

EASTLANE

Keep Pace With This Workout

By Andrea Luallen-Egg,
Coach of Ridgewood YMCA Masters

The goal of this one-hour pace workout is to swim each distance the same pace per 100 (not super slow and not super fast, but a pace you can maintain for the whole set). You should keep track of the pace and push yourself harder if you start to drop the pace.

500 warm-up (or 10 min, whichever ends earlier) + 2-3 minutes rest

400 free pace, 30 seconds rest

200 free pace, 1:00 rest

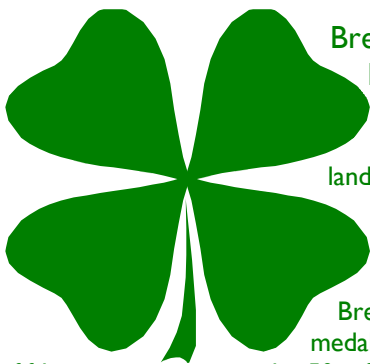
This 400/200 combo is done 5, 4, 3 or 2 times through depending on the lane and the interval per 100:

- > 5 times through for the 1:20 interval lane (3000y for the set).
- > 4 times through for the 1:40 interval lane (2400y for the set).
- > 3 times through for the 1:50/2:00 interval lane (1800y for the set).
- > 2 times through for the 2:30 interval lane. This lane then goes an additional 400 to fill in the extra time (1600y for the set).

200 easy cool down all lanes

Coach Andrea comments, "I find this is a good way to break up a distance workout to avoid monotony, while still keeping everyone's heart rate where I want it."

NJ Swimmer Gives Stellar Performance at Irish National Championships



Brendan Gallagher, a 26 year old NJ LMSC swimmer, competed recently at the Irish National SCM Championships held July 25th - 28th in Lisburn, Northern Ireland. The meet, attended by teams from throughout Ireland, including members of the World University Games and the Irish National team, and also teams from Scotland and England, provided the venue for some great competition. While living in Ireland from 2003-2004 and swimming for the Limerick Swim Club, Brendan got a taste for international competition and competed in his first Irish National Championship in 2004. He had been hoping to return to compete in another Irish National Championship and it finally all came together this year.

Brendan qualified for the finals with great prelim & semifinal swims in all four of his events and medaled with his 2nd place finishes in both the 50m fly (25.61) & the 100m fly (57.05). He finished fifth in the 50m free (24.42) and sixth in the 100m free (53.20). Brendan's 50 free prelim swim at 24.11 sets a new NJLMSC SCM record. He now has his sights set on the 2008 European Open. Best of luck to you Brendan!

**Ron Medhurst —
Swimming
his Way to
Good Health**
By Bob Hopkins



Two years ago Ron lay in the operating room (OR) undergoing a triple bypass heart operation. After the successful operation, and as part of his rehabilitation, he began to swim for exercise. Over the next two years, Ron progressed from easy swimming to more moderate swimming to serious interval swim training. He even joined NJ Masters Swimming to provide himself with the hope of someday swimming in a meet for the first time in his life.

On July 15th, Ron competed in his first ever swim meet representing NJ Masters Swimming at the Summer Sizzler meet in Wilton, CT. His amazing two year odyssey back to health resulted in a sub 43 second 50 meter freestyle swim which got him second place in his 60-64 age group. His time was a personal record (PR) for him. We have come up with a slogan for him: "OR to PR in Two Years" which I think reflects his inspirational story.

Photo above: Ron just before his swim at Wilton.

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Light Those Candles! Happy Birthday to the following 49 September babies:



Gershen Konikow 85-89
George Melick 80-84
Lainey Dooman 80-84
Ron Engelhardt 80-84
Isaac Siskind 75-79
Ann Ferguson 65-69
Toms Royal 65-69
Lenny Wehrle 60-64
John Hannan 60-64
Ernest Nosedo Sr. 60-64
Maurice Sercarz 55-59
Thomas Herits 55-59
Jack Morrison 55-59
Danielle Ogier 55-59
Karen Ristuccia 50-54
Frank Turner 50-54
Martin Rothfelder 50-54
Bob Koppenol 50-54
Arie Quinn 50-54
Fran McManus 50-54
Karen Sacks 50-54
Sandra White 50-54
Linda Twining 50-54
Paul Grassie 45-49
Paul Mucciarone 45-49

Dillard Kirby 45-49
Errington Bennett 45-49
John Peebles 45-49
Diane Panzera 45-49
Daniel Morgan 45-49
Anne-France Saillot 45-49
Gregory March 40-44
Douglas Fulton 40-44
Joseph Flanagan 40-44
Richard Clew 40-44
Sherri Plunkett 40-44
Robert Barrish 35-39
Abigail Christmann 35-39
Laura Smith 35-39
Curtis Sawin 35-39
Alexis Goldstein 30-34
Nick Mathers 25-29
Danielle McNamara 25-29
Gabriel Nieves 25-29
Kerry Lyn Gertler 25-29
Jackie Clark 25-29
Brandon Pierce 25-29
Matthew King 20-24
Henriette Hansen 20-24

Manhattan Island "Quiet" Swim - II

Photo below:
Larry during his swim,
exhibiting excellent stroke technique.



Two of our NJ LMSC members, Paul Kiell (76) of Far Hills and Larry Lengle (74) of Newton, swam around Manhattan as part of a four person relay that swam 28.5 miles on Friday, August 3rd. Their total time was 9 hours and 4 minutes. The other two swimmers on the relay were Martino Caretto and Dr. Nina Cerfolio.

Paul, Larry and Martino work out at the Somerset Hills YMCA.

Last year Larry and Paul swam from Alcatraz to San Francisco. Larry says that both events were his friend Paul's idea and that he's going to find a new friend before Paul gets him into trouble with his next endurance swim idea.

Join A Team

Even if you haven't played a group sport since grade school, it may be worth heading back to the huddle. Team sports not only improve fitness but also better your self-image and outlook on life, finds a Purdue University study of breast cancer survivors. Working with teammates towards a common goal gives women a sense of control and empowerment, say researchers--and it's more fun than stair-climbing solo.

--Jenny Stamos
--From Prevention Magazine, 9/07 issue



Remember!
We've changed from
www.gsmswim.org
to
www.njmasters.org
Mark it as one of
your website
"favorites".

Adult Swim

Dara Torres remembers that after she won five swimming medals at the 2000 Olympics, her coach told her, "It's a shame. You're not even at your peak yet." **At the time, Torres was 33 years old and coming off a seven-year layoff.** Now she's 40, she's a new mom, and she's fresh off another seven-year hiatus. And she's finally at her peak.

Torres broke her own American record in the 50-meter freestyle last Saturday at the U.S. Nationals in Indianapolis, shaving a tenth of a second off the record time of 24.63 seconds she set at the Sydney Games. It was her 15th national title; number 14 came three days earlier, when she won the 100 freestyle. **(The second-place finisher in the 50, Lara Jackson, is 20 years younger than Torres.)** "I feel like I'm 14 again, breaking my first record," Torres said. "I didn't think I would get to this point, I was amazed myself when I touched the wall and saw the time."

Torres first retired after winning a gold in Barcelona. She got married (and divorced), appeared in Tae-Bo infomercials and posed for the 1994

SI Swimsuit Issue. In 1999, she said, "someone egged me on," and the next thing she knew she was working out between five and seven hours a day. **Torres put on 20 pounds of muscle to get ready for Sydney, where she won two gold and three bronze medals.**

Then she quit again. She stayed away until she got pregnant in 2005, when her doctor suggested she do a little swimming to stay in shape. In a development that surprised no one, the competitive vibes overtook her. She was lifting weights the same day her daughter, Tessa, was born in April '06. Now she's not only a safe bet to make her fourth Olympic team, but **she's got a real shot at winning in Beijing – 24 years after she won her first Olympic medal, a gold in the 4 x 100-meter freestyle relay in Los Angeles.**



--From 8/13/07 Sports Illustrated

Colonies Zone Records

The 2007 Colonies Zone LCM Championships was held at University of MD on August 18-19. Congratulations to Steve Hiltabiddle, 41 for the following new NJLMSC LCM records:

50 Fly 26.08 50 Back 31.04
100 Free 55.70 100 Back 1:08.39

Special congratulations to the following Colonies Zone Champions!
Steve Hiltabiddle, 41: 50 and 100 free; 50 and 100 back, 50 and 100 fly
Benn Doyle, 49: 50, 100 and 200 breast
James Ryan, 55: 200 and 800 free, 400 IM
Jim Dragon, 63: 50 free, 50 breast, 50 fly

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@bigskytel.com or Jill Wright
208-338-5287 swimjmw@msn.com



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

More information: www.2008finamasters.org
Qualifying times:
www.2008finamasters.org/index.php?id=1200

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

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

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

October 10-17, 2009 **World Masters Games, Sydney Olympic Park Aquatic Center, Sydney, Australia**
More information: www.2009worldmasters.com
and www.2009worldmasters.com/Swimming

2007 OPEN WATER CALENDAR

Compiled by Jeff Jotz

Sat, Sept 22 September Splash 2 mile, 1 mile and ¼ mile Swims, Wildwood, NJ
www.lmsports.com

Sat, Sept 29 Freedom Tower Aquathon ½ mile swim, 3 mile run, New York, NY
www.nycswim.org

Sat, Sept 29 Cove to Cove Swim ½ mile, New York, NY www.nycswim.org

Sat, Oct 6 Ederle Swim 17.5 miles, New York, NY www.nycswim.org

Nessel Long Course Meet Returns to NJ

Under a warm summer sun, over 50 Masters Swimmers from New Jersey and the surrounding area converged on the Walter E. Ulrich Pool in Rahway on August 4th to mark the return of the Jason Nessel Invitational to the state. The event is the state's longest-running and only remaining long course Masters meet. The meet took a one-year hiatus in 2006 for the FINA World Masters Championships in California.

Ages of the meet participants ranged from 19 to 91 and featured swimmers from numerous LMSCs. The meet is named in honor of Jason Nessel, son of former New Jersey Masters swimmer and coach Ed Nessel. Jason was killed on March 4, 2000 driving down to visit his sister in the Florida Keys. He turned 21 the week before.

Congratulations to members of the Sussex County YMCA (Bob Hopkins, Ilse Wolfe, Joanne Ploch and Doug Miller), whose mixed 400 free relay set a new LMSC record of 4:44.52 in the 160-199 age group. The time will hopefully place them among the fastest in the nation when the year draws to a close.

Special thanks go out to John Baliko and the Fanwood Scotch-Plains YMCA and the County of Union for providing the facilities, meet officials and timing system; and thanks to everyone who volunteered or attended the meet. Look for the meet to return to Rahway August 2008!

Congratulations to the following swimmers who set new NJLMSC LCM records at the Jason Nessel Memorial Meet!

Women 45-49

Laurie DiTomasso, 45
50 Free 30.11
100 Back 1:20.73
50 Breast 39.58
100 Breast 1:31.43
50 Fly 31.70

Amy Carow, 46

100 Free 1:10.30
200 Free 2:35.26
Women 55-59

Women 55-59

Danielle Ogier, 55
50 Free 33.35
100 Free 1:13.18
50 Breast 43.40
200 IM 3:02.69

Carol Morman, 55

400 Free 8:38.31

Sue Freeman-Patterson, 56

100 Back 1:49.76

Women 65-69

Barbara Rosenbaum, 66

50 Fly 56.62

Men 50-54

Michael Fanelli, 53
400 free 5:23.82

Men 90-94

Austin Newman, 92
400 Free 10:42.97

Mixed Relay 160-199

Garden State Masters 4:44.52

Bob Hopkins, 65

Ilse Wolfe, 43

Joanne Ploch, 39

Douglas Miller, 35

Mixed Relay 200-239

Garden State Masters 6:05.19

Jerry Katz, 69

Steven Levine, 54

Carol Morman, 55

Judy Ramirez, 49



Records from Texas!

Congratulations to the following swimmers who set new NJ LMSC LCM records at the 2007 USMS National Championships at The Woodlands, Texas from August 10 to 13.

Special congratulations to the following **National Champions!**

Nancy Steadman-Martin, 53
800 free, 200 fly, and 400 IM

Danielle Ogier, 55
50 Breast, 200 IM

Doris Steadman, 83
50, 100, and 200 Back

Men 50-54
Michael Fanelli, 53
800 Free 11:04.54

Women 50-54
Nancy Steadman-Martin, 53
400 Free 5:12.45
200 Fly 2:51.78
400 IM 6:05.44

Women 55-59
Danielle Ogier, 55
100 Free 1:12.40
200 Free 2:36.93
50 Breast 43.15
50 Fly 37.45



Congrats!

Congratulations to **Nancy Steadman-Martin, 53** and **Michelle Davidson, 37** who each took **FIRST PLACE** at the **USMS 10K National Championships** in Huntington Bay, NY on July 14, 2007.

No Proof Probiotics Aid Athletic Performance

By Amy Norton
Friday, August 3, 2007

NEW YORK (Reuters Health) - Foods containing probiotics, live microbial ingredients that can provide health benefits, may be healthy, but athletes shouldn't count on them to boost their performance, a research review suggests. However, probiotics provide some indirect benefits.

Probiotics are live microorganisms, usually bacteria, which are beneficial to the body. They are sold in supplement form, but are also found naturally in many fermented foods, including yogurt, certain juices and soy products, like miso and tempeh.

It's thought that consuming probiotics helps maintain a healthy balance of good bacteria in the digestive tract.

This is important because the friendly bacteria residing in the gut compete with illness-causing bacteria for space and nutrients, helping to crowd the bad bugs out. They also secrete enzymes that aid in digestion, and may enhance the workings of immune-system cells in the digestive tract.

There is research showing that probiotic foods may indeed keep the gut's "microflora" in order and boost immune function, according to Dr. Andrew W. Nichols, the author of the review, which appears in the journal *Current Sports Medicine Reports*.

However, he told Reuters Health, "no research has demonstrated that these agents have direct effects upon improving athletic performance."

Still, that doesn't mean probiotic foods are no use to athletes, according to Nichols, a sports medicine specialist at the University of Hawaii at Manoa.

In principle, the health benefits of probiotics might aid athletes' performance indirectly, he explained.

For example, it's known that "overtraining" can dampen athletes' immune system function. So by boosting immune function, Nichols said, probiotics might help athletes recover more quickly from intense training and competition.

Similarly, he noted, competitive athletes are prone to gastrointestinal problems -- due to

Ocean Swim Benefits Seaside Park Charities

SEASIDE PARK - On August 11, the Mid Summer Ocean Swim took place. The ocean proved challenging, but it did not stop Dieter Wunderlich, 70, of Warren, from showing up to make a splash. The Mid Summer Ocean Swim is an annual event sponsored by the Ocean County YMCA.

Wunderlich more than understands healthy living and getting annual check ups. In 2006, he underwent a quadruple bypass in June and a hip replacement in September. "I was the poster child for healthy living, I don't smoke, my wife is a great cook, we eat right and are very active," Wunderlich said. Even though all tests showed up great at his annual checkup last year, a voice inside made him ask his doctor for a stress test. While he felt no physical symptoms, his results showed two arteries were blocked 97 percent. "Now I'm the poster child for making sure you have complete check ups. No matter how well you live, problems can be from your family genes," he added. After three months of healing and exercise, Wunderlich sums it up, "I was back with a vengeance, skiing over the winter and now ocean swimming in the summer. I was never the fastest swimmer, but my endurance was my success, and I've been ocean swimming for over 12 years now."

This annual event was developed for ocean swimmers to compete and have fun, while benefiting Seaside Park Fire Company, Seaside Park Historical Society, Seaside Park Lifeguard Association, Tri-boro First Aid and the Ocean County YMCA. "The Borough of Seaside Park, including public works and the lifeguard and scuba teams, help make our event seem flawless, even when we have to move the finish line three times due to conditions," states Janet Sellitto. Nancy Carlson and Bonnie Peterson secure sponsors for the t-shirt. There are also many businesses that donate food items to accompany the beach breakfast buffet that follows the swim, with many event volunteers including staff from the Ocean County YMCA.

Events held by the Ocean County YMCA benefit the annual Strong Kids Campaign. This helps fund Y-Cares financial assistance, providing families in need the means to participate in membership and program activities at the Ocean County YMCA. The Mid Summer Ocean Swim had 158 participants and raised approximately \$2000. Race results may be viewed at www.bestrace.com. For more information, please call 732-341-9622 or visit www.ocymca.org.

—From the Toms River Times, 8/18/07

"The only place where SUCCESS comes before WORK is in the dictionary."

-Vidal Sassoon



Beat the Blahs

by Laura Smith
August 1, 2007

Let's face it. No one feels great in every workout.

Sure, there are those far too infrequent times when you dive into the pool and feel strong, fast, and efficient. However, there are other times that the only thing slower and more painful than your turn-over is the clock ticking down to the end of workout. When this situation unfortunately yet inevitably occurs, you have some options:

A) Get out. (But, by the time you've made the effort to get to the pool, change, and get in the water, this option is a huge waste of time and energy. Plus, it's so hard to find an excuse that the coach will actually believe.)

B) Mindlessly go through the motions of a workout. (This would count as "junk yardage". You're no doubt being sloppy, repetitively engraining bad habits into your stroke and keeping your heart rate at the level of a Sunday stroll through the park with Grandma. Refer to "huge waste of time" in paragraph above.)

C) Use this opportunity to change things up, break the monotony, and have fun in the workout. (Bing! Bing!! Bing!!! Pick this! Pick this!)

Master swimmers in general fear change (i.e., try getting someone to switch out of their normal lane in a morning workout!). However, sometimes to stay motivated and improve your swimming, you're just going to have to suck it up and do it! All the hard sets, long yardage workouts and painful intervals can't compete with efficiency and good technique. **Practice doesn't make perfect. Perfect practice makes perfect.** As long as you're going to be there, you may as well get the most out of your workout.

Here are some ideas to improve your swimming (and your "I should have taken up Masters Badminton instead" attitude): Work the turns. Yep. Just the turns. You may be feeling slow and lethargic during a set, but don't waste the whole set by just 'getting through it'. Stay long and relaxed in the main part of the pool, but when you hit the flags, pick up your kick and increase your turnover. Snap your legs on the flip, make a concentrated effort to explode off the wall, and exaggerate the streamline. Take two or three strong strokes out of the turn, then back off and relax. Repeat this for every turn during the set. Not only is it great cardio training with short bursts of efforts followed by a recovery period...but you will also be so focused on the turns, that you just may forget the monotony of the set.

DPS (Distance Per Stroke). Forget about speed. Work on efficiency. **Some days you just don't feel fast, and that's okay.** Try swimming a few hundred yards of

the same stroke and keep track of the average number of strokes you take per length. Then, spend your workout concentrating on taking fewer strokes per lap. You will have to extend the glide phase of your stroke and you may have to pick up your kick a bit. Initially, try knocking one stroke per length off a swim. Then two. **Challenge yourself to see how few strokes you can take.**

Catch Up Stroke. This is a freestyle drill that you can do while swimming a set. Don't start the pull with the right arm, until the left arm "catches up" at the top of your stroke. It feels a little awkward at first, but it's a great way to work on core rotation and glide. If you ever watch world-class swimmers, even the sprinters have a powerful glide each stroke.

Find the chink in your amour! Ask your coach to watch your stroke (it can be any of the four) and give you one, just ONE, thing to work on to improve your efficiency. If you try to "keep your head down, lift your elbows, work on hip rotation, and increase your kick" all at once, you'll probably end up more confused and less efficient than you ever have been. Change takes time. Changing anything about your stroke is like a sore in your mouth...if feels huge although it is barely visible to the naked eye. Take this one aspect of your stroke, and concentrate on it for the entire practice. Slow down if you must, but really work on correcting it. **Check back with the coach intermittently to be sure you haven't slipped back into old habits.**

Change it up. Try moving to a lane with slower intervals and swimming one of your 'off' strokes. We all have a stroke that we ignore like a redheaded stepchild. And usually, it's the stroke we could improve upon the most. If you've been powering through months and months of distance freestyle, try swimming the main set backstroke or breaststroke. **Working different strokes not only makes all of your strokes stronger, but changing movement patterns can also help alleviate overuse injuries that are all too common in swimming.**

We can't have the best workout of our life every time we jump into the pool. However, with a little creativity, you can get something positive out of each and every workout...regardless of how you're feeling. Take advantage of the workouts where you feel great! But also take advantage of the days where you don't feel so great and use them to work on things you may normally overlook in your practice. Most of all, make it fun, and you'll always be successful.

—From the USMS website: www.usms.org

**Practice doesn't
make perfect.
Perfect practice
makes perfect.**

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 ocmastcoachsue@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

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 aill12@eden.rutgers.edu

Somerset Valley YMCA, Bridgewater
T 8:00-9:30pm, Th 6:00-7:00am
Contact the YMCA at 908-526-0688

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
T/Th 5:30-6:30am, T/Th 6:15-7:00pm
Contact Coach John Postas jpostas@earthlink.net
973-209-9622

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

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

Wyckoff YMCA Masters, Wyckoff
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 Herilhy 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
jjotz@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

West Morris Area YMCA, Randolph
Contact Kathy Fisher 973-388-1120
Kathy@wmay.com

St. Francis Community Center, Long Beach Township
Contact Linda Behr 609-494-8861
lmbhr80@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 Vari 609-538-1782
jkjiv@yahoo.com





NJ LMSC

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