

# EASTLANE



## NJ Masters Banquet – March Gladness

By Chris McGiffin

Above: Group shot  
at the NJ LMSC  
Annual Awards Banquet  
on Sat, March 8, 2008

Once again Rahway, NJ was the host site for the Annual NJ Masters Swimming Awards Banquet on March 8th. The fun got underway with a workout at the local Rahway YMCA led by the on-deck coaching of fellow NJ LMSC Board member and Masters swimmer, Jeff Jotz. Between the warm water and the main set, there was enough sweating going on to work up a thirst and an appetite for the second part of the evening – the member/guest dinner and awards.

The banquet at the Lafayette Lodge opened with some BYO cocktails, selected hors d'oeuvres and a slide show full of familiar faces in the much more usual swimming attire. Out of the water, Masters swimmers are still a good-looking bunch, though not always as recognizable. It is a different experience when you consider most of our time together

is spent in the water, with suit, cap, and goggles, in our designated lanes and on our distinct intervals. Certainly, we get to spend some quality time together at meets, sitting and waiting for our assigned event heats. But, do we stop to smell the chlorine? Or, rather, do we take the time to reflect upon all of the time we spend pursuing our sport? It's amazing what happens when you do.

This thought leads me to the primary reason for gathering each year for such an occasion – to take a moment to reflect and celebrate the opportunities and memories USMS membership can provide. Our special guest, USMS President, Rob Copeland, commented on how Masters swimming is often a shared family experience, with parents, grandparents, siblings, and children - generation after generation taking part. He went on to remark on how

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## **NJ LMSC VOLUNTEERS**

### **Chairman**

Chris McGiffin  
908.630.0166  
CMcGiff@aol.com

### **Secretary**

Susan Kirk  
908.832.9241  
sqkirk@comcast.net

### **Treasurer**

Scott Lillis  
609.947.3780  
scott.lillis@hotmail.com

### **Registrar**

Tom Brunson  
973.279.7153  
tombrunson@optonline.net

### **Sanctions & Safety Chairman**

Mike Fanelli  
908.755.9380  
mfane41082@aol.com

### **Webmaster, Top Ten Records**

Ed Tsuzuki  
908.371.9179  
edtsuzuki@patmedia.net

### **Publicity & Marketing**

Bob Hopkins  
973.729.3686  
swimsmart@yahoo.com

### **Open Water & Fitness Chair**

Jeff Jotz  
732.382.9419  
jjotz@mac.com

### **Newsletter Editor**

Linda Brown-Kuhn  
908.479.1038  
lbk@sprintmail.com

### **Newsletter Graphic Design**

Karin Adams  
732.233.0019  
coachkarinadams@yahoo.com



# **Light Those Candles! Happy Birthday to the following 30 April babies:**



Nickolas Demas 75-79  
Peter Grunfest 55-59  
Rita Nannini 55-59  
Glenn Cantor 55-59  
William Howarth 50-54  
Cedric Druce 50-54  
Phillippe Delamare 50-54  
Stacey Keenan 50-54  
Howard Libov 50-54  
Mark Hoffman 45-49  
Don Sumadda 45-49  
Joseph Hopp 45-49  
Karen Shearly 45-49  
Kathleen Carlyon 45-49  
Chris Remetz 45-49

Ping Feng 45-49  
Kristin Ferrara 40-44  
Elizabeth Frundy 40-44  
Scott Yeomans 40-44  
Dougin Walker 40-44  
Amy Marshall 40-44  
Scott Duprex 40-44  
Julia Inagaki 35-39  
Andrew Lippitt 35-39  
Barry Bachenheimer 35-39  
Elizabeth Bigham 35-39  
Abe Samari 30-34  
Daichi Kato 30-34  
Peter Economou 25-29  
Michael Schwimmer 25-29

## **Long Distance Workout**

By Coach Karin Adams of West Essex YMCA in Livingston

For all who race the 500, the mile, and all the distances in between, and beyond, this workout will train you well. For all the distance divas out there, consider repeating this workout once a week. Definitely a great main set for those gearing up for open water swims this summer!

### **Good Luck!**

**Warm-up** must include lots of stroke, kick, and drills since the rest of this workout is freestyle:

300 (25 free / 25 back)  
400 Reverse IM (25 kick / 25 drill)

### **Main Set**

8 x 100 Freestyle Pull with Buoy (No Paddles) at a moderately fast pace, but not sprinting. Interval must allow 5-7 seconds rest, and consistent swim times. If you can hold 1:18 to 1:20, then go on an interval of 1:25.  
2 x 400 Freestyle Swim, holding your "repeat" from above. If you repeated a 1:20 pace, then hold 1:20 x 4 = 5:20 for these 400's followed by 30 sec rest.  
1 x 100 Stretch (i.e. backstroke or elementary breaststroke)  
2 x 800 Freestyle: 1st 800 Pull with Buoy, working really hard to hold that same 100 pace from above, emphasizing core strength and body rotation for speed. 2nd 800 with Fins, holding 5 sec faster than your 100 pace.

### **Warm-down**

150 double arm backstroke with fins, or continue until your heart rate calms down. Follow with 5 minutes of arm and shoulder stretches!

Total: 4150 yards

# One Hour Postal Swim Records - Individual & Relays

**Congratulations to the following  
NJ swimmers who set new NJLMSC  
Long Distance records in the  
One Hour Postal Event:**

## Women

Julie Porro, 29 4815 yards  
Susan Kirk, 47 4060 yards

## Men

Jeff Jotz, 37 5000 yards  
Chris Near, 47 4595 yards  
Michael Fanelli, 53 4165 yards  
James Ryan, 55 4950 yards

## WOMEN'S RELAYS

### W25+

Berkeley (NJ) Aquatic Masters 13000 yards  
Julie Porro, 29 4815  
Lynn Ascione, 40 4125  
Susan Kirk, 47 4060

### W35+

Berkeley (NJ) Aquatic Masters 10245 yards  
Anne-France Saillot, 45 3810  
Rosanne Lemongello, 45 3225  
Lisa Campbell, 40 3210

## MEN'S RELAYS

### M35+

Berkeley (NJ) Aquatic Masters 13365 yards  
Doug Clark, 39 4680  
Eric Marquard, 44 4520  
Michael Fanelli, 53 4165

## MIXED RELAYS

### Mx 25+

Berkeley (NJ) Aquatic Masters 18140 yards  
Julie Porro, 29 4815  
Lynn Ascione, 40 4125  
Doug Clark, 39 4680  
Eric Marquard, 44 4520

### Mx 45+

Berkeley (NJ) Aquatic Masters 15075 yards  
Susan Kirk, 47 4060  
Anne-France Saillot, 45 3810  
Michael Fanelli, 53 4165  
Thomas Miller, 45 3040

# Let's Hear It For Our All-Americans

Congratulations to the following NJLMSC  
USMS All-Americans (#1 in at least one event) for 2007:

## Individuals:

### 2007 All American Listings for the New Jersey LMSC (6)

Year	Age Group	Name	Age	Club	LMSC
2007	50-54	Nancy Steadman-Martin	53	GSM	New Jersey
2007	80-84	Doris E Steadman	82	GSM	New Jersey
2007	40-44	Steve Hiltabiddle	40	GSM	New Jersey
2007	60-64	Jim Dragon	63	GSM	New Jersey
2007	75-79	Edward H Breisacher	75	GSM	New Jersey
2007	90-94	Austin F Newman	92	GSM	New Jersey

## Relays:

BERK	Age	GSM	Age
Julie S Porro	29	Michelle L Davidson	37
Lauren A Seavy	24	Rebecca Kalibat	44
Jackie L Whitty	24	Nancy Steadman-Martin	53
Lorna J Cialdella-Morehead	43	Laurie A DiTomasso	45

## OCY Unofficial Team Championships Records

Congratulations to the following NJ swimmers who set new  
NJLMSC SCY records at the 22nd Annual Unofficial Team  
Championships at Ocean County YMCA on February 24, 2008:

## SCY Records!

Judy Ramirez, 50  
100 Breast 1:24.57  
200 Breast 3:06.78

### Women 45-49

Laurie DiTommaso, 45  
50 Fly 28.89  
100 IM 1:06.29

Sue Freeman-Patterson, 56  
100 Free 1:20.98

### Men 60-64

Larry Seidman, 60  
100 Fly 1:15.79

### Women 50-54

Nancy Steadman-Martin, 53  
50 Free 28.34  
100 Free 1:00.35  
500 Free 5:46.20  
1000 Free 11:45.55

### Men 65-69

Bob Hopkins, 65  
200 Back 2:57.01

## Wallace Sets A Record in Maryland

Congratulations to Richard Wallace for setting a new NJLMSC  
SCY record of 13:16.41 in the Men's 60-64 1000 Free  
at the 2008 Maryland Masters Winter Meet on March 1, 2008.

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Above: Our MC of the evening, Chris McGiffin, showing the 5-year membership award.

fellow Masters swimmers often consider each other extended family because of the uniqueness of our sport and the passion we collectively share for it.

And, as if we needed a reminder, the emphasis on passion and commitment to Masters swimming was clear when it came time for the NJ Masters Continuous Membership Recognition Awards. The idea of recognizing continuous USMS membership for NJ Masters swimmers grew out of a few objectives the NJ LMSC was pursuing. We wanted to promote the experience and benefits of being a continuous USMS member in NJ, to encourage membership renewals to retain existing USMS members, and we were interested in challenging members to reach the next level of continuous years of membership. Once the due diligence of research and data analysis was complete and the proposed budget reviewed and approved, the NJ LMSC Board launched a one-of-a-kind member recognition program.



Left: Special guest speaker at the banquet, and USMS President, Rob Copeland.

For those people not in attendance at the NJ Masters Banquet or the recent March Madness meet held in Princeton, NJ, you may not know the details about each achievement level award. The 5YR award is a luggage tag that has a sleeve for a business or USMS membership card. The 10YR award is a license plate frame. The 15YR award is a mesh equipment bag. And, the 20YR award is an embroidered towel. All awards are customized with NJ Masters Swimming and the continuous years of membership achieved. Photos of the awards will be posted to the NJ Masters website ([www.njmasters.org](http://www.njmasters.org)) soon.



Above: Benn Doyle, holding his 20-year membership award, an embroidered towel.

Those members who have yet to receive their awards should plan on attending a local NJ Masters event (i.e., a meet, an open water swim, etc.). The awards will not be shipped, as that expense was not something the Board agreed to cover. However, alternative pickup/drop-off arrangements may be possible. Also, there is a limited supply of award merchandise available for retail purchase by registered USMS NJ Masters swimmers. The retail merchandise with the 5YR, 10YR, and 15YR distinction is available to those members who have already surpassed the particular achievement level. All award

Below: Dieter Wunderlich (right), accepting his 15-year award, a mesh equipment bag from MC Chris McGiffin (left).



merchandise without the award distinction is available for purchase by any registered NJ Masters swimmer. Please contact either Susan Kirk ([sqkirk@gmail.com](mailto:sqkirk@gmail.com)) or Chris McGiffin ([CMcGiff@aol.com](mailto:CMcGiff@aol.com)) with any questions or for further information. All proceeds from the sale of the retail items will be directly allocated to the funding of the NJ LMSC Continuous Membership Recognition Awards Program.

**The NJ LMSC would like to say thanks to all of its current USMS members. We appreciate your continued support and hope that each of you feel like an important member of the NJ Masters extended family.**

Below: Tom Brunson, proud of his 20-year award.



# CHOCOLATE RULES

By Linda Brown-Kuhn

*Editor's note: This piece is from the newly launched website that I write for called GreenYour, found at [www.greenyour.com](http://www.greenyour.com). Please check it out. I included this eco-look at the sweet stuff for all the chocoholics (like myself) whose lives and to some extent whose swimming is partially fueled and enhanced by this delicious, addictive concoction. Or rather, we have to swim, because we like to eat chocolate!*



Ancient yet totally contemporary, chocolate was first cultivated around 1000 BC and has grown into a **sweet global industry worth more than \$60 billion a year**. The seemingly insatiable demand for cocoa has risen 3 percent a year for the past 100 years. America's piece of the endorphin-raising chocolate bar is \$15 billion spent annually, with US consumers eating their way through some 2.8 billion pounds of the confection every year.

Chocolate is made from cocoa beans that come from the oblong fruit (called pods) of the evergreen cacao tree. Each year, one tree produces enough beans for approximately 2 pounds of chocolate. Unlike many agricultural crops, cacao trees are almost always grown on small, family farms; 90 percent of which are less than 12 acres in size. Although cocoa is grown commercially in close to 60 countries, Côte d'Ivoire (also known as Ivory Coast), Ghana, Indonesia, Nigeria, and Brazil made up 79 percent of its production in 2002. Cocoa beans from different regions have varying flavors, with African beans producing classic cocoa flavor and beans from Latin America and the Caribbean creating more unique tastes.

Cacao trees thrive in hot, humid conditions with plenty of rain and they can be grown in shade. In fact, until the 1970s, many cacao crops were planted under the rain forest canopy. Although the canopies have to be thinned to promote the cacao trees' growth, **they still support dozens**

**of species of migratory songbirds, as well as a multitude of wildlife native to and dependent on rain forests, which are losing ground to habitat destruction.**

This type of sustainable agriculture is being overshadowed by the desire to increase cocoa bean yields through full-sun production. While productivity may be higher in sun than in shade, the crops need high quantities of fertilizers and pesticides to combat stress from heat and increased susceptibility to insects and disease. Cacao trees grown this way have the dubious honor of coming in second to cotton in crops that require the most pesticides. **Lindane, one of the most common pesticides used on cocoa in West Africa, may cause cancer and interfere with hormone functions.**

## Not so sweet

Despite chocolate's huge popularity, the 5 to 6 million cocoa farmers and the 40 to 50 million people whose livings depend upon cocoa frequently see a disproportionately small portion of the profit. **One penny from a candy bar that sells for 60 cents typically goes to the farmer.** Many small cocoa farmers struggle to remain viable, and those who don't make it often clearcut the land to sell the timber or graze livestock.

**Forced child labor is an ongoing problem in West Africa**, particularly in the Ivory Coast where 40 percent of the world's cocoa is produced. The International Institute for Tropical Agriculture for US Agency for International Development (USAID) estimates that close to 300,000 children work on cocoa farms with abusive child labor situations in West Africa. Congress enacted the Harkin-Engle Protocol in 2001 to pressure the US chocolate industry to take voluntary action to end child labor by July of 2005. Groups such as Global Exchange and others feel that substantive progress has not been made toward meeting those goals. The industry points to the release of the first cocoa farming certification report by the Republic of Ghana in April 2007 and to the start of a pilot cocoa farming certification report by the government of Côte d'Ivoire in November of 2007 that they feel are key steps to improving child

labor practices. They've outlined their efforts in a report called Responsible, Sustainable Cocoa Farming: Industry Report.

## Environmentally friendly chocolate

Fortunately, you can have your chocolate and eat it too without harming the earth or the people who grow the cocoa beans to make this delicious concoction. **Purchasing organic, fair trade, or Rainforest Alliance Certified chocolate** are all ways to signal to chocolate manufacturers your support for cocoa farmers who minimize impacts on the rain forest environment.

## Related health concerns

It's not often that you find something that tastes like a little slice of heaven that also might help, not harm your health. Chocolate, with antioxidant flavonoids that come from its source, the cacao plant, is such a food but like a two-edged sword it may also damage your health if you partake of it in large amounts. **The main potential benefits from eating a bit of dark chocolate (which trumps milk chocolate or chocolate syrup) are a reduced risk of heart attack, a drop in blood pressure, a reduction in insulin resistance (a risk factor for diabetes), and improvement in arterial blood flow.** Natural cocoa powder is even higher in antioxidants than dark chocolate so use it in hot chocolate or when baking. Just watch the calories when you indulge (six or seven chocolate kisses contains about 150 calories) and don't go the route of Augustus Gloop in Charlie and the Chocolate Factory.

## Did you know?

If you think chocolate is only good (quite good) for eating, you'd be wrong. **Fueled by biodiesel made from chocolate waste, the BioTruck team set off from London on November 26, 2007, drove 3,700 miles across the Sahara Desert to reach their destination of Timbuktu in West African Mali one month later.** Their point? To raise awareness of the merits of biodiesel made from recycled waste and to show that carbon-negative driving can go the distance.

# Faster, Higher, Stronger A Swimmer's Different Strokes for Success



Ryan Lochte, perhaps the best American male swimmer not named Michael (Phelps, of course), reveals some of his training techniques.

By GRETCHEN REYNOLDS  
New York Times, March 20, 2008

RYAN LOCHTE may be the best American male swimmer not named Michael. At the 2004 Olympic Summer Games in Athens, he won a silver medal in the 200-meter individual medley, losing only to that Michael (Phelps, of course).

He also earned a gold medal as part of the 4-by-200-meter freestyle relay in Athens. And at the 2007 World Championships last March, Lochte shattered the world record in the 200-meter backstroke on his way to capturing a gold medal, serving notice for what may come at the Beijing Olympics this summer.

**Lochte (pronounced LOCK-tee) swims 3 to 5 miles most days, sometimes even twice a day.** Few non-Olympic hopefuls could, or would want to, replicate that kind of distance.



But other aspects of the 23-year-old Lochte's training (such as his use of fins and buoys) and routines (his dryland exercises) can be adopted by recreational swimmers or athletes, and perhaps even by parent coaches facing a rough patch with their teenage protégés.

Even though Lochte has been swimming since he was 9, he has not yet perfected his strokes. **"I spend more time on stroke mechanics now than I ever have,"** he said.

He also spends part of each practice slowing things way down.

"The only way to really work on technique is to swim very slowly and really think about every little thing that you're doing," he said. "How your body is positioned, what your hips are doing, the positioning of your shoulders and hands and feet."

His coach is mindful, too.

**"I always make sure that he's very straight and streamlined off the wall,"** said Gregg Troy, the head coach of the University of Florida men's and women's swim teams in Gainesville, Fla., and Lochte's personal coach. Lochte, a former Gator, still trains with the team.

**So Lochte tries to streamline underwater for at least 15 meters off each flip turn.**

"If a swimmer pushes hard off the wall and remains streamlined underwater," Troy said, "that means you'll transition into your stroke with much more momentum. It's almost as if you're swimming downhill, not uphill. That's very important."

So is body position.

**"I work a lot on staying high in the water, not fighting the water, moving with the water,"** Lochte said.

To that end, he concentrates on keeping his belly above the water during his backstroke and he also frequently practices with a piece of buoyant foam (or pull buoy) between his legs. Using a buoy, Troy said, can be useful for swimmers, because "you start to feel proper body positioning, then you replicate that" without the buoy.

## Grab the Kickboard

Perhaps the single biggest change in Lochte's swimming routine from days past is the amount of pure kicking he does, sometimes with fins

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(his are standard, long fins) or a kickboard, sometimes without.

“Kicking stabilizes the body,” Troy said.

**“You achieve correct body position far more with the legs than the arms.”**

Leg muscles require far more oxygen than the arms do, he added, so the legs “must be fit” or a swimmer risks early exhaustion.

**“The amount of kicking that most elite swimmers do in practice has gone up at least 20 percent in the past few years,” Troy said.**

He said that coaches used to have athletes kicking less because “it takes more time in the practices to kick than to swim,” so you get “less overall swimming volume.” But most of them have come to realize that less volume with more kicking produces world records.

## **Building Muscle**

Unlike many young swimmers, Lochte did not work out with weights in high school. His father, Steven Lochte, who coached him for five years when Ryan was a teenager and who remains the head coach at Daytona Beach Swimming, a competitive swimming club, didn’t believe in it for such a young person. “You should wait until the bones are

fused and skeletal growth is finished,” Steven Lochte said.

Now the 6-foot-2-inch Ryan Lochte turns up, if not avidly at least punctually, in the weight room at the University of Florida pool complex. “Three times a week,” he said, “for an hour and a half, two hours.”

Using free weights and machines, he concentrates on his shoulders (which have tendinitis), his legs and his back. “I was already pushing myself in the pool as hard as I could,” he said. “So I had to find another way to make pushing myself possible.”

Before every pool session, Lochte (below right) and his Florida teammates pass around the medicine ball, do multiple sets of push-ups and 500 abdominal crunches.



“Ryan does probably 30 to 45 minutes of core body exercises three times a week.” Troy said. For mortals, “20 minutes probably twice a week should be fine.”

## **Bring It On**

“I love competition,” Lochte said. “I always have. That’s my idea of fun, to compete against your teammates, to compete in races, to compete against yourself.”

**Competition was necessary, in fact, to keep him engaged during practice as a teenager.**

“He’d coast through the easy parts” his father said, sighing even now. “But the minute I said we were going to do time trials or races, he’d be the first one in the water.”

**Now, Lochte is his own best rival.**

“Every day in practice I like to see if I can maybe kick an extra meter farther underwater than I did yesterday or beat something that I did before,” he said.

He also advises setting attainable goals, perhaps one of the more overlooked elements of a fitness regimen.

“After the 2004 Olympics, I went and sat down in my coach’s office and we listed all the goals I wanted to meet before Beijing,” Lochte said.

On the list was setting a world record, and defeating Phelps, at least a few times. Done and done.

**The moral: Even if you’re a fitness swimmer, incorporate competition and goal-setting into your routine.** You don’t necessarily have to sign up for races, but aim to reach the far wall a smidgen faster than you did the day before, or try to break a minute in the 100-meter freestyle, a good benchmark for speed. Lochte’s best time in that event is 49.04 seconds, a mark he set Saturday at the USA Swimming Sectionals competition in Orlando, Fla. He said he would like to bring it down to 48.2.

“There’s a lot of doing the same thing in swimming,” Lochte said. “I’d go crazy if I didn’t race parts of it.”

“Of course,” he added wickedly, “it helps that I usually win.”

## 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@h2ovelocivity.com or www.atlanticclub.com

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

Blair Academy, Blairstown  
Contact Ed Dellert 973-764-5252 eddellert@warwick.net

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, 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@jccnj.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 7-8:30pm,  
T/Th 5-6:30am (unofficial), Sat 7:30-9:00am  
Robert Wood Johnson Health & Fitness Center  
T/Th 7-8:30pm, W/F 5-6:30am (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 ocymastrcoachsue@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 Willemsen 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 alill12@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

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@virtualswim.com

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

Monmouth Swim Hawks, Monmouth University,  
West 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

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

Princeton Area Masters, Community Park Pool, Princeton  
June-Sept M-F 5:45-7:30am at Community Park Outdoor  
50 Meter 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 or jjotz@mac.com

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

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

## 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

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

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

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

St. Francis Community Center, Long Beach Township  
Contact Linda Behr 609-494-8861  
lmbhr80@aol.com

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

## Meet Calendar 2008



### Meets in New Jersey

#### **May 3 First Annual "Just Do It" Adult Mini Swim Meet, Sussex County YMCA, Hardyston, NJ**

Contact Bob Hopkins at [swimsmart@yahoo.com](mailto:swimsmart@yahoo.com) or 973-729-3686  
Entry forms due April 25

#### **December 5-7 Colonies Zone SCM Championships at Rutgers University, Piscataway, NJ**

Contact Alessandra Lyn-Lupu at 732-445-0457 or [alill12@rci.rutgers.edu](mailto:alill12@rci.rutgers.edu) or [swmeet@rci.rutgers.edu](mailto:swmeet@rci.rutgers.edu)

### Meets Outside of NJ

#### **January 1 - December 31 USMS Check-Off Challenge Fitness Event ~ From Block to Wall...Swim Them All!**

Contact Raena 317-876-3253 or [raenalex@hotmail.com](mailto:raenalex@hotmail.com)  
[www.usms.org/fitness](http://www.usms.org/fitness)

#### **April 27 Trigger Aquatics Spring National Tune-Up, Nassau County Aquatic Center, NY**

Contact Steve Shtab at [triggerswimming@aol.com](mailto:triggerswimming@aol.com)  
AND Bob Kolonkowski at [Rpk248@netzero.com](mailto:Rpk248@netzero.com)  
[www.metroswim.org](http://www.metroswim.org)

#### **July 19 USMS 25K Open Water Swim, Morse Reservoir, Noblesville, Indiana**

Contact Dick Sidner at [dsidner@gmail.com](mailto:dsidner@gmail.com) or 317-695-9885, 8AM-10PM EST only.  
Or contact: Marcia Cleveland at [MarciaC944@gmail.com](mailto:MarciaC944@gmail.com) or 847-446-5142, 8AM-8PM CST only.  
Entry form: <http://www.usms.org/longdist/ldnats08/25kentry.pdf>

#### **October 19 Bermuda Round the Sound Open Water Swims, Hamilton Sound, Hamilton, Bermuda**

Contact Randy Nutt at [info@randynutt.com](mailto:info@randynutt.com) 954-821-3294  
[www.aquamoonadventures.com](http://www.aquamoonadventures.com)

#### **October 19 13th Annual St. Croix Coral Reef Swim (5 miles & 2 miles) St. Croix, US Virgin Islands**

Email [coralreefswim@hotmail.com](mailto:coralreefswim@hotmail.com) or call 253-241-4827  
[www.swimrace.com/coral\\_reef\\_swim\\_entry.htm](http://www.swimrace.com/coral_reef_swim_entry.htm)

### Championships 2008

#### **May 1-4 USMS SCY National Championships, University of Texas, Austin, Texas**

[www.usms.org/comp/scnats08](http://www.usms.org/comp/scnats08)

#### **May 15-Sept 15 USMS 5km and 10km Postal Championships**

Contact Bob Bruce 541-317-4851  
[coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com)

#### **May 15-18 YMCA Masters National Championships, Ft. Lauderdale, Florida**

[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)

#### **June 14 USMS 6+ Mile Open Water Championships (10 km), Hartwell Lake, Clemson, South Carolina**

Contact Jacque Grossman at [jelg@innova.net](mailto:jelg@innova.net) or 864-646-8836  
[www.usms.org/longdist/ldnats08](http://www.usms.org/longdist/ldnats08)  
Entries due June 7, or \$5 late fee.

#### **June 28 USMS 1 Mile Open Water Championships, Long Island Sound, Madison, CT**

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

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

Contact Dave Holland 804-282-6224 or [HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)

#### **August 3 USMS 3-6 Mile Open Water 5km Championships, Elk Lake, Bend, OR**

Contact Pam Himstreet 541-385-7770 or [himstreet@bendbroadband.com](mailto:himstreet@bendbroadband.com);  
Bob Bruce at 541-317-4851 or [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com)



#### **August 14-17 USMS Long Course National Championships, Mt. Hood Community College, Mt. Hood, Oregon**

Contact Dennis Baker 503-679-4601 or [bakeswims@yahoo.com](mailto:bakeswims@yahoo.com)

#### **August 23 USMS 1-3 Mile Open Water Championships (2.4 miles), Lake Monona, Madison, WI**

Contact Dick Pitman at 608-770-2307  
[dickpitman@hotmail.com](mailto:dickpitman@hotmail.com)

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

Contact Mark Gill 480-874-7112 or [markgill@usms.org](mailto:markgill@usms.org)

### Championships 2009

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

[www.2009worldmasters.com](http://www.2009worldmasters.com)  
[www.2009worldmasters.com/Swimming](http://www.2009worldmasters.com/Swimming)



**NJ LMSC**

451 Sweet Hollow Road

Bloomsbury, NJ 08804