

EASTLANE

YOU MIGHT BE A SWIMMER...

(With apologies to Jeff Foxworthy)

If your hair has a greenish tint and looks like straw, you might be a swimmer.

If somewhere on your body there is a small tattoo of a fish or a grouping of rings, you might be a swimmer.

If, whenever you hear an electronic beep, you get the urge to leap out and up, you might be a swimmer.

If you have rings around your eyes even though you are averaging 8 hours of sleep a night, you might be a swimmer.

If you have been wearing the same pair of nylon or Lycra-like underwear for the past two weeks, you might be a swimmer.

If spaghetti and meatballs for lunch makes you groan and think of how horrible this will taste when it revisits your mouth later in the day, you might be a swimmer.

If waking up at 5 am to exercise seems the natural thing to do, you might be a swimmer, or you might be 75 years old.

If jamming a piece of styrofoam between your legs after tying your feet together with a rubber object is not a kinky sexual activity, you might be a swimmer.

If your skin is flaky and reeks of chlorine (even when you haven't swum in days), you might be a swimmer.

If you sport long, curling hair on your legs and don't remember how to shave your legs, you might be a female swimmer.

If the phrase "This set with fins" is better than hearing "You just won \$1000," you might be a swimmer.

Since you swim everyday, if when people ask you when is the last time you took a shower, you say, "I swim, I don't need to," you might be swimmer.

If you learned how to squirt water between your teeth 15 different ways, you might be a swimmer.

If you wake up for early morning practice just to get the donuts, you might be a swimmer.

If you go through so many caps in one season you could wall-paper your room, you might be a swimmer.

Since they give out trophies for ever little thing you do, your main thing to do on the weekend is to rearrange them from tallest to shortest, you might be a swimmer.

-From Swim Atlanta Masters website: www.swimatlantamasters.com

Records Fall at the Senior Olympics

Congratulations to the following swimmers who set new NJLMSC Short Course Yards records at the New Jersey Senior Olympics on September 8 and 9 at the Woodbridge Community Center.

Women

Barbara Rosenbaum, 65

50 Breast 49.21

100 Breast 1:51.79

200 Breast 4:04.05

50 Fly 51.88

100 Fly 2:08.36

100 IM 1:48.34

200 IM 4:06.13

Men

Bob Hopkins, 65

200 Free 2:25.94

100 IM 1:16.84



**“You have
NO CONTROL
over what
the other guy does.
You only have
CONTROL
over what you do.”**

-A. J. Kitt

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Light Those Candles! Happy Birthday to the following 45 October babies:

(Apologies to Michael Ives who had a birthday on September 8th (25-29) that was left out of last month's FastLane.)

Doris Steadman 80-84	Jay Muldoon 50-54	Philip Gallagher 40-44
Paul Kiell 75-79	Alan Sawyer 50-54	Stacy Saul 35-39
William Stern 75-79	Kristine Templeton 50-54	Cornelia Muehler 35-39
Alfred Ferguson 70-74	William Ruthrauff 50-54	Doug Clark 35-39
Joyce Schelling 70-74	Paul Jennings 50-54	Carolyn Guile 35-39
Ron Medhurst 60-64	Kenneth Nichols 45-49	Soren Hastrup 35-39
Lawrence Seidman 60-64	Peter Pizza 45-49	Deirdre Omara 35-39
Stephen Glassman 55-59	Richard Lolla 45-49	Gita Roy 35-39
Joel Stein 55-59	David Brundage 45-49	Jane Gardner 30-34
Martino Caretto 55-59	Ram Reddy 45-49	Anthony Cirri 30-34
Beth Maloney 55-59	Paul Huebner 45-49	Julie Porro 25-29
Carol Morman 55-59	Barbara Murphy 40-44	Brendan Gallagher 25-29
Dennis Friedman 50-54	Scott Lillis 40-44	Heath Novak 25-29
CW Browne 50-54	Ann Monaghan 40-44	Lisa Bettinger 25-29
Albert Krone 50-54	Brian Carr 40-44	Amie Ferriero 20-24

Hair Saving Ideas for Swimmers

By Alicia Bechtle

This article is from Indy SwimFit website at www.indyswimfit.com. Swimmers are always asking how they can keep their hair from being destroyed by the chlorine in our pools. So we asked an expert from our program. Alicia Bechtle swims regularly at the Jordan YMCA 5:15am practice. She works at the "As the Crow Flies" Hair Salon in Indianapolis. With the help of the salon owner, Mrs. Crown, she was happy to provide us with the following tips about hair care for swimmers.

Is your hair suffering the chemical effects of this swimming season? Damaged hair is one of the main concerns we hear from swimmers in the salon. It's amazing to me how a swimmer can sometimes be spotted a mile away! Being one myself, I understand how the chemicals can affect our hair...green tones...shiny, glasslike hair...and dried out hair that feels like straw. Sound familiar? Here are a few practical suggestions that will protect the health of your hair while you swim to your heart's content!

Cleansing: We recommend that swimmers use a clarifying or deep cleansing shampoo. This shampoo removes chlorine and impurities, can be used daily or weekly, and is for all hair types. It is specially formulated to cleanse the hair from the inside. Paul Mitchell's Shampoo Three is a good choice for a clarifying shampoo. Other products we recommend for swimmers are shampoos with toners that tone out unwanted golds or greens. These products may be recommended by your stylist. Don't be afraid to invest in professional products if you can, and consult with your stylist about what you should use between salon visits—it does make a difference. Professional products are often worth a few extra dollars vs. guessing while standing at the drugstore wondering which product will actually work.

Conditioning: Deep conditioning treatments greatly benefit the hair because they are designed to restore, rebuild and protect. I work in a Paul Mitchell salon, and we have a product called Super Strong shampoo and conditioner that does exactly that. I recommend any time you have a chemical service – whether perm, color, or relaxer – that you deep condition your hair beforehand. Warm towel, plastic cap, or even plastic wrap before rinsing like usual. This allows the conditioner to sink deeply into the hair and do its restorative work. And even if you don't have color-treated hair, you may repeat this process once or twice a week just to maintain healthier hair as a swimmer. Deep clarifying chemical treatments in the salon actually go in and remove the chemicals while you sit under the dryer for 15 minutes, producing a sulphur odor as the impurities leave the hair. This in-salon treatment is recommended for the end of the swim season, or every 6-8 weeks if you swim year round. Green hair most often requires the in-salon treatment to completely remove it.

Helpful hints: Get your hair completely wet before getting in the pool, or if wearing a cap, saturate your hair with conditioner underneath it for added protection. Since your hair will already be full of either water or conditioner, it is amazing the difference this will make in minimizing the amount of chemicals that enter your hair. For those wearing caps, scrub the hairline when you shampoo after swimming. The hairline is most exposed in the water, so it needs extra care.

Ask your beauty retailer for their "swimmer-friendly" shampoos and conditioners. And rest assured that having healthy hair and being a dedicated swimmer can both be realities!



Fact or Fiction? The Claim: Chlorine in pools can cause hair loss

The Facts

A long, vigorous swim may be good for your heart, but scientists have long questioned whether the high levels of chlorine in many swimming pools can have some less than desirable effects on your hair and skin.

Studies have found certain effects, but hair loss may not be one of them. One of several studies on the topic was published in 2000 in the journal *Dermatology*. In that study, a team of researchers examined 67 professional swimmers and 54 non-swimmers. The researchers found that 61 percent of the swimmers showed signs of hair discoloration, compared with none of the non-swimmers.

The scientists also found that the hair discoloration coincided with surface damage of the swimmers' nail plates, apparently due to chlorine.

But although the swimmers' hair appeared coarse and damaged, they did not have higher rates of hair loss.

The researchers speculated that the differences might also have been due to what they described as "cuticle damage by friction with water."

Any damage caused by chlorine can partly be averted by using chlorine-removing shampoos and conditioners.

The Bottom Line

Chlorine in swimming pools can damage hair, but not necessarily make it fall out.

*by Anahad O'Connor
—from the NY Times, 10/9/07 issue*

Chlorine-Infested Waters More scared of chems in the pool than sharks in the ocean?

The Bite

You probably should be. Chlorine is a predator that's damaging to your body as well as the environment. Before your next pool party, switch to non-chlorine pool cleaners (some of which make your pool clean enough for fish).

The Benefits

Safer swimming. When mixed with organic matter, chlorine can form cancer-causing byproducts.

Safer environment. Chlorine levels in pools are 200-400 times higher than what's deemed safe for the environment, plus mercury is a byproduct of chlorine production.

No ghastly chlorine smell.

Better hair days. Non-chlorine cleaners won't turn your hair green.

Personally speaking

While we don't wanna end up sleeping with the fishes, we wouldn't mind swimming with them.

Wanna Try?

AquaPure ChlorFree – powdered solution that makes your pool so clean, you can keep fish in it (www.chlorfree.net).

Sigma Water Systems Sigma III – silver and copper control algae and bacteria (www.sigwater.com/index2).

Zodiac Nature 2 – contains much less chlorine than regular pool sanitizers and lets minerals do the rest (www.nature2.com).

*—Taken from 6/7/07 Ideal Bite, www.idealbite.com,
bite-size ideas for light green living*

Meet Calendar: NJ

December 7-9 The 5th Annual Short Course Meters Holiday Classic & Colonies Zone Championships at Rutgers University, Piscataway, NJ

See Meet Entry Forms on pages 6 and 7 of this issue of FastLane

Meets Outside of NJ

January 1 - December 31 Go The Distance 2007 Fitness Event

Contact Mary Sweat gothedistance@swimoregon.org
More info: www.usms.org/fitness

January 1 - December 31 Check-Off Challenge Fitness Event ~ Le Tour de Pool

More info and entry form: www.usms.org/fitness

Championships

September 15 - November 15 USMS 3000/6000 Yard Postal Championships

Contact Dee Turner 208-365-1166
dd@bigskytytel.com or Jill Wright
208-338-5287 swimjmw@msn.com

December 7-9 The 5th Annual Short Course Meters Holiday Classic & Colonies Zone Championships at Rutgers University, Piscataway, NJ

See Meet Entry Forms on pages 6 and 7 of this issue of FastLane

December 14-16 New England LMSC Short Course Meters Championship, Boston University, Boston, Massachusetts

www.greatbaymasters.org/07scmchamp
Entries must be postmarked by Wed, Nov 21

April 15-25, 2008 FINA World Masters Championships, Perth, Australia

www.2008finamasters.org



April 24-27, 2008 (tentative) USMS SCY National Championships, University of Texas, Austin, Texas

May 15-Sept 15, 2008 USMS 5km and 10km Postal Championships

Contact Susan Ingraham at aquatex101@aol.com or 210-493-0388

May 15-18, 2008 YMCA Masters National Championships, Ft. Lauderdale, Florida
More info to be posted soon at www.ymcaswimminganddiving.org

June 21, 2008 USMS 6+ Mile Open Water Championships (10 km), Hartwell Lake, Clemson, South Carolina

Contact Jacque Grossman at je@innova.net or 864-646-8836

June 28, 2008 USMS 1 Mile Open Water Championships, Long Island Sound, Madison, Connecticut

Contact Jen Lyman coachlyman@hotmail.com or 203-464-6903;
Allison Pelliccio alli@allisonp.com;
Tom Savoca tsavoca@newsvues.com or 203-318-0182

July 12, 2008 USMS 2-Mile Cable Championships, Chris Greene Lake, Charlottesville, Virginia

Contact Dave Holland HenryDaFit@aol.com or 804-282-6224

August 3, 2008 USMS 3-6 Mile Open Water Championships (5 km), Elk Lake, Bend, Oregon

Contact Pam Himstreet 541-385-7770 or
himstreet@bendbroadband.com;
Bob Bruce at 541.317.4851 or
coachbob@bendbroadband.com

August 14-17, 2008 USMS LCM National Championships, Mt. Hood Community College, Mt. Hood, Oregon

Contact Dennis Baker at 503-679-4601 or
bakeswims@yahoo.com

August 23, 2008 USMS 1-3 Mile Open Water Championships (2.4 miles), Lake Monona, Madison, Wisconsin

Contact Dick Pitman at 608.770.2707
dickpitman@hotmail.com

October 10-17, 2009 World Masters Games, Sydney Olympic Park Aquatic Center, Sydney, Australia

More information: www.2009worldmasters.com
and www.2009worldmasters.com/Swimming



Bigger is Better, Except When It's Not

By GINA KOLATA
NY Times, September 27, 2007

LOOKING back, Dr. Michael Joyner thinks he chose the wrong sport when he became a distance runner. He should have been a swimmer or a rower.

Dr. Joyner, an anesthesiologist and exercise researcher at the Mayo Clinic, was fast — he ran a marathon in 2 hours 25 minutes. But, at 6-foot-5, and 175 pounds at his lightest, he was simply too big to be great.

It turns out that there are rules governed by physics to explain why the best distance runners look so different from the best swimmers or rowers and why being big is beneficial for some sports and not others.

Photo Above:
Filip Kwiatkowski
for The New York Times



Photo Above: Tim de Waele/Corbis

That does not mean that parents should push their children into a sport based on their body type, exercise physiologists say. Most people who run or swim or do other sports, even competitively, do it because they love the sport, not because they are aiming for the Olympic Games. Many also choose a sport because they discover they are good at it.

For example, Dr. Niels H. Secher, an anesthesiologist, exercise researcher and rower at the University of Copenhagen, started rowing when he was 14. He always was big — he weighs 205 pounds — and he immediately loved to row and went with it. “If it works well, you think you are great and you follow up on your success,” he said.

But understanding why body size matters in certain sports can open your eyes to other possibilities, exercise researchers say.

“I’ve told people: ‘You’re tall. Why not try swimming?’” Dr. Joyner said. “Anything worth doing is worth doing well and anything worth keeping a score is worth posting a good score.”

The rules of physics say that distance cycling and distance running are for small people. Rowing and swimming are for people who are big. The physics is so exact that when Dr. Secher tried to predict how fast competitive rowers could go, based only on their sizes and the weights of their boats, he was accurate to within 1 percent.

At first glance, a big rower (and elite male rowers can weigh as much as 250 pounds) may seem to be at a disadvantage trying to row hard enough to push a boat through the water. But because water buoys the boat, weight becomes less of an issue compared with the

Levi Leipheimer,

5-foot-7, 136-pound cyclist.

He was third in this year’s Tour de France and won this year’s United States pro race.

Their bigger muscles allow bigger people to use more oxygen, giving them more power. It’s like having a bigger motor, Dr. Secher said. Bigger muscles, with their larger cross-section, also are stronger. And bigger muscles can store more glycogen, their fuel for short intense spurts.

The same reasoning explains why elite swimmers are big. Great male swimmers often are 6 feet 4 inches tall, and muscular. And because of the advantage that large muscles give for sprints over short distances, **the shorter the distance an athlete must swim, the greater the advantage it is to be big.**

Tall swimmers also have another advantage: because swimmers are horizontal in the water, their long bodies give them an automatic edge. **“It’s the difference between long canoes and short canoes,”** Dr. Joyner said.

Distance running is different. Tall people naturally have longer strides, but stride length, it turns out, does not determine speed. Running requires that you lift your body off the ground with each step, propelling yourself forward. The more you weigh, the harder you have to work to lift your body and the slower you will be.

The best runners are small and light, with slim legs. “If you have large legs, you have to move a big load,” Dr. Secher said. “The smaller you are, the better you are.”

Of course, there are a few exceptions to the scaling rules. There was the Australian runner Derek Clayton, who weighed 160 pounds and set a world marathon mark in 1969.

(Continued on page 5)

(Continued from page 4)

And there is Tom Fleming (my coach) who won the New York City Marathon in 1973 and 1975. He is 6-foot-1, and while he ran his fastest marathon, 2 hours 12 minutes, weighing 159 pounds, he ran the Boston Marathon in 2 hours 14 minutes weighing 179 pounds. "I tell people that's the fat-man record of Boston," he said.

The tallest elite marathoner today, Robert Cheruiyot, is 6-foot-2. But he weighs only 143 pounds. Most elite male marathoners, Dr. Joyner notes, are between 5-foot-7 and 5-foot-11 and weigh between 120 and 140 pounds. In distance running, he said, "you just don't find many big people."

The situation is more complicated for triathletes, who must run and cycle and swim. The size that is best for running and cycling is not good for swimming. Yet in general, swimmers have an advantage, Dr. Secher said. **It is easier for a great swimmer to learn cycling and running than for a good runner or cyclist to learn to be a good swimmer.** Swimming, he says, is so dependent on technique that it is hard to become proficient as an adult.

The decision for high school coaches, said Hayden Smith, a cross-country coach at Albion College, is whether to say anything when a young teenager seems set on the wrong sport. He said he kept mum when he was coaching in high school. But, he added, the best high school athlete he ever coached initially went out for football. The football coach refused to let him join the team — he would not give the boy the equipment.

"He told the kid, 'You'll be a great runner,'" Mr. Smith recalled.

The coach was right. The boy started running and ended up one of the top 10 in the nation.

No one ever told Dr. Joyner not to run. Injuries, though, finally forced him to look for another sport. He chose swimming, knowing that his size would be to his advantage.

Dr. Joyner got a coach, worked hard on his technique, and recently ranked 15th swimming a mile in a United States Masters swimming championship race (for people over age 25). He started too late, he said, to know what he might have been as a swimmer.

But that is O.K., Dr. Joyner said. He loved running. **And there is more to performance than simply having the right sort of body for the sport. There is hard work and rigorous training, and, of course, there is motivation.**

"I always remember something the late Bill Bowerman said at a clinic I attended in the late 1970s," he added, referring to the legendary distance running coach. **"Sometimes what matters is not what dog is in the fight but how much fight is in the dog."**



Photo Above: Al Bello/Getty Images

Michael Phelps,
6-foot-4,
195-pound swimmer.
Seven gold medals and five
world records at this year's
world championships.

Logo Contest!

**ANNOUNCING
a New Jersey LMSC
membership contest
to design a**

**New Jersey Masters LOGO!
Registered USMS swimmers
are eligible to submit
creative logo designs
by January 15, 2008.
More details to follow!**

NOMINATIONS

for NJ LMSC Board Officer Positions
for the year 2008 now being accepted for
Chair, Vice-Chair, Secretary, Treasurer,
Registrar, Sanctions & Safety Chair,
Open Water & Fitness Chair,
Top Ten/Records Chair,
and Newsletter Editor.

Please email your nominations to Chris McGiffin
at CMcGiff@aol.com by Dec 2, 2007.

Rutgers University Recreational Services: The 5th Annual SCM Holiday Classic & Colonies Zone Championships

Friday, Saturday & Sunday, December 7-9, 2007

Sonny Werblin Recreation Center, Piscataway, NJ

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #: 077-S03

- Facility/
Warm-up:** The Sonny Werblin Recreation Center opened in 1982; divided by a moveable bulkhead, there will be 8 lanes used for competition. An additional 8 lap lanes will be available in the diving well throughout the meet for warm-up and warm down. There will also be diving blocks available in those lanes and two will be designated as one-way sprint lanes during warm-up **only**.
- 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 will be posted at <http://recreation.rutgers.edu/aquatics/masterswim.html> by Sunday the 25th of November, 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 ½ 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. Distance events will be run fastest to slowest. 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 Monday November 19, 2007. 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 to back up timers can be in place.
- Entry Fees:**
- | | |
|------------------------|---|
| Pool Surcharge: | \$10 (Including relay only swimmers) |
| Individual Events: | \$5 |
| Relays (deck entered): | \$10 (Entries due by 10:00am each day) |
| T-shirts: | \$15 per shirt pre-ordered (\$20 at the meet), custom designed for this event |
- Questions:** Meet and Local Information: Alessandra Lyn-Lupu, (732) 445-0457 or by e-mail at alill12@eden.rutgers.edu.

Local Hotels can also be found at www.recreation.rutgers.edu/aquatics/masterswim.html.

Rutgers University Recreational Services Presents:

The 5th SCM Holiday Classic & Colonies Zone Championships

Friday, Saturday, and Sunday, December 7-9, 2007

Rutgers University in Piscataway, NJ 08901

Individual Meet Entry Form



Deadline:

Received by Monday, November 19, 2007
(A copy of your USMS card must be included with your entry)

Mail Entries to:

Alessandra Lynn-Lupu, Meet Director
656 Bartholomew Rd.
Piscataway, NJ 08901
(732) 445-0457

Make Checks Payable to:

Rutgers University

Make Check Payments with form provided on website.

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:			
USMS number:		USMS Registered Team:	Daytime Phone:
Evening Phone:		E-mail address:	
Birth date:	Age:	Sex:	

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 7, 2007			
1	2	800 Meter Freestyle	
3	4	1500 Meter Freestyle	
Saturday, December 8, 2007			
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
23	24	800 Free Relay	Deck Entered
25		Mixed 800 Free Relay	Deck Entered
27	28	200 Free Relay	Deck Entered
29		Mixed 200 Free Relay	Deck Entered

W	M	Event:	Entry Time:
Sunday, December 9, 2007			
31	32	400 Freestyle	
30 Minute Break			
33	34	100 Individual Medley	
35	36	200 Breaststroke	
37	38	200 Backstroke	
39	40	50 Freestyle	
41	42	100 Butterfly	
43	44	50 Breaststroke	
45	46	100 Backstroke	
47	48	200 IM	
10 Minute Break			
49	50	400 Freestyle Relay	Deck Entered
51		Mixed 400 Freestyle Relay	Deck Entered
53	54	200 Medley Relay	Deck Entered
55		Mixed 200 Medley Relay	Deck Entered
Surcharge		\$ 10.00	
Events @ \$5/Event		\$	
Tee-Shirt (\$15)		\$	
Shirt Size (Please Circle)		S M L XL	
Total Enclosed:		\$	

Places to Swim in NJ

Please report changes to Linda Brown-Kuhn at 908-479-1038 or lbk@sprintmail.com

Coached Workouts



The Atlantic Club, Manasquan
M/W/F 6-7pm, T/Th 7-8am, Sat 8-9am
Contact Andreas Rostenberg 732-292-4372
andreas@h2velocity.com or www.atlanticclub.com

Berkeley Aquatic Club, Berkeley Heights
M 8:30-9:30pm, W 8:00-9:15pm,
F 8:45-9:45pm, Sun 8:30-10:00am
Contact Coach Peter Hockmeyer P_Hockmeyer@yahoo.com

Blair Academy, Blairstown
Different sessions for all ability levels.
Contact Coach Ed Dellert 973-764-5252 eddellert@warwick.net

Somerset Valley YMCA/Bridgewater
T 8:00-9:15pm, Th 6-7am
Contact Matt Donovan coachmatt76@yahoo.com

Centennial Masters, Cranford
Summer Workouts are T/Th 6:30-7:30pm, Sat 8-9am
Contact Sally Kleeman 908-272-1854 nereid225@comcast.net

The Connection for Women and Families, Summit
M/T/Th 6-7am, M/T/F 12-1pm, M/W 7:30-8:30pm
Contact Andrea Falcone 908-273-4242 x109
Andrea.Falcone@theconnectiononline.org

Drew Ranger Masters, Drew University, Madison
M/W/F 6:15-7:30am, 9:15-10:30am, T/Th 7:45-9:00pm, Sat 7-8:30am
Contact Dorsi Reynolds 973-408-3002 draynol@drew.edu

Hamilton Hammerheads, Hamilton
M/W/F 8:30-9:30pm
Contact Coach Dan Cenko 609-571-5337
or Ami Lombardi, Y Aquatic Director 609-581-9622

Healthquest at Hunterdon, Flemington
T/Th 8:00-9:30pm
Coach Jean Becette
Contact Megan Grunstra, Aquatic Director
908-782-4009 x250 www.healthquest-fitness.com

Hoboken YMCA, Hoboken
M/T/W/Th 7-8pm
Contact Ignacio Sanchez, Aquatic Director
201-963-4100 x22
nacho_sanchez88@hotmail.com

Hunterdon County YMCA/Deerpath Branch, Flemington
T/Th 9:15-10:00am
Contact Sandy Carosi 908-236-0086 jcarosi@aol.com

JCC of Central NJ, Scotch Plains
M/W 7:30-8:30pm, T/Th 8:20-9:20pm,
non-coached T/Th 6:30-7:30am, T/Th 12-1pm
Contact Rebecca Rivera 908-889-8800 x219
rrivera@ccnj.org

JCC Metro West, West Orange
W 8-9pm, Sun 8-9 am
Contact Coach Melanie Fink
mfink38@comcast.net

Jersey Area Masters, TWO LOCATIONS:
Princeton Fitness & Wellness Center
M/W 7:00-8:30pm, T/Th 5:00-6:30am (unofficial), Sat 7:30-9:00am
Robert Wood Johnson Health & Fitness Center
T/Th 7:00-8:30pm, W/F 5:00-6:30am (unofficial), Sun 7:30-9:00am
Contact Christine Larkin JAMSwimMembership@gmail.com

Lakeland Hills Masters Team, Mountain Lakes
Contact Pam Banks swimbanks@earthlink.com
www.lhymasters.tripod.com/lhym.html

Madison YMCA, Madison
M/W 8:20-9:30pm
Contact Ed Foeri 973-822-YMCA x228
or Dave Wray 973-822-YMCA x230

Metuchen-Edison YMCA, Metuchen
T/Th 7:15-8:30pm, Sun 10:30am-12:00pm
Contact Kristine Sinram 732-548-2044 x212
Kristine.sinram@metuchen-edisonymca.org

Ocean County YMCA
T 6:15-7:15pm, Sun 9:15-10:15am
Contact Coach Sue Waldron at ocyamstrcoachsue@aol.com

Peddie Aquatics Association Masters Swim Club, Hightstown
M/T/W/Th/F 8:00-9:30pm
Contact Paul Mucciarone pfmooch@hotmail.com
or Aquatics Director 609-490-7564

Red Bank YMCA, Bodman Pool
Th 7:00-8:30pm and Sat 6:15-7:45am
Contact Aquatic Director Brian Kilpatrick at 732-741-2504 x11
or bkilpatrick@cymca.org

Ricochet Health and Racquet Club, South Plainfield
T 6:15-7:15am, Fri 8-9pm
Contact Dawn Willemssen 908-753-2300
fitness@richochet-healthclub.com

Ridgewood YMCA, Ridgewood
M/T/W/Th/F 8:30-9:30pm
Contact Sue Ludzki 201-444-5600
or Andrea Luallen-Egg rymastersandrea@optonline.net

Rutgers University, Piscataway
Team Coached by Alessandra Lynn-Lupu M/W 8:00-9:30pm,
T/Th 11:30am-1:00pm, F 6:00-7:30pm, Sun 5:00-6:00pm
Non-Coached M/T/Th 7:30-9:00am
Contact Alessandra at ail112@rci.rutgers.edu

Somerset Valley YMCA, Bridgewater
F 8:00-9:30pm, Th 6:00-7:00am
Contact Coach Joe Weber at the YMCA at 908-526-0688
www.ymcasomersetvalley.org/layout/bridgewater

Stevens Institute of Technology, Hoboken
Workouts M/W/F 6:00-7:30am, M/W 7:30-9:00pm,
T/Th 8-9pm, Sun 10am-12pm
Contact Brandon Pierce 201-216-8039 x6
bpierce@stevens.edu or www.stevensaquatics.com
or Lisa Picek 201-216-8039 lpicek@stevens.edu

Stevens Sting Rays, Hoboken
M/W/F 7:30-9:00pm, T/Th 6:00-7:30am, T/Th 8-9pm,
Sun 10am-12pm
Contact Cheryl Lee 201-216-8039

Summit YMCA, Hurst Pool, Summit
T 5-6am
Contact Coach Paula Coleman
908-273-3330x143
rcoleman111@comcast.net

Sussex County YMCA, Hardyston
Adult Fitness Swim Class T/Th 8:00-8:45pm
Contact Coach John Postas jpostas@earthlink.net
973-209-9622 or http://metroymcas.org/html/sussex_county.cfm

Sussex Technical School, Sparta
T/Th 6-7pm
Coach Christine Hollis
Contact Michelle Rapp 973-383-6700 mrapp@sussex.tec.nj.us

Union Boys and Girls Club, Union
Contact Ron Karnaugh 973-868-9922
RonKarnaugh@aol.com or www.SwimMD.com

Virtual Swim Masters, JCC, Bridgewater
Contact Coach John Quintana 908-581-0275
coach@virtuallswim.com

West Morris YMCA, Randolph
"AM Emphasis" group: M 8:00-9:15pm pool, M 9:15-10:00pm dryland,
W/Th 5:30-6:45am pool. "PM Emphasis" group: M 8:00-9:15pm
pool, M 9:15-10:00pm dryland, W 5:30-6:45am pool, Th 8:00-9:15pm
pool, Th 9:15-10:00pm dryland.
Contact Ray Fischer, Director of Competitive Swimming
973-366-1120 ext 18 or ray@wmyymca.org

Westfield YMCA, Westfield
T 6:30-7:30am, W 8-9 pm
Contact Paul Casazza 908-233-2700
pcasazza@westfieldnj.org

Wycoff YMCA Masters, Wycoff
M/W 6-7am, T/Th 8-9pm, Sat 7:30-8:30am
Contact Coach Garrett Orr 201-891-2081 x130

Non-Coached Workouts

County College of Morris, Randolph
Contact Nicole Agresto 973-328-5257
nagresto@ccm.edu

Newark YMCA, Newark
M-F 6-9am, 12-2pm, 6:00-7:30pm, Sat 1-2 pm
Contact Joy Henderson 973-624-8900 x6811

Monmouth Swim Hawks, Monmouth University, W. Long Branch
M/W/F 7-8am
Contact Robert Voorhees 732-263-5601
rvoorhees@monmouth.edu
or Murray Simon 732-229-7623

Montclair Masters, Montclair YMCA, Montclair
M/W 6-7pm, F 6:30-7:30pm
Contact Omar Cruz 973-744-3400 x109

Morris Center YMCA, Cedar Knolls
Contact Josh Wing 973-267-0704
j.wing@morriscenterymca.org

Princeton Area Masters, Community Park Pool, Princeton
June-Sept M-F 5:45-7:30am at Community Park Outdoor 50M Pool
Sept-June M-F 5:00-6:45am at Princeton DeNunzio Pool,
Contact Tink Bolster 609-924-4222
or Kate Herlihy 609-921-9480

Red Bank YMCA/Deal JCC, Deal Park
Contact Doug Rice 908-741-2503

Rahway Branch YMCA
M/T/W/Th/F 6-7am
Contact Jeff Jotz 732-827-2190
jotz@mac.com

Western Monmouth YMCA, Freehold
Sat 7:30-9:00am, T/Th 8:30-10:00pm
Contact Richard Wallace 732-851-5699(h),
973-482-6400 x2256(w)
swimphil@optonline.net

Whippany Waves Masters, Lautenberg Family JCC, Whippany
Contact Ben Gilbert 201-428-9300

Somerset Hills YMCA, Basking Ridge
Contact Karley Dabry 908-766-7898 x529

Sussex County Technical School, Sparta
T/Th 6-7pm
Contact Sharon Vogel 973-383-6700 x255

TCNJ Masters, The College of NJ, Trenton
M/T/W/Th/F 11am-2pm & 7-9pm, Sat/Sun 12-4pm
Contact Chrissy Schwebel
tcnjmasters@yahoo.com

FORMATIVE

Pools that have an interest in coached workouts but have none yet. Call if interested. Maybe you can get things going.

Greater Bergen County YMCA, Hackensack
Contact David Allred blueridge81@yahoo.com

St. Francis Community Center, Long Beach Township
Contact Linda Behr 609-494-8861
lmbehr80@aol.com

Ocean Club, Stafford Township, Manahawkin
Contact Kara Cassidy 609-653-0939
karaswims@comcast.net

Newark YMCA, Newark
Contact Janelle Uroff 973-624-8900 x6811
swim@newarkymca.org

Lawrenceville High School, Ewing
T & F 8-9pm
Contact Jim Vori 609-538-1782
jkijv@yahoo.com

