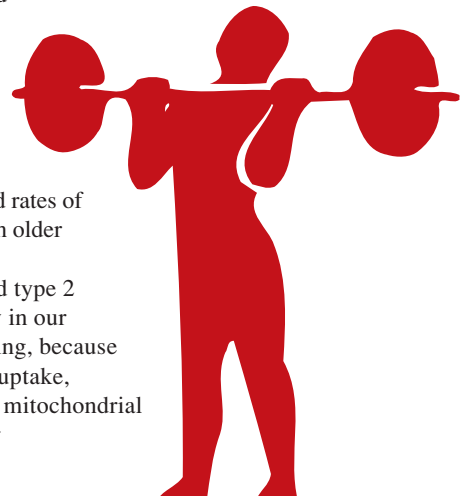
In skeletal muscle, AMPK stimulates the oxidation of fatty acids and the production of power-producing mitochondria that burn fat and fuel cells, the researchers said.

"The message of this paper is that, with aging, the AMPK pathway has reduced activity. So, one probably has to work harder to maintain the same level of fat oxidation and mitochondrial biogenesis (production) in muscle," Gerald I. Shulman, a Howard Hughes Medical Institute investigator at Yale University School of Medicine, said in a prepared statement.

He noted that earlier studies showed that even lean and healthy people in their 70s have a higher incidence of fat buildup in their muscles and a deficiency in mitochondria function than 20-year-olds.

Age-related reduction in AMPK activity may also be linked to increased rates of insulin resistance and type 2 diabetes in older people, Shulman said.

"In regards to insulin resistance and type 2 diabetes, having more AMPK activity in our skeletal muscle is probably a good thing, because AMPK activation stimulates glucose uptake, increases fat oxidation, and promotes mitochondrial biogenesis," he said. —Robert Preidt



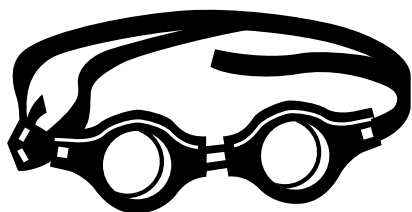
[Meet Calendar]

March 24 JAM's March Madness SCY Swim Meet at TCNJ; More information: <http://jerseyareamasters.com/events/2007/marchmadness/>
Entry form: <http://jerseyareamasters.com/events/2007/marchmadness/MarchMadnessMeetSheet07.pdf>
Entries must be received by March 14.

May 20 Manasquan Challenge Aquathlon, 1/2 mile swim and 4 mile run Proceeds will go to Manasquan's Hook and Ladder Fire Company #1. Register online at www.manasquanchallenge.com.

June 16 Tentative date for the New Jersey Open Water Swim Clinic conducted by Jeff Jotz

August 4 Tentative date for the Jason Nessel Memorial LCM Meet in Rahway



MEETS OUTSIDE OF N.J.

January 1-February 28 Jon Steiner Memorial Mile TAM's Postal 1650 Entry form: <http://www.tammasters.org/poolmile.html>

January 1-December 31 Go The Distance 2007 Fitness Event Contact information: Mary Sweat gothedistance@swimoregon.org
More information: <http://www.usms.org/fitness/content/fitnessevents>

January 1-December 31, 2007 2007 Check-Off Challenge Fitness Event-Le Tour de Pool More information and entry form: <http://www.usms.org/fitness/content/checkoff>

February 1-28 February Fitness Challenge 2007 Postal Event More information: <http://www.barracudas.org/ffc.php>
Entry form: <http://www.barracudas.org/Forms/FFCEntry2007.pdf>

March 3rd & 4th 30th Anniversary Maryland Masters Winter Meet 2007 UMBC Catonsville, MD; Entry form: http://maryland.usms.org/PDF/WinterMeet2007_entry_form.pdf
Entries must be received by February 17.

March 11 Sixth Annual Spring Fling Yard Meet Nassau County Aquatic Center East Meadow, NY
Entry form: <http://www.metroswim.org/entryforms/031107YardMeetEntry.pdf>

Entries must be received by 6:00pm on Thursday, March 1.

March 23-25 NEM SCY Championships More information coming soon.

June 10 Great Chesapeake Bay Swim Lottery entry form: <http://www.lin-mark.com/>
Lottery entry deadline: January 24, 2007

July 28 29th Annual Compo Beach 1 mile Point to Point Compo Beach Westport, Ct
More information: http://www.westport.org/aquatics_events.html
Entry form: not available yet

CHAMPIONSHIPS

April 12-15 YMCA Masters Nationals Swimming Meet IU Natatorium Indianapolis, Indiana; Entry form: <http://www.ymcaswimminganddiving.org/2007Masters/2007%20YMCA%20Masters%20total%20entry%20packet.pdf>
Entries must be received by 6:00pm March 11.

April 13-15 Short Course Yards Zones Championships George Mason University Fairfax, Virginia Contact Cheryl Ward cherylward@yahoo.com 703-359-5366
Entry form: <http://www.patriotmasters.org/Colonies.April2007>
Entry.pdf

May 15-Sept 15 USMS 5km and 10km Postal Championships Contact Susan Ingraham aquatex101@aol.com 210-493-0388

May 17-20 USMS Short Course Yards Nationals Weyerhaeuser King County Aquatic Center Federal Way, Washington; Contact Jane Moore swimmooore@comcast.net 253-759-4956

May 19 USMS 5km Open Water Championship Gulf of Mexico, Ft. Myers Beach, FL Contact Gregg Cross gregg.cross@usa-openwaterswim.com 239-462-3322; Bill Nunez billn@deangelisdiamond.com 239-427-1472

May 27 USMS 1 Mile Open Water Championships Lake Audubon, Reston, Virginia Contact Gordon Gerson usna58@comcast.net

703-437-0074; Lynn Hazlewood lynhzlwd@usms.org
<http://www.restonmasters.org/>

June 22-July 7 2007 Summer National Senior Games The Senior Olympics Louisville, Kentucky; More information: <http://www.2007seniorgames.com/athletes.html>
Entry form: <http://www.2007seniorgames.com/content/2007IndividualRegForm.pdf>
Entries must be postmarked by February 15, 2007

July 14 USMS 6+ Mile Open Water Championships (10km) Huntington Bay Huntington, New York; Contact information: Bea Hartigan bea10k@yahoo.com 631-271-3349

August 4 USMS 1-3 Mile Open Water Championships (1.76 miles) Lake Pend Oreille Sandpoint, Idaho; Contact information: Larry Krauser larry.krauser@kcgl.net 509-455-7789; Eric Ridgway sage1199@yahoo.com 208-265-5412
Entry form: <http://www.usms.org/longdist/ldnats07/1.76mientry.pdf>

August 10-13 USMS Long Course Meters Nationals The Woodlands Aquatic Center, The Woodlands, Texas

August 18 USMS 2 Mile Cable Championships Mirror Lake Lake Placid, New York; Contact information: Mary Field maryfield@spacedmc.com, frankfield@earthlink.net 518-583-4048(h) 518-356-9903 x14 (w); Ann Svenson annb48@earthlink.net 518-893-1967

September 15-November 15 USMS 3000/6000 Yard Postal Championships Contact information: Dee Turner dd@bigskytel.com 208-365-1166 or Jill Wright swimjmw@msn.com 208-338-5287





COACHED WORKOUTS

The Atlantic Club Workouts are M, W, F 6-7 pm, T and Th 7-8 am and Sat. 8-9 am. Contact Andreas Rostenberg at andreas@h2oveloccity.com or www.atlanticclub.com or 732/292-4372.

Berkeley Aquatics Workouts are M 8:30-9:15, 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

The Connection for Women and Families (Summit) Workouts are M, T & Th 6:00-7:00 am, M, W, F 12-1 pm and M, W, Th 7-8 pm (Th uncoached). Contact Amanda Stover or Steve Honoshowsky; 908/273-4242, Amanda.stover@theconnectiononline.org .

Drew Ranger Masters Workouts are M,W,F 6:15-7:30 am, 9:15-10:30 am, T and Th 7:45-9 pm and Sat. 7-8:30 am. Session runs from 1/15-5/5. For information contact Dorsi Reynolds, 973.408.3002 office, draynol@drew.edu

Hamilton Hammerheads Practices are M, W, F 8:30-9:30 pm. The coach is Dan Cenker. For more information call Dan; 609/571-5337 or Ami Lombardi, Aquatic Director at the Y; 609/581-9622.

Healthquest at Hunterdon Workouts are T, Th 8-9:30 pm. Coach is Jean Becette. Contact Megan Grunstra, aquatics director; 908/782-4009, X 250, www.healthquest-fitness.com

Hoboken YMCA Workouts are M,T, W and TH 7-8 pm. Contact Ignacio Sanchez, Aquatic Director at 201/963-4100, X 22 or nacho_sanchez88@hotmail.com

Hunterdon County YMCA at Deerpath Sandy Carosi holds workouts T, Th 9:15-10 am. 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, Th 8:20-9:20 pm and non-coached workouts handed out T, Th 6:30-7:30 am and 12-1. Contact Aquatic Director Rebecca Rivera, 908/889-8800, x 219 or rrivera@jccnj.org .

JCC Metro West (West Orange) Workouts are W 8-9 pm and Sun. 8-9 am. Contact Coach Melanie Fink at mfink38@comcast.net .

Jersey Area Masters, Princeton Fitness & Wellness Workouts M-Th 7-8 or 8-9:30 pm. 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, X 228 or Dave Wray, X 230. Workouts are M, W 8:20-9:30 pm.

Metuchen-Edison YMCA Workouts are T 8:15-9:30 and Th 7:45-9 pm, Sat. 11:30 am-12:30.

[Places to Swim]

Coach is Jay Muldoon. Contact Jamil McEnnis; 732/548-2044, X212, jamil.mcennis@metuchen-edisonymca.org

Peddie Aquatics Association Masters Swim Club Contact Paul Mucciarone; pfmooch@hotmail.com or call the Aquatics Director at 609/490-7564. Workouts are M-F 8-9:30 pm.

Richochet Health and Racquet Club, South Plainfield Wrokouts are T 6:15-7:15 am, Fri 8-9 pm. Contact Dawn Willemsen at 908/753-2300 or fitness@richochet-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 rymastersandrea@optonline.net

Rutgers University Contact Sean Sepela at sepela@rci.rutgers.edu , 732/445-0462. Workouts are held M-F noon-2 pm, Sun. 5:30-7 pm, M, T, Th, F 6-7 am, T and Th 8-10 pm, F 7:30-9 pm. www.recreation.rutgers.edu.aquatics

Stevens Institute of Technology Castle Point on Hudson Contact Brandon Pierce; 201/216-8039 X 6 or bpierce@stevens.edu or www.stevensaquatics.com. Also Lisa Picek; 201/216-8039, lpicek@stevens.edu. Workouts M, W, F 6-7:30 am, M, W 7:30-9 pm. T, Th 8-9 pm, Sun. 10 am -12 pm.

Stevens Sting Rays Contact Cheryl Lee; 201/216-8039. Workouts are M, W, F 7:30-9 pm, T and Th 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 as jpostas@earthlink.net or aquatic director Maureen Tsadilas at 973/209-9622 X210 or www.sussexcountyyymca.org .

Sussex Tech Adult Career Center Workouts are T and Th 6-7 pm. Contact Christine Hollis at 973/383-6700 or CHollis@sussex.tec.nj.us

Union Boys and Girls Club Located at 1050 Jeanette Ave in Union. Contact Ron Karnaugh at RonKarnaugh@aol.com or 973/868-9922. Updates at www.SwimMD.com

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

Westfield YMCA Contact Paul Casazza; 908/233-2700, pcasazza@westfieldynj.org Workouts are Tues. 6:30-7:30 am and Wed. 8-9 pm.

Wycoff YMCA Masters Workouts are M, W 6-7 am, T, Th 8-9 pm and Sat 7:30-8:30 am. Contact Garrett Orr, head coach; 201/891-2081 X 130.

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 X 6811. Workouts are M-F 6-9 am, 12-2 pm, 6-7:30 pm, Sat 1-2 pm.

Monmouth Swim Hawks Monmouth University, West Long Branch Workouts are M, W, F 7-8 am. Contact Robert Vorhees, aquatics director, rvoorhees@monmouth.edu or 732/263-5601. Or contact Murray Simon; 732/229-7623.

Montclair Masters Contact Omar Cruz, Montclair YMCA; 973/744-3400 X 109. Workouts M, W 6-7 pm, F 6:30-7:30 pm.

Morris Center YMCA Contact Ed Soder; 973/267-0704, esoder@morriscenteryymca.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 am at Community Park Pool.

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

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

Rahway Branch YMCA Workouts are M-F 6-7 am. Contact Jeff Jotz at jjotz@mac.com or 732/827-2190.

Western Monmouth YMCA Workouts are Sat. 7:30-9 am, T, Th 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, X 529.

Sussex County Technical School (Sparta) T and Th 6-7 pm. Contact Sharon Vogel; 973/383-6700, X 255.

TCNJ Masters, The College of NJ in Trenton Workouts are M-F 11-2 pm and 7-9 pm, and Sat, Sun 12-4 pm. Contact Chrissy Schwebel at tcnjmasters@yahoo.com .

FORMATIVE

(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 Allred 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 X 6811, swim@newarkymca.org

Lawrenceville High School, Ewing Contact Jim Vari; 609/538-1782, jkjjv@yahoo.com





Jersey Area Masters Presents:

MARCH MADNESS SCY SWIM MEET WITH MARCH MADNESS RELAYS

Saturday, March 24, 2007
The College of New Jersey, Ewing, NJ

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. #: 077-S01

- Facility:** The College of New Jersey Aquatic Center opened in 1987, measuring 126 feet by 67 feet; a moveable bulkhead separates the diving well from the main pool. The diving well measures 67 feet by 48 feet and has 3 lap lanes, which will be available for warm-up, warm-down throughout the meet.
- Schedule:** 12:00pm general warm-up. 1:00pm start
- Warm-ups:** No diving is permitted during warm-up except in the designated one-way sprint lane(s). **Diving is not allowed in the separate warm-up area at any time.**
- Entry Limit:** Swimmers may register for a maximum of 5 events, not including relays. The 500 Freestyle and 400 IM will be limited to the first 24 entries, there will be no refund for those registering for distance events and not being allow to swim due to limit being reached. **Register Early!!**
- Relays:** Relay Cards will be available at the scorer's desk. The 200 Medley Relays must be submitted by 12:30pm. **March Madness Relays** cards will also be available at the scorer's table rules for these relays will be announced at the meet. 200 Free Relay entries will be do at the end of the 400 IM's.
- Check-in:** The 500 Freestyle and 400 IM require positive check-in by **1:00pm**. Those not checked in by the deadline will be scratched.
- Seeding:** All 50-100-200 yard events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with "No Times" will be seeded in the slowest heat. Heat sheets will be posted at www.jerseyareamasters.com on the Wednesday prior to the meet. Distance event heat sheets will be posted around the pool before the event.
- Age Groups:** Individuals: 19-24, 25-29, 30-34, etc. through 90+. Relays: age of the youngest swimmer in the relay: 25+, 35+, 45+, 55+, etc. All male or all female relays are permitted. Mixed relays must consist of two men and two women.
- Eligibility:** Open to all USMS registered swimmers. Swimmers must be 18 years of age on the date of the meet and **must include a copy of their USMS card with their registration. Swimmers not registered with USMS may pay the \$10 one-day registration; the one-day forms will be available at registration.**
- Awards:** Custom awards for first through third place in individual events and relays in all categories (age-group, sex, etc.). Ribbons will be awarded for fourth through sixth place in individual events.
Awards will not be mailed after the event
- Registration:** **All entries must be received by March 14, 2007. Absolutely no deck entries!**
- Timing:** Electronic timing will be utilized. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers. If the possibility of a national or world record exists please notify the head official in advance of your race so back up timers can be in place.
- Entry Fees:**
- | | |
|--------------------|---|
| Pool Surcharge: | \$15 per swimmer (Including relay only swimmers) |
| Individual Events: | \$5 per event |
| Legal Relays: | \$10 per relay (March Madness Relays are Free) |
- Madness Relays:** **Bring your friends, bring your family, this is going to be a fun event, you can pick your favorite friends or family; men, women, mix them up, you decide! We will be having two breaks in the swimming action to have some fun maddening relays. You won't know until you get to the blocks, what the relay is, if you have an idea for a great "Madness Relay" send the meet director a note and maybe yours will be used!! There will be special awards for these two relays so don't miss out on this fun opportunity. This is a great chance to bring a friend and show them how much fun Masters Swimming can be!!!**
- Questions:** Meet Information: Darek Hahn, 609-947-3780 or by e-mail at dhahn@jerseyareamasters.com

JERSEY AREA MASTERS PRESENTS

MARCH MADNESS SCY SWIM MEET W/MADNESS RELAY CHALLENGES

Saturday March 24, 2007

The College of New Jersey, Ewing, NJ

Warm-up: 12:00pm

Meet Starts: 1:00pm

Individual Meet Entry Form



Deadline:

Received by March 14, 2007
(A copy of your USMS card must be included with your entry)

Mail Entries to:

Derek Hahn
102 Manlove Ave.
Hightstown, NJ 08520
609-947-3780

Make Checks Payable to: Jersey Area Masters Swimming

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

Name (as it appears on USMS card):			Please Supply the following information in case there is a problem with your entries:		
Address:			Daytime Phone:		
USMS number:		Team:	Evening Phone:		
Birth date:	Age:	Sex:	E-mail address:		

RELEASE OF LIABILITY BY PARTICIPANT:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

Signature: _____ Date: _____

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

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



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

Higher Calling

Group Swim: Gil Carmichael, 79, and Tom Sebring, 62, are undoing a legacy of racial intolerance in a tiny old company town. Two years ago, their real estate development firm bought the shuttered 1868 cotton mill in Stonewall, Miss., with an eye toward creating a tourist destination. Inspecting their 75-acre purchase, the men discovered the edge of a buried swimming pool. Carmichael learned that "in its heyday, the kids lived there all day long." The white kids, that is. Then in the early 1970s, the mill owners filled the pool with dirt rather than integrate it. Now the partners are spending about \$25,000 to excavate and restore the pool and open it to kids (and adults) of all races next summer. "I hope it has reconciliation in it," Carmichael says. —By Brad McKee
—From AARP Bulletin, 12/06

Freestyle Clinic in March

For those of you interested in improving your freestyle swimming technique, Coach Bob Hopkins will be giving a two hour Adult Freestyle Clinic on Monday, March 12th from 6:30 to 8:30 PM at the Sussex County YMCA in Hardyston. The clinic is open to the first 20 swimmers, aged 18 or over, who sign up. The cost (make check payable to Sussex County YMCA) is \$15 for non members and free to Sussex County YMCA members. Registration can mailed in or done in person at the Welcome Center (front desk) at the Y.

The clinic will consist of a half hour classroom session (report to Classroom #2 not to the pool) during which time we will discuss what makes swimming difficult for people and how to make it easier via the use of skill development drills. We will then go to the pool (15 minute transition time) where I will demonstrate each of the drills and then you will get in the pool and practice each drill. The goal of the clinic is for you to leave with an understanding of how to do the skill drills properly so that you can then

teach yourself how to swim better by constant repetition of the skill drills, perhaps as a warm up and a warm down to your swim workouts. The result will be that you will swim with better technique which in turn will allow you to swim faster with less effort and have more fun doing it.



The Y is located just off Rt 94 two miles south of the intersection of Rt 23 and Rt 94 in Hamburg. The mailing address is 15 Wits End Road, Hamburg, NJ 07419. The phone number is 973-209-9622. Please feel free to contact Bob at 973/729-3686 if you have any questions.