

EASTLANE

Swimming: A Backward Glance

By Ike Siskind 12/07



As I am completing my 8th decade of birthdays and almost 20 years of Masters swimming, I can't help but reflect on the changes in rules, pools, records, training and techniques that have occurred since my high school and college days in New York City.

Back in the forties, we must have been wimps in high school, as we were only allowed to compete in one event. The longest distance was 220 yards free-style, relays were limited to 200 yards and there was no such thing as double entries, such as an A and a B team in the relays. **Butterfly wasn't in vogue, so medleys consisted of three strokes for a total of 150 yards.** The individual medley was non-existent. Competitive swimming for the girls in High School was also non-existent, unless they swam for one of the few Clubs in the NY Metro area.

Our high school pool was 25 yards long, built at the turn of the 20th century, without lane lines, starting blocks, and was too shallow for a diving board. Backstrokers had a problem finding the end of the pool as there were no over-

head flags. A team mate would be placed about 5 yards from the end of the pool to serve as benchmark. The facilities where the meets were held were not much different. Our coach's special weapon was to place a wet towel on the deck so that our swimmers wouldn't slip on the wet tile during racing starts. **Without goggles it wasn't always easy to see where you were going.** In that respect the breaststrokers had an advantage. The mechanism that regulates chlorine has improved, as I remember leaving the pool many times and seeing double, because of chemical irritation. Many of the swimmers used Murine for their eyes after workouts. It sometimes helped with the reading of home work assignments.

Our college pool facilities weren't much better. Without lane lines, pushing a wooden kick board up and down the pool could be pretty hazardous for the other swimmers, as we all swam parallel to one another. **Circle swimming hadn't been introduced.** Once during an individual time trial, I watched as the swimmer veered off course, so much so, that he hit the side of the pool head on. Thinking he reached the end of the pool, he pushed off perpendicularly and swam a furious width. Boy, was he surprised when the wall appeared after only a few strokes. The gutters were made of metal and inserted around the perimeter of the pool, supported by metal brackets. Now and then someone would catch a finger on the bracket while turning, and go home with a sprain.

In college we were considered more mature physically, and allowed to enter 3 events. In addition to the 220, a 440 event was added. In these races a line

was dropped into the pool to let the lead swimmer know he completed the race. The line was held 5 yards from the end for the 220, and 10 yards from the end for the 440. There were plenty of arguments in close races by rival coaches as to whose swimmer finished first. In a championship, the judges would line up where the line was to be dropped. The first judge would squat down at the edge of the pool, the second would crouch over him, and a third would lean over the other two. The fourth would be standing erect to view the finish over the other three. Each judge was assigned to pick and time, 1st, 2nd, 3rd etc. The same formation might be arranged on the other side of the pool. All the officials had a stop watch in hand. Today with sophisticated electronic timing to one hundredths of a second, many problems are solved, particularly since the events have been evened out into a 200 and a 500 thereby **doing away with the clothes line.** In the other races, backstroke was bumped up from 100 to 150 yards, breaststroke from 100 to 200, and the relays became a 400 free, and a 300 medley. The individual medley only appeared in championship meets.

Training at the time was totally different. Participating in any other sports particularly weight training was discouraged to avoid getting, "stiff," and "muscle bound." At least in my experience. Resistance training was just beginning in some of the more elite colleges. High School warm ups were unknown. **Typical practice was to find a quiet corner to lie down until your event was called.** In college several laps was the extent of the warm-up. A few of us once traveled to

(Continued on page 5)

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Light Those Candles! Happy Birthday to the following 79 January and February babies:

Jim Pendergrass 85-89
Daniel Sullivan 80-84
Joy Tsuzuki 75-79
Jane Fisher 70-74
Jacqueline Glasser 65-69
Joseph Donohue 65-69
Bill Reichle 60-64
Peter Hempel 60-64
Simon Murray 60-64
Greg Blessing 60-64
Kathy Kelly 55-59
Julio Figueroa 55-59
Susan Rardin 55-59
Cande Olsen 55-59
Judy Lee 55-59
Christie Whitehouse 55-59
Frank Goldstein 55-59
Janet Estenes 55-59
Tom Stearns 55-59
Heidi Remak Ziff 55-59
Steven Treble 55-59
Irwin Mittleman 55-59
Richard Carlson 55-59
Sally Kleeman 55-59
Larry VanHorn 50-54
Cathy Morra 50-54
Donna Taylor 50-54
Greg Ramano 50-54
Bernard Shepard 50-54
Terry Christie 50-54
Edward Goracy 50-54
Jeanne Perantoni 50-54
Nancy Shapiro 50-54
Alan Levine 50-54
Don Fink 50-54
Judy Ramirez 50-54
Michael Lavitt 50-54
Victoria Hilditch 45-49
Curtis Miller 45-49
Paul Anderson 45-49
Dan Chamby 45-49
Anne Marie Colucci 45-49
Irene Paslawsky 45-49
Kathleen McKernan 45-49
Ann Mancuso 45-49
Thomas Miller 45-49
Clare Cook 40-44
Jens Volker 40-44
Leigh Segal 40-44
Colette Gotfried 40-44
Anna Haselmann 40-44
Darek Hahn 40-44
Richard Hungerford 40-44
Ariadne Monfalcone 40-44
Mary Sarotte 40-44
Susan Thiel 40-44
Joscelin Burrer 40-44
Andrew Wellington 40-44
Brent Jenkins 35-39
Stephani Carroll 35-39
Victoria Raudelunas 35-39
Gerry Omara 35-39
Kimberly Adams 35-39
Cynthia Santore 35-39
Phillip Sherratt 30-35
Jason Orlando 30-35
Yelena McDonald 30-34
Justin Goldstein 30-34
Aimee Speeschneider 30-34
Richard Larkin 30-34
Laura Johnston 25-29
Gulek Tan 25-29
Amanda Maxwell 25-29
Lauren Hawkins 25-29
Philip Gerhardt 25-29
Rita Nazan Papagian 25-29
Kimberly Plewa 25-29
Jackie Whitty 25-29
Christopher Kemp 19-24



Colonies Zone Records (Lots of them!)

Congratulations to the following NJLMSC swimmers
for setting new NJLMSC SCM records at the Colonies Zone
SCM Championship meet at Rutgers University on Dec 7-9, 2007.

(Z) = New Colonies Zone SCM Meet Record

(N) = New National SCM Record

**Congratulations
Record Breakers!**

Women 18-24

Lauren Seavy, 24
100 Breast 1:21.79
200 Breast 2:54.27

Jackie Whitty, 24
50 Back 34.27
100 Back 1:13.38
100 IM 1:14.55

Women 25-29

Maggie Singler, 28
50 Fly 31.31

Women 45-49

Laurie DiTommaso, 45
50 Free 29.80 (Z)
100 Back 1:16.55
50 Breast 38.46
50 Fly 31.12 (Z)
100 IM 1:12.46

Women 50-54

Deborah Cipriano, 50
50 Free 32.45

Nancy Steadman-Martin, 53

100 Free 1:06.01
200 Free 2:24.66
400 Free 4:57.04 (Z)
1500 Free 19:25.47 (Z)
50 Back 36.36
100 Back 1:20.10
200 Back 2:50.01 (Z)
100 Fly 1:16.63 (Z)
200 Fly 2:42.27 (Z)
100 IM 1:18.97 (Z)
400 IM 5:43.22 (Z)

Women 55-59

Carol Morman, 55
400 Free 7:56.95

Danielle Ogier, 55
100 Free 1:10.21 (Z)
200 Free 2:34.52 (Z only)
400 Free 5:21.45 (Z)
800 Free 10:49.51 (Z)
50 Breast 43.72 (Z)
100 Breast 1:33.53 (Z)
200 Breast 3:19.64 (Z)
100 IM 1:20.81 (Z)

Heidi Remak-Ziff, 55
50 Free :33.16 (Z only)

Women 65-69

Barbara Rosenbaum, 66
50 Breast 52.79 (Z)
200 Fly 5:09.21
400 IM 9:32.52

Women 80-84

Doris Steadman, 83
100 Back 2:08.66 (Z only)
200 Back 4:43.19 (Z only)

Women 85-89

Flo Melick, 86
50 Free 1:41.95 (Z only)
100 Back 4:09.61 (Z only)

Men 18-24

Tom Alne, 19
1500 Free 23:20.81
400 IM 6:40.21

Men 40-44

Steve Hiltabiddle, 41
50 Free 24.62
100 Free 54.54
50 Back 29.93
100 Back 1:06.80
50 Fly 25.84 (Z) (N)
100 Fly 58.95 (Z only)
100 IM 1:02.86

Roger Schenone, 42
200 Back 2:23.95

William Segal, 43
200 Free 2:04.08

Scott Yeomans, 43
400 IM 5:12.59

Men 45-49

Benn Doyle, 49
50 Breast 31.84
100 Breast 1:10.09
Kenneth Nichols, 49
1500 Free 20:00.49

Men 50-54

Kenneth Niemi, 52
400 Free 5:04.21
200 Back 2:43.79

Men 55-59

James Ryan, 55
400 Free 4:58.54
1500 Free 19:29.60

Men 60-64

Jim Dragon, 63
50 Free 27.06 (Z)
50 Fly 29.04 (Z)
Lawrence Seidman, 60
200 Fly 3:26.37

Richard Wallace, 60
1500 Free 22:52.40

Jack Zakim, 62
200 Free 2:25.93 (Z only)
400 Free 5:18.46 (Z)

Men 65-69

Bob Hopkins, 65
100 Free 1:11.66
200 Free 2:44.98
400 Free 6:04.35
800 Free 12:34.62
50 Back 40.57 (Z)
100 Back 1:28.93 (Z)
200 Back 3:16.08 (Z)
100 IM 1:29.41 (Z)
200 IM 3:20.66 (Z)
400 IM 7:29.91 (Z)

Men 75-79

Edward Breisacher, 75
50 Free 32.15 (Z)
100 Free 1:12.98 (Z)
100 IM 1:27.60 (Z)

Men 80-84

William Haynes, 81
50 Back 49.79
100 Back 1:52.37 (Z only)
200 Back 3:54.68

Men 90-94

Austin Newman, 92
800 Free 21:51.04 (Z only)

RELAYS

Women's Relay 120-159

200 Medley
Berkeley Aquatic 2:13.75 (Z)
Jackie Whitty, 24
Lauren Seavy, 24
Lorna Cialdella, 43
Julie Porro, 29

Women's Relay 160-199

800 Free
Berkeley Aquatic 12:20.09
Susan Kirk, 47
Anne Clewell, 45
Rosanne Lemongello, 45
Anne-France Saillot, 45

Women's Relay 200-239

200 Free
Garden State Masters 2:18.12
Rebecca Kalibat, 44
Heidi Remak-Ziff, 55
Denise Carlson, 48
Danielle Ogier, 55

Mixed Relay 120-159

400 Medley
Berkeley Aquatic Club 4:58.74
Jackie Whitty, 24
Lauren Seavy, 24
Chris McGiffin, 41
Mike Fanelli, 53

Mixed Relay 240-279

200 Medley
Garden State Masters 3:21.54
Ralph Hemecker, 74
David Schmitt, 50
Jane Fisher, 71
Carol Malone, 53

New England Championship Records

2007 New England LMSC
SCM Championship was held
on December 14-16, 2007
at the Boston University Fitness
and Recreation Center.
Congratulations to the following
NJLMSC swimmers who set
new NJLMSC SCM records:

Men 60-64

Richard Wallace, 60
800 Free 11:53.35

Women 19-24

Jackie Whitty, 24
200 Back 2:35.94
200 IM 2:40.10

Hopkins Offers a February Freestyle Clinic

A two hour "Adult Freestyle Clinic" will be given at the Sussex County YMCA the fourth Wednesday of each month, beginning on February 27th, from 7:30 to 9:30 PM for those who want to improve their freestyle swimming technique.

This clinic is designed for triathletes, exercise swimmers, Masters swimmers or any fairly good swimmer who wants to get better. The cost is \$10 for Sussex County YMCA members and \$20 for non members. The class will be limited to 12 people each session, so, registration is on a first-come, first-served basis.

The purpose of the clinic is to teach each participant how to properly execute several skill drills so that will be able to teach themselves how to swim better after the clinic by doing the skill drills before and after each swim workout.

Interested swimmers can sign up in person at the Welcome Desk at the Y or via phone at 973-209-9622. If you have questions, call Bob Hopkins at 973-729-3686.



AGENDA:

CLASSROOM (30 minutes)

- INTRODUCTIONS
- VIDEO OF HOW THE BEST SWIM
- PRINCIPLES OF HUMAN SWIMMING
- HOW DO YOU LEARN TO SWIM BETTER
- EXPLANATION OF DRILLS & METHODOLOGY

POOL (75 minutes)

- DEMONSTRATION OF DRILLS
- PARTICIPANT PRACTICE OF DRILL PROGRESSION
- HOW TO MEASURE YOUR PROGRESS

“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

--Lou Holtz

Happy New Year Workout by Coach Karin

A simple workout, but very effective. Pay attention to areas of focus and speed. A great swimmer is a smart swimmer!

Warm-up / Intro Set

4 x 150 free (50 swim + 50 thumb-drag drill + 50 kick on your back) on 2:50 (~rest 0:20)

4 x 150 back (50 swim + 50 sky-reach-catch-up drill* + 50 kick on your back) on 2:50 (~rest 0:10)

* “Sky-reach-catch-up” backstroke is a body balance drill. Floating on your back, point both arms straight to the ceiling, perpendicular to your torso – this is the “sky-reach” position. The right arm leaves “sky-reach” to perform a backstroke pull, recovery, and “catch-up” to the left arm at “sky-reach” position. Repeat with the left arm, then the right, etc, always keeping one arm at “sky-reach” while the other strokes.

Main Set

You’ll need a pull buoy and a kickboard during this set.

This is a total of 48 x 50 to be performed continuously! Stay on intervals all the way through!

Freestyle Pull with buoy. Focus on POWER from Body Rotation / Core Strength.

12 x 50 on 0:50 (~rest 0:10-0:15)

Flutter Kick with Kickboard: 25 ez + 25 FAST!

12 x 50 on 1:05 (~rest 0:10-0:15)

Freestyle Pull, Focus on the “Finish” of the underwater pull / the “tricep press and flick”

12 x 50 on 0:50 (~rest 0:10-0:15)

Flutter Kick on your back, arms at your sides (no kickboard): 25 ez + 25 FAST!

12 x 50 on 1:00 (~rest 0:10-0:15)

Warm-down

150 backstroke

Total 3750 yards

Just keep swimmin...

("Swimming: A Backward Glance,"
continued from page 1)

Yale to watch the collegiate nationals, and were amazed at the warm-ups done by some of the prominent swimmers. We hadn't a clue as to the benefits of stretching.

We trained by swimming laps, varying strokes and mixing in some kicking. **Occasionally we would get timed. Formal interval training was unknown.** One of our better swimmers belonged to an outside swim club, where he learned to train swimming ladders. Since it seemed to work for him, some of us introduced the concept into our workouts. We never kept track of yardage. Time in the pool was the limiting factor as swimming and school work competed. Some days a 500 yard swim was considered the workout.



Diet was another area of ignorance. At a championship meet at Rutgers, we were once served steak and potatoes at the college training table. **Food for all athletes was modeled on the football player's diet.** Sport drinks were unknown. However, once there was a brief fad where orange juice and honey (all natural) was supposed to pep you up. If a little was good for you, then a whole lot was even better. I remember being queasy from drinking too much at the wrong time, while another team mate spent most of his time in the men's room giving up his last meal.

Stroke technique has changed tremendously. We all swam straight arm free-style and backstroke, now called the "windmill." When I encountered my first Master's swim coach, I was told to bend the arms on the pull, which I now can do, but can't get the hang of it for backstroke. **We were taught to keep the body flat without rolling.** In college, in the late forties, butterfly made its appearance as part of the 200 yard breaststroke in an effort to go faster. It was done with a simultaneous over the water arm recovery and a frog kick. Those that could do several laps of this new breast stroke and then revert to conventional breaststroke were pretty successful in competition. The outstanding collegiate breaststroker at that time was breaking national collegiate records at every meet because he could keep up the fly for the 8 laps. Several years later, butterfly became a separate stroke, and when the dolphin kick appeared, times began to drop even further.

Turns for free and back were eventually changed from spin turns to flips. We had to make sure to hand touch the wall before turning. Sometimes in the splashing at the turn, it wasn't obvious that the swimmer actually touched the wall. At a Metropolitan NY meet, one of our lead swimmers was DQ'd for not touching in a 220 yard race. He was furious. We reminisced over that one, at a luncheon last spring (April '07).

Swim suits were a minor expense. Coming from an all boy's high school, **we trained in the nude and swam in the nude in most of the meets.** Swim trunks were only needed for workouts in public facilities,

and on the beach. In college we covered up. Our sports bags were generally brown paper grocery bags, as there was no need for grooming items, water toys, sweats etc. A towel and a suit was about it.

As a youngster, there were no age group programs. Swimming started in high school for those with some talent and interest, typically at 14-15 years of age. When I heard about Masters, and the Senior Games, I was exposed to a whole new sport. Times had come down to incredible levels, never imagined in my school days. **By the mid forties, I believe only one swimmer in the country was clocked under 50 sec for the 100 free.** I was once told by an old timer, that Weissmuller could break 50 but never did it in competition.

In my Masters career, two swims stand out. One was against a fellow I knew by reputation in college and **who was nationally ranked. I met him again in the Service, where he was selected to compete in the Olympic tryouts. I bided my time and 35 years later I beat him in a 200m IM.** I also raced an Olympic Bronze medalist and beat him in a 50 free. His medal however, was in the decathlon.

In the past 20 years, I have met some former team mates plus other acquaintances from bygone years which added to the camaraderie and fun of swimming. It is a great sport and I plan to keep at it, whether as a competitor or just as a recreational swimmer.

Ike Siskind (GSM)

Letter to the Editor: This letter was submitted to the Daily Record, a Morris County newspaper by Brenda Ziegler, a Masters swimmer with Lakeland Hills YMCA.

Chlorine can be dangerous

Monday, November 19, 2007

To the Editor:

There is a health hazard menacing our local YMCAs and other indoor swimming pools. It is a toxin that is a byproduct of chlorine called chloramines. Chloramines are produced when chlorine binds with sweat and urine from swimmers using the pool. It is well known that chlorine can cause stinging eyes, itchy skin and nasal irritation, but it has been associated with symptoms

such as wheezing, difficulty breathing, the development of asthma in children, lung disease and exercise-induced bronchospasm.

The concentration of chlorine in the air is highest at the water surface, which is where swimmers take their breath. Competitive swimmers are breathing in higher concentrations of toxic chlorine and may have experienced "swimmer's asthma," which is respiratory distress due to toxins in the pool. Young children who regularly attended swimming activities were found to have an increased risk of developing asthma.

The Centers for Disease Control acknowledges chloramines as a health hazard and encourages that preventive measures be taken to reduce the risk of future lung disease.

The CDC recommends that indoor pool facilities open all doors and windows in the pool area and use fans to increase airflow over the pool surface when swimmers are present.

BRENDA L. ZIEGLER, Mountain Lakes

As we begin the 2008 registration year there is much to celebrate.

I am pleased to report that NJ Masters realized another record year for membership. For 2007, we registered a total of 635 members, which is an increase of 32 more members above 2006. Of the 635 members, we had 192 new members and 443 returning members, which equates to a retention rate of approximately 74%. These statistics reveal that we had a non-renewal rate of 26% in NJ. When compared to recent national non-renewal rates (34.5% in 2005, 35.3% in 2004, and 35.9% in 2003), it is clear that NJ membership rates are on a positive track.

From a membership standpoint, NJ is an extremely healthy LMSC. As far as producing programs and services for our members, however, there are opportunities for improvement. As a Board, the NJ LMSC took a close look into what we provide given the fees we collect, and we soon realized that we have a long list of priorities, but a shortage of funds to execute many of them. In fact, in our examination of the historical membership fee records and comparable fees from neighboring LMSCs, we found that the NJ LMSC budget has survived with relatively little income per member.

From 1999 – 2002, USMS fee was \$15, and the NJ member registration was \$16, which covered LMSC operational costs and member hardcopies of the Fast Lane newsletter. In 2003, USMS raised their fee to \$20. The same year, the NJ LMSC voted to absorb \$2 of this cost for every NJ registration processed, and the Fast Lane newsletter was offered free to members electronically for the first time (a \$10 fee was collected for hardcopies). From 2003 through 2006, with the exception of the newsletter hardcopy charge (\$10 in 2003-04, \$16 in 2005, and \$17 in 2006), the LMSC fees (electronic receipt of the Fast Lane) remained static at \$6 per member. For comparison, we were able to determine that several nearby LMSCs charged significantly more for their 2007 member registration - New England (\$15), Adirondack (\$10), Niagara (\$10), Metropolitan (\$11), Delaware Valley (\$10, \$15 for Colonials 1776 members), Maryland (\$17), Potomac Valley (\$12), Virginia (\$8, \$23 for Virginia Masters members).

Presented with this information, and with the evident financial need to fund planned NJ member offerings, the Board voted to increase the 2008 per-swimmer LMSC fee from \$6 to \$10 (excludes the new \$18 newsletter hardcopy charge). The consensus of the Board was that this increase is necessary to support several priority member offerings – the 100 x 100's, the LMSC Banquet, the LMSC Continuous Member Recognition Program, member clinics, and other membership drive events - and essential to maintain a budget that balances these offerings with a continued emphasis on annual operational costs.

Last year, we held our first ever NJ Masters Swimming Banquet, which was open to all registered NJ Masters swimmers and their guests. By most accounts, it was a rousing success. We hosted almost 40 members and guests for an evening workout at the Rahway YMCA, followed by a buffet dinner and BYO cocktails with a slide show and keynote address by special guest, USMS President Rob Copeland. It was an event that we wish to repeat annually. While some costs were covered by member and guest fees, still much of the cost was absorbed by the LMSC (\$1162).

At the banquet, the NJ LMSC recognized those members who reached various milestones for continuous membership in

USMS. It was an announcement that generated a lot of interest and intrigue as it was the first time such a study of membership was ever done for NJ Masters swimmers. It was time for us as a community to applaud and express appreciation for our long term continuous members. The Continuous Member Recognition Program is an ongoing program that the NJ LMSC will work to maintain as a means to recognize members that have made a remarkable commitment to USMS and to the NJ Masters Swimming community. In addition to recognizing these members for their continuing dedication, the NJ LMSC Board agreed to establish milestone awards that will symbolize each achievement level – 5YR, 10YR, 15YR, 20YR, etc. At this time, the Board has approved the funding necessary to pursue these awards, which we anticipate presenting at the 2008 NJ LMSC Banquet.

Growing and retaining NJ Masters members will not occur without actively pursuing more programs for LMSC members. This is a sentiment shared by USMS in their 2007 Strategic Plan. Recently, I reached out to USMS President and former NJ Masters swimmer, Rob Copeland, for his thoughts on the 2008 USMS membership fee increase (to \$25). In his reply, Rob explained the organization's rationale:

“USMS is a membership services organization with a mission ‘To promote fitness and health in adults by offering and supporting Masters swimming programs.’ For a number of years our membership growth has been flat, because we have not adequately invested in “Masters Swimming Programs”. In the past 18 months we have made the conscious decision to gear up the products and services we provide our members. For example; we have hired Todd Smith to be our first Executive Director, we have undertaken to implement on-line membership registration, we are piloting a local club development program, we have kicked off an LMSC development task force; to name a few. All of these initiatives require capital investments in order to bear fruit. The \$5 per member dues increase will generate just over \$200K which will all go to these initiatives.

It should be noted that USMS is still predominantly a volunteer led and run organization. None of our officers or board members receives compensation for their efforts on behalf of Masters Swimming.”

It is our hope that this communication will help explain the considerations and rationale that led to the decision to increase the membership fees. Please feel free to contact myself or any other NJ LMSC Board member with your questions and concerns. We look forward to serving you as we seek to achieve another successful and record-breaking membership year.

Sincerely,



Chris McGiffin
NJ LMSC Chair

**USMS
One Event
Registration
Fee**

The fee for a swimmer who is not registered with USMS but wants to swim a sanctioned event will be \$12, increased \$2 over last year's fee. Of the \$12, \$10 goes to USMS and \$2 to the NJ LMSC. If you have any questions about this fee, feel free to contact Tom Brunson at tombrunson@optonline.net.

Torres Is Getting Older, but Swimming Faster



Marc Serota
for The New
York Times

Dara Torres
training in
Coral Springs,
Florida.

Torres,
a nine-time
Olympic
medalist,
set the U.S.
record for the
50-meter
freestyle this
past summer.

By Karen Crouse

Published: November 18, 2007

Dara Torres, the fastest female swimmer in America, plunged toward the bottom of the pool, like a child scavenging for coins. She came up for a breath, grinning. The lanes next to hers pulsed with swimmers pushing themselves through 100- and 200-meter timed sprints, but Torres was under orders from her coach to rest, the better to let her 40-year-old body recover.

It was a Friday, the end of another unorthodox training week for Torres, a four-time Olympian who is doing less in the water to wring more results out of a swimming career that was supposed to have run dry by now.

Her day had begun just after dawn in the weight room, where she worked her legs until they quivered and her arms until they ached — without pressing a weight or lifting a dumbbell. The 90-minute workout was the first leg of her training triathlon. It was followed by 90 minutes of swimming and 60 minutes of stretching.

Torres's training is cutting edge so that her personal pharmacy does not have to be. A nine-time Olympic medalist who made her first Olympic team in 1984, Torres is at a short-course meet in Berlin this weekend, representing the United States in the freestyle sprints in her last competition of the year. She has the 2008 Summer Games in her sights after winning the 100 freestyle and setting a United States record in the 50 freestyle at the national championships in August.

In a one-lap race, where personal bests are typically whittled by hundredths of a second, Torres's progression is astounding. Her age adds to the intrigue. What she is doing would be akin to Roger Clemens' throwing a fastball harder now, at 45, than he did 20 years ago or goaltender Ed Belfour's coming out of retirement at 42 to post his career-best save percentage.

"I think what Dara's doing is fantastic," said Gary Hall Sr., who was 25 and considered ancient — his teammates nicknamed him the Old Man and the Sea — when he swam in his third Olympics in 1976. "It proves that we really don't know what the peak age of performance is."

For every person who marvels at Torres's motor, there are others who wonder what kind of fuel she is putting in her tank. It is the nature of a sport that lost its squeaky-clean image long ago. Beginning in the late 1960s with East Germany's state-supported doping program and continuing through the 1990s with a rash of failed drug tests by the Chinese, the pool has turned into a breeding ground for skeptics, suspicion and cynicism.

"Behind my back people are saying I must be using something," Torres said. "I know it. I hear it."

She has been tested for performance-enhancing drugs more than half a dozen times this year, and the results have been negative, said Mark Schubert, the national team's coach and general manager. At Torres's request, her blood is being drawn regularly so she can be tested for illegal substances like human

growth hormone that cannot be detected in urine.

"My attitude is, bring it on," Torres said. "Do what you have to do to prove I'm clean."

Torres has ridden the wave of popular opinion from crest to crash. In 1994, she was the first athlete to appear alongside supermodels in Sports Illustrated's swimsuit issue, her face instantly recognizable as belonging to the golden girl who graced the American 4x100 freestyle relay team that beat the big, bad East Germans at the 1992 Olympics and bettered their world record.



Marc Serota for The New York Times
Dara Torres's regular training regimen
has her spending more time
out of the pool than in it.

(“Torres...” continued from page 7)

In 2000, when she returned to the sport after a six-year layoff and won five medals at the Sydney Olympics, Torres became the face of innuendo, her success grist for the rumor mill. The rumors troubled Michael Lohberg, the coach at Coral Springs Swim Club in Florida. While working with West German swimmers in the 1980s, Lohberg saw how destructive steroid use could be to the health of the users and the emotional well-being of their pursuers who were clean.

One swimmer he worked with was Birgit Schulz, an individual medley specialist who later became his wife. At the 1986 world championships, Schulz placed sixth in the 200 individual medley. Four of the finishers ahead of her were from Eastern bloc nations where steroid use was considered rampant. Seeing her frustration crystallized Lohberg's stance on performance-enhancing drugs: he did not condone them and would not coach anyone who used them.

In late 2005, while pregnant with her first child, Torres began swimming three or four times a week at the Coral Springs Aquatic Complex, where Lohberg's club is based. After giving birth to her daughter, Tessa Grace, in April 2006, Torres raced in two masters meets and posted times that were competitive with the world's elite swimmers, emboldening her to try another comeback. She asked Lohberg if he would coach her, and he sat her down to have The Talk.

Marc Serota
for The New
York Times

Torres
works out in
the pool five
times a
week, about
half as often
as when

she won a
gold at the
1984 Games.



He asked Torres if she had ever used performance-enhancing drugs. “For myself, I needed to have this clear before we started anything,” Lohberg said.

Torres recalled, “I said, ‘Why do you ask that?’ and he said, ‘Because that’s what everybody was talking about on the deck in Sydney.’”

She assured Lohberg that she would never use drugs. After they began working to-

GETTING BETTER WITH AGE

The 40-year-old Dara Torres, an accomplished swimmer who has won nine Olympic medals (four gold), recently had personal-best times in the 50- and 100-meter freestyle events.

50m freestyle		100m freestyle	
TIME	YEAR	TIME	YEAR
25.61	1984	56.36	1984
25.59	1988	55.30	1988
26.01	1992	55.48	1992
24.63	2000	54.43	2000
24.53	2007	54.45	2007

gether, he saw no reason to doubt her.

“Technically, she’s brilliant,” Lohberg said.

“And Dara wants to be perfect,” he added. “She’s very conscientious.”

People who know her say it is ludicrous to suspect Torres of doping. If she is guilty of anything, her friends say, it is of being a compulsive exerciser.

“I don’t think she has ever been out of shape a day in her life,” said Schubert, who coached Torres in the late 1980s. “I think that’s what makes this possible and conceivable.”

At the Olympic trials next June in Omaha, dozens will compete for two berths in Torres’s best events, the 50 and 100 freestyles. When Torres won her 14th and 15th national titles this summer, she became a feel-good story for baby boomers and a bad omen for their freestyle-sprinting progeny.

Rumors that she is doping are hurtful, Torres said, “but in another way it’s sort of a compliment.” It tells her that younger competitors perceive her not as a relic but as a real threat.

Torres works in the water five times a week, down from 10 to 12 water workouts in her teens and 20s.

“My body definitely takes longer to recover,” she said. “I have my good days when I feel like I’m 20, and then I have my days when I can’t lift my arms out of the water.”

The cost of being a middle-age champion can be steep, but she can afford it. Torres enlisted Bloomberg News, Toyota and Speedo as sponsors to help defray her training expenses. She estimated that she would spend about \$100,000 this year on her support staff.

In addition to Lohberg, Torres employs a sprint coach, Chris Jackson; a strength and conditioning coach, Andy O’Brien, who also oversees her diet; two full-time personal stretchers, Steve Sierra and Anne Tierney; a physical therapist; a masseuse; and a nanny. She also leans heavily on her boyfriend, David Hoffman, an obstetrician who is Tessa’s father.

Most days, Sierra and Tierney are waiting

for Torres at her suburban Fort Lauderdale home when she is finished swimming. They twist and pull her torso and limbs in a vigorous resistance stretching routine that eases her body’s recovery by flushing out toxins and lactic acid.

“People can say I’m on drugs or whatever, but they are really my secret weapon,” Torres said, referring to Sierra’s and Tierney’s torturous routine.

O’Brien, who is on the staff of the N.H.L.’s Florida Panthers, said, “Dara’s really gone a step ahead of other athletes in terms of taking care of her body.”

He began working with Torres last November, introducing her to an ever-evolving regimen that encompasses Swiss balls, medicine balls, bands and resistance cables. The goal of her four 90-minute strength sessions each week is to stimulate her nervous system and strengthen her core muscles through a variety of multijoint movements.

The results have been striking. Torres’s muscles have grown longer and leaner, with the exception of those in her back and shoulders, which have thickened. She carries 150 pounds on her 6-foot frame, down from 160 in 2000. Her reaction time off the blocks has improved, and she is more efficient in the water.

“Over all, she got a lot fitter,” Lohberg said, adding, “and she’s more balanced in the water.”

One of O’Brien’s longtime clients is Sidney Crosby, the Pittsburgh Penguins’ star center. For all their differences, the 20-year-old Crosby and Torres are remarkably alike, O’Brien said. Crosby becomes nervous when he is given a new exercise or task to complete because he does not want to fail.

“Dara’s the same way,” O’Brien said as he watched her complete a drill on the Swiss ball. “Even if it’s just her and a Swiss ball, there’s almost a little nervous energy before she tries something new.”

He added, “Dara reminds me of the student who’s worried she’s going to fail the test and then gets a 100.”

Days before leaving for Berlin, Torres asked Lohberg to critique her flip turn. Never mind that she has done hundreds of thousands of turns over the years. In Torres’s mind, there is always room for improvement. Yesterday in Berlin, she twice lowered the United States record in the 50 freestyle on a course that is rarely contested here, venturing further into uncharted waters.

Meet Calendar 2008



Meets Outside of NJ

**January 1 - December 31 2008
USMS Check-Off Challenge Fitness
Event ~ From Block to Wall...Swim
Them All!**

www.usms.org/fitness/content/checkoff
A shirt mailing will be made in mid-March 2008
for entries received by February 28. Contact
Raena 317-876-3253 raenalex@hotmail.com

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

Championships 2008

**February 24 Annual Unofficial
Team Championships, Ocean County
YMCA, Toms River, NJ** Contact Louis
Petto 732-341-9622 lpetto@ocymca.org

**April 11-13 Colonies Zones SCY
Championships, George Mason
University, Fairfax, Virginia**
Contact Cheryl Ward 703-359-5366
cherylaward@yahoo.com
www.patriotmasters.org/Colonies

**April 15-25 FINA World Masters
Championships, Perth, Australia**
www.2008finamasters.org



**May 1-4 USMS Short Course Yards
National Championships, University
of Texas, Austin, Texas**
www.usms.org

**May 15-Sept 15 USMS 5km and
10km Postal Championships**
Contact Bob Bruce 541-317-4851
coachbob@bendbroadband.com

**May 15-18 YMCA Masters National
Championships, Ft. Lauderdale, FL**
www.ymcaswimminganddiving.org

**June 21 USMS 6+ Mile Open Water
Championships (10 km), Hartwell
Lake, Clemson, South Carolina**
Contact Jacque Grossman
at jelg@innova.net or 864-646-8836

**June 28 USMS 1 Mile Open Water
Championships, Long Island Sound,
Madison, Connecticut**
Contact Jen Lyman 203-464-6903 or
coachlyman@hotmail.com;
Allison Pelliccio alli@allisonp.com;
Tom Savoca 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

**August 3 USMS 3-6 Mile Open
Water 5km Championships,
Elk Lake, Bend, OR**
Contact Pam Himstreet 541-385-7770 or
himstreet@bendbroadband.com;
Bob Bruce at 541-317-4851 or
coachbob@bendbroadband.com

**August 14-17 USMS LCM National
Championships, Mt. Hood Commu-
nity College, Mt. Hood, Oregon**
Contact Dennis Baker at 503-679-4601 or
bakeswims@yahoo.com

**August 23 USMS 1-3 Mile Open
Water Championships (2.4miles),
Lake Monona, Madison, Wisconsin**
Contact Dick Pitman at 608-770-2307
dickpitman@hotmail.com

**September 15-November 15
USMS 3000/6000 Yard Postal
Championships**
Contact Mark Gill at markgill@usms.org
or 480-874-7112

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

**December 5-7 Colonies Zone Short
Course Meters Championships at
Rutgers University, Piscataway, NJ**
Contact Alessandra Lyn-Lupu at
732-445-0457 or alill12@rci.rutgers.edu
or swmeet@rci.rutgers.edu

Shoot
for
the
moon!



Even
if
you
miss,
you'll
land
among
the
stars.

Ocean County YMCA Tiger Sharks Swim Team Presents:

2008 OCY Unofficial Team Championships

Sunday, February 24, 2008 Ocean County YMCA, 1088 West Whitty Rd, Toms River, NJ

- Approval: Recognized by the NJ LMSC for USMS, Inc. Recognition #: 078-R001
- Facility: The Ocean County YMCA is a 12 lane competition pool. 10 lanes will be used for competition. 2 lanes for warm up/warm down during the meet.
- Purpose: The swimmers on the Ocean County YMCA age group swim team are running this meet as a fundraiser to help defer the cost of a team trip to the YMCA National Championships in April.
- Times: 1000 Free 9:15AM Warm Up, 10:00AM Start
All other events 12:00PM Warm Up, 12:40PM Start
- Eligibility: Open to all teams and swimmers. Competitors Must be 18 years of age or older and may compete in a maximum of 5 individual events. **Note: Swimmers not officially sanctioned may compete.**
- Awards Individual awards for first through third place in each age group. Team trophies for 1st – 3rd.
- Registration: **All entries must be received by 5:00 PM February 12th.** Sorry No deck entries.
- Timing: Electronic Colorado system. In the unlikely event that a malfunction occurs the meet will continue on schedule with the use of hand held stopwatch times.
- Seeding: Heats will be seeded slow to fast, regardless of sex or age. If you do not have a time, please give us a best estimate. Do not enter NT.
- Age Groups: Individuals; 18-24, 25-29, 30-34, etc. through 90+ Relays 18-24, 25-34, 35-44, 45-54, 55-64, 65+.
- Relays: Relays must consist of two women and two men; the age of the youngest team member shall determine the age group. Relays must be declared by 12:15 PM.
- Entry Fees: Surcharge: \$10.00. Individual events cost \$5.00 per event. Relays are **Free**. Please make check payable to the Ocean County YMCA.
- Events:
- | | |
|---|--------------------|
| 1) 1000 Free (<i>Swimmers must provide their own timer and counter</i>) | |
| 2) 200 Med Relay | 10) 100 Fly |
| 3) 100 Free | 11) 50 Back |
| 4) 100 IM | 12) 200 Back |
| 5) 50 Free | 13) 100 Breast |
| 6) 100 Back | 14) 50 Fly |
| 7) 50 Breast | 15) 200 Fly |
| 8) 200 Breast | 16) 200 Free |
| 9) 500 Free | 17) 200 Free Relay |
- Scoring: First Through Sixth. Individual: 7,5,4,3,2,1 points. Relays: 14,10,8,6,4,2 Points.
- Concessions: Each swimmer will receive 1 ticket for food and a drink. Food will be available for sale for spectators.
- Vendor: The Sport Spot will have a sale table for all your equipment needs.
- Entry Limits: The meet will be limited to 250 swimmers to maintain an appropriate timeline. Also the 1000 will be limited to 6 heats, and the 500 will be limited to 8 heats. Entries will be accepted on a first come first serve basis in the order that they are received.
- Other Info: The psyche sheet will be posted at www.ocyswim.org the Wednesday before the meet. Results will be posted within one week of the meet.

**Any Questions,
call Louis Petto at 732-341-9622 x 2222
lpetto@ocymca.org**

2008 OCY Unofficial Team Championships

Attach a copy of your registration card here.
But also fill out the following info and be sure to sign the waiver.

Name _____ USMS No.: _____

Address _____

Phone: _____ Age: _____ Sex: _____ Club/Workout Group: _____

“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 ODR DAMAGES CAUSED BY THE 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.”

Swimmer Signature: _____ Date ____/____/____

Optional: Email Address: _____

Event #	Event	Seed Time	Event #	Event	Seed Time
1	1000 free		10	100 fly	
2	200 med relay	Deck Entered	11	50 back	
3	100 free		12	200 back	
4	100 IM		13	100 breast	
5	50 free		14	50 fly	
6	100 back		15	200 fly	
7	50 breast		16	200 free	
8	200 breast		17	200 free relay	Deck entered
9	500 free				

Meet surcharge: \$10.00
 Number of Individual events _____ @ \$5.00 each \$ _____
 Total Fee Enclosed \$ _____

Make checks payable to: Ocean County YMCA
 Mail to: Ocean County YMCA
 C/O Louis Petto
 1088 West Whitty RD
 Toms River, NJ 08755



NJ LMSC

451 Sweet Hollow Road

Bloomsbury, NJ 08804