

EASTLANE



USMS
National
Convention!

Don't they clean up nice?

From left to right, **Tom Brunson**, **Jeff Jotz**, USMS Executive Director **Rob Butcher**, **Susan Kirk**, President of USMS **Rob Copeland**, **Chris McGiffin**, and **Ed Tsuzuki** gathered at the USMS Annual Convention in Atlanta, GA, September 24-28.

Check it out...

<i>Board meeting</i>	
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Set Your Sights on the 2008 USMS

Short Course Meter

Colonies Zone Championships

Right in our backyard, Rutgers University will be hosting the 6th Annual Short Course Meters Holiday Classic and Colonies Zones Championship Friday December 5th through Sunday December 7th. Keep in mind that entries must be received by Wednesday November 26th. Entries postmarked after Monday November 17th will incur a \$10 late fee! No deck entries! The entry is on page 8 and 9. Additional meet information can be found at...

http://www1.recreation.rutgers.edu/images/customer-files/2008_USMS_Holiday_Classic_Swim_Meet_Entry.pdf

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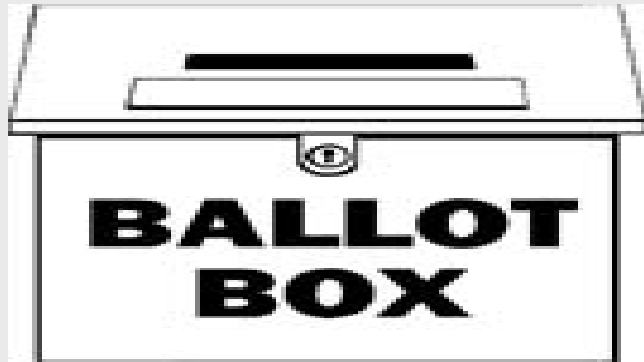
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Just when you thought it was over...
Vote for NJ LMSC positions



NJ LMSC's Annual Board Meeting and Elections

November 30th is the date for the next NJ LMSC board meeting which includes the all-important 2009 officer elections. Keep an eye on Susan Kirk's email blasts for the time and location. In the meantime, if you want to nominate yourself or anyone else for a position you can choose from: Chair, Vice Chairman, Secretary, Treasurer, Registrar, Sanctions & Safety Chair and Newsletter Editor. Submit your nominations to Chris McGiffin at cmcgiff@aol.com. Descriptions of the positions can be found on the NJ LMSC website at www.njmasters.org.

Keep Checking The USMS Website

The USMS website, at www.usms.org, is changing and growing. It would be worth your while to take regular looks to see what the site offers. Two new feature articles were recently put on the site. One is called, "What is the Value of Swimming?" and it tells four stories from four very different USMS members including their motivation behind joining USMS. The second feature showcases Aaron Peirsol, USMS member and Olympic Gold medalist, in his quest to save the oceans by fighting water pollution and other issues facing our oceans. The USMS homepage is updated weekly, so check it out.



Wedding Bells!

*Best Wishes... to our ex-graphic designer **Karin Adams** who recently wed her sweetie, **Dan Wegner**. Karin and Dan are off to California to begin their married lives together. Many thanks to Karin for the terrific job making the Fast Lane look fabulous!*

Seniors Score Big

Congratulations to the following NJ LMSC swimmers who competed at the NJ Senior Olympics were held on September 13th and 14th at the Woodbridge YMCA/Community Center.

NJ Senior Olympic Champions:

Women

Sue Freeman-Patterson, 57
Danielle Ogier, 55 (4 events)
June Carson, 60 (7)
Arlene DePolo, 62 (3)
Barbara Rosenbaum, 66 (8)
Jane Fisher, 72 (2)
Rosemarie Froeder, 78 (4)
Florence Melick, 87 (2)

Men

Michael Fanelli, 54 (6)
David Allred, 57 (2)
Frank McElroy, 60 (5)
Bob Hopkins, 66 (5)
John Hunt, 65 (1)
Jerry Katz, 70 (8)
William Haas, 72 (2)
Larry Lenge, 75 (6)
George Melick, 84 (6)
Austin Newman, 92 (2)

New NJLMSC SCY Record Holders:

Women

June Carson, 60
50 Free 33.34
100 Free 1:16.52
50 Breast 44.82
100 Breast 1:40.57

Barbara Rosenbaum, 66
50 Breast 49.18
100 Breast 1:48.40
50 Fly 50.45
100 Fly 2:06.44
200 Fly 4:49.87

Jane Fisher, 72
100 Breast 2:02.72

Florence Melick, 87
100 Back 3:55.45

Men

Frank McElroy, 60
100 Free 58.65
200 Free 2:06.48
500 Free 5:49.63
100 Fly 1:07.53
100 IM 2:33.38

Bob Hopkins, 66
500 Free 6:48.25
100 Back 1:16.45
200 IM 3:00.80

Jerry Katz, 70
50 Free 28.21
200 Free 2:35.91
50 Breast 38.32
100 Breast 1:30.91
50 Fly 33.94
100 Fly 1:31.33

For Complete Results:
<http://www.besmartinc.com/njsg/Results2008.htm>

Wallace Sets Open Water Record

1 mile 29:48.62 2 mile 1:02:35.08

Congratulations to Richard Wallace, 60, for setting new NJ LMSC open water records at the USMS National 2 mile cable swim and the 1 mile non-championship cable swim on July 12, 2008 in Chris Greene Lake in Charlottesville, VA. Complete results are at <http://www.vaswim.org/chrisgreene/results.shtml>

Light those candles!

Happy Birthday to the following 45 October babies!

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



Calendar '08/'09



Meets in New Jersey

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 or 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
www.usms.org/fitness

January 1 - December 31 USMS Go The Distance 2008 Fitness Event

Contact Mary Sweat: usmsgtd@yahoo.com
www.usms.org/fitness

Championships 2008

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

Contact Mark Gill markgill@usms.org 480.874.7112
Entry form: <http://www.usms.org/longdist/ldnats08/3-6000entry.pdf> Relay entry form: <http://www.usms.org/longdist/ldnats08/3-6000relayentry.pdf>

11/25 entry deadline

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

May 7-11, 2009 USMS SCY National Championships AND 2009 USMS 1 Mile National Open Water Championship Fresno, California
More information: www.clovisswimclub.org

Championships 2009

January 1-31, 2009 USMS One-Hour Postal National Championship

Contact Jane Moore 253-759-4956
swimmoore@comcast.net

Adult Freestyle Swim Clinic

Bob Hopkins will run a freestyle swim clinic for anyone who wants to improve their freestyle technique. Don't we all? It will be held at the Sussex County YMCA in Hardyston, NJ on October 29th from 7:30 to 9:15 PM.

The cost is \$10 for Sussex County Y members and \$20 for non-Y members. First come, first serve with an 8-person max. Call the Y at 973-209-9622 to sign up. For more information go to:

<http://www.njmasters.org//081029sussexclinic.doc>

Swim Humor:

When Pigs...Swim

There are two guys in a life raft. One sees a fin in the water and shouts: "Uh oh, a shark, we'll be eaten alive!!"

The other one says: "Don't worry, the danger of sharks is overrated; every year more people are killed by pigs than sharks."*

The first one replies: "I didn't know pigs could swim."



This joke comes courtesy of the Alaska Masters at <http://www.akmswim.org/humor.html>

* The statistic is apparently true.

Halloween Workout

This not-so-scary workout from coach **Melanie Fink** of JCC Metropolitan is a fun mix of free and IM that's good anytime of the year. Choose your distance-- from 3,500 to 2,000.

Lane #4:

Warm Up: 300 (Choice)

Drills w/ Fins: 6 x 50 Australian w/ Fins** on 1:00

Main Set#1:

2 x 150 Free on 2:15

4 x 125 IM on 2:00-Start w/ 50 Fly and Rotate it thru the IM

BK, BR / Evens – BK, BR, FR

Main Set#2:

12 x 50 Free – 1-4 6 x 100 Free –Start on 1:30 Drop Down by 5 sec/ every two 100's
8 x 75 on 1:15 – Odds are Fly on :50, 5-8 on :45, 9-12 on :40

Cool Down: 300 (Choice)

Total: 3,500

Lane #3:

Warm Up: 300 (Choice)

Drills w/ Fins: 6 x 50 Australian w/ Fins on 1:10

Main Set:

150 FREE on 2:30 / 2:40

4 x 125 IM on 2:20 / 2:30-Start w/ 50 Fly and Rotate the 50 thru the IM

2 x 6 x 100 FREE-Start on 1:45 / 1:55 -

Drop Down by 5 sec/every two 100's

8 x 75 on 1:20/ 1:30 – Odds are Fly, BK, BR / Evens – BK, BR, FR

Main Set#2: 8 x 50 Free – 1-4 on :50, 5-8 on :45

Cool Down: 200 (Choice)

Total: 3,200

Lane #2:

Warm Up: 300 (Choice)

Drills w/ Fins: 6 x 50 Australian w/ Fins on 1:15

Main Set:

4 x 125 IM on 2:30 – BK(25), BR (25), FR (50)

6 x 100 Free –Start on 2:00 -- Drop Down by 5 sec/every two 100's

8 x 75 Free – on 1:45

12 x 25 Alt. Free / BK on 10 sec Rest

Cool Down: 100 (Choice)

Total: 2,700

Lane #1:

Warm Up: 200 (Choice)

Drill w/ Fins: 6 x 50 Australian w/ Fins on 1:30

Main Set: 4 x 125 on 3:15

8 x 50 on 1:30 Catchup Drill (25), Free (25)

12x 25 w/ 10 sec Rest – FREE

Drill w/ Fins: 4 x 50 Backstroke on 1:30

Cool Down: 100 (Choice)

Total: 2,000

** Australian with fins means you start on your side, face-up, one arm out in front other arm at your side. Raise your arm straight up (palm facing up) so hand is pointed towards ceiling, then return it to your side and perform a regular freestyle recovery with the same arm as you roll to your other side. You can perform a few kicks on the other side to regroup before repeating the same drill on the side. Coach Fink says she has her swimmers focus on balance, rotation and relaxed recovery.

"It's not necessarily the amount of time you spend at practice that counts; it's what you put into the practice."

~~~~Eric Lindros, retired NHL Player

## Before Hustling to Finish, Relaxed Is a Good Way to Start



Filip Kwiatkowski for  
The New York Times

By [GINA KOLATA](#)

Published: October 1, 2008, NY Times

LIKE so many people around the world, Dr. Michael Joyner was transfixed with intellectual genius watching [Michael Phelps](#) swim in the Summer Olympics. But while many of us focused on Mr. Phelps's world records, Dr. Joyner, a competitive Masters swimmer and an exercise researcher at the [Mayo Clinic](#), noticed something else.

"I have never seen anyone so relaxed in the water," he said.

Relaxation. It is a trait that is often underappreciated, coaches and athletic trainers say. Yet it can make the difference between doing your best and not doing well, between feeling dragged down or soaring. Coaches search for better ways to teach it. And many athletes, including some of the world's best, work on it constantly. An ability to relax while pushing hard,

exercise researchers say, is one reason why winners win.

"It's the paradox of athletics," said Rick DeMont, associate head coach for men's swimming at the [University of Arizona](#) and a former Olympian. "Tension is slow, tension is inefficient. You need to be relaxed." And relaxation can be taught.

"If a person is willing to learn, they will learn it," said Ralph Reiff, a certified athletic trainer and director of St. Vincent Sports Performance Center in Indianapolis.

Coaches agree. "Some started in a better position than others, but nearly everyone I've ever had can improve," said Clyde Hart, the director of track and field at [Baylor University](#). Mr. Hart has coached some of the world's best runners, including Michael Johnson and [Jeremy Wariner](#). He now coaches [Sanya Richards](#), who won bronze and gold medals at the Beijing Games.

Yet relaxation also is a mysterious state and hard to describe. It's one of those situations in which you know it when you achieve it.

Athletes who get there "always feel wonderful," Mr. DeMont said. But, he adds, "you don't get there by trying really hard to get there."

In a sense, relaxation goes against most athletes' instincts. Mr. Hart likes to point out the way elementary and middle school children run. "The kids

*(Continued on page 7)*

throw their heads back,” Mr. Hart said. “They think that the harder they go, the faster they run.” That sort of body tension is the first thing Mr. Hart tries to correct. “The quickest way to improve a kid is to teach him to relax,” Mr. Hart said.”

But it’s also important for athletes to realize that relaxing does not mean slowing down. “A lot of athletes don’t know the difference between relaxing and not running.” Mr. Hart said. With runners, he said, the upper body must relax but, he added, “the lower body is going to run.”

One of his tricks is to have athletes concentrate on relaxing their eyes. “If they’re wide eyed, they’re tense,” Mr. Hart said. “I tell runners to run sleepy eyed. It’s like pouring a soothing oil over the body.” As the eyes relax, the face starts to relax, the jaw relaxes and then, Mr. Hart said, he tells runners to let the feeling spread through the shoulders and arms.

“You want your arms to be your rhythm,” he said. “They may not help you, but they can hurt you big time if your arms are tense and you are gripping your hands tightly.”

Mr. DeMont said that in track and swimming it helps to relax the lower jaw and make sure you are breathing with your diaphragm and your stomach.

And Mr. Reiff said that he tells runners to stay tall, avoiding the rolled shoulders and tight upper body form that comes with fatigue and being too tense. He tells them to rehearse the phrase, “stay tall” to themselves while they run. And, he said, coaches or a friend on the sideline during a race can shout it out if a runner shows tenseness.

“If you are a coach on the sideline and holler to your runners, ‘stay tall,’ all of a sudden they lift themselves out of that position,” Mr. Reiff said.

People like Michael Phelps, these experts say, are masters of relaxation, able to get into a rhythm and stay there even with the intense pressure of

Olympic competition.

For example, Mr. DeMont said, when Mr. Phelps swam, his stroke count remained the same in every lap. A tense and inefficient swimmer, he added, will take more strokes with every lap of the pool. Mr. Phelps, he said, “was able to nail it every time.” He is, Mr. DeMont said, “a rhythm master.”

COACHES and athletic trainers say athletes always know when they relax. Mr. DeMont asks people to remember the best they ever did in a race or in training. “Think of how darn good it felt,” he said. “That’s the feeling you are after.”

It makes sense to Dr. Joyner. He explained that when people start to train and compete, these experiences of being relaxed happen at random. “But if you pay attention you can increase the odds of them happening again and again,” he said. “To me this is what people talk about when they say they are ‘in the zone.’ ”

It happened to Dr. Joyner recently when he ran a half marathon after what he said was minimal training. Somehow he finished the race in 1 hour 38 minutes, a result that shocked him.

“It’s a strange thing because at some level you are reading the fatigue and ‘pain’ from your body and using it to get and stay right on the razor’s edge,” he wrote in an e-mail message. “I put pain in quotes because you hurt, but it is not painful in the traditional sense because you are using it and you are not fearful and are just sort of ‘right there.’ ”

“It was interesting when I ran that half marathon,” Dr. Joyner said. “I had not run a race in like 11 years but I was able to get right into a rhythm and just sort of do it. What did Yogi say? ‘It was like déjà vu all over again.’ ”

“At some level,” Dr. Joyner added, “everyone I know who has been a hard-core endurance athlete for many years is a covert religious mystic due to these types of experiences.”

# The 6<sup>th</sup> SCM Holiday Classic & Colonies Zone Championships

Friday, Saturday, and Sunday, December 5<sup>th</sup>-7<sup>th</sup>, 2008

Rutgers University in Piscataway, NJ 08901

Sanctioned by New Jersey LMSC, Inc for USMS, Inc Sanction #: 078-S04

## Individual Meet Entry Form

**Deadline:** Received by Wednesday, November 26<sup>th</sup>, 2008  
(A copy of your USMS card must be included with your entry)  
**Entries postmarked after November 17<sup>th</sup> are subject to a \$10 late fee!**

**Mail Entries to:** SCM Holiday Classic Meet,  
Sonny Werblin Recreation Center,  
656 Bartholomew Rd, Piscataway, NJ 08854

**Make Checks Payable to:** Rutgers The State University

**ENTRIES WITHOUT USMS CARD ATTACHED WILL BE RETURNED TO SENDER!**

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

### RELEASE OF LIABILITY BY PARTICIPANT:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks.

AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, RUTGERS THE STATE UNIVERSITY OF NEW JERSEY, ITS GOVERNORS, OFFICERS, EMPLOYEES, AGENTS AND ASSIGNS, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Friday Evening December 5th, 2008

| W | M | Event:              | Entry Time: | Yards/Meters |
|---|---|---------------------|-------------|--------------|
|   | 1 | 800 Meter Freestyle |             |              |
| 3 | 4 | 400 Meter Freestyle |             |              |

### Saturday December 6th, 2008

| W               | M  | Event:                          | Entry Time: | Yards/Meters |
|-----------------|----|---------------------------------|-------------|--------------|
|                 | 5  | 1500 Meter Freestyle            |             |              |
| 30 Minute Break |    |                                 |             |              |
| 7               | 8  | 100 Meter Freestyle             |             |              |
| 9               | 10 | 200 Meter Butterfly             |             |              |
| 11              | 12 | 100 Meter Breaststroke          |             |              |
| 13              | 14 | 50 Meter Backstroke             |             |              |
| 15              | 16 | 200 Meter Freestyle             |             |              |
| 17              | 18 | 200 Meter Backstroke            |             |              |
| 19              | 20 | 50 Meter Butterfly              |             |              |
| 21              | 22 | 200 Meter Individual Medley     |             |              |
| 10 Minute Break |    |                                 |             |              |
| 23              | 24 | 400 Meter Medley Relay          |             | Deck Entered |
|                 | 25 | Mixed 400 Meter Medley Relay    |             | Deck Entered |
| 27              | 28 | 800 Meter Freestyle Relay       |             | Deck Entered |
|                 | 29 | Mixed 800 Meter Freestyle Relay |             | Deck Entered |
| 31              | 32 | 200 Meter Freestyle Relay       |             | Deck Entered |
|                 | 33 | Mixed 200 Meter Freestyle Relay |             | Deck Entered |

### Sunday December 7th, 2008

| W               | M  | Event:                          | Entry Time: | Yards/Meters |
|-----------------|----|---------------------------------|-------------|--------------|
| 35              | 36 | 400 Meter Individual Medley     |             |              |
| 30 Minute Break |    |                                 |             |              |
| 37              | 38 | 200 Meter Breaststroke          |             |              |
| 39              | 40 | 50 Meter Freestyle              |             |              |
| 41              | 42 | 100 Meter Butterfly             |             |              |
| 43              | 44 | 50 Meter Breaststroke           |             |              |
| 45              | 46 | 100 Meter Backstroke            |             |              |
| 47              | 48 | 100 Meter Individual Medley     |             |              |
| 10 Minute Break |    |                                 |             |              |
| 49              | 50 | 400 Meter Freestyle Relay       |             | Deck Entered |
|                 | 51 | Mixed 400 Meter Freestyle Relay |             | Deck Entered |
| 53              | 54 | 200 Meter Medley Relay          |             | Deck Entered |
|                 | 55 | Mixed 200 Meter Medley Relay    |             | Deck Entered |

### Entry Totals/Payment

|                                                                           |           |
|---------------------------------------------------------------------------|-----------|
| Pool Charge                                                               | \$10.00   |
| Events @ \$5/Event                                                        | \$        |
| T-Shirt (\$15)    Circle Shirt Size: <b>S</b> <b>M</b> <b>L</b> <b>XL</b> | \$        |
| Late Fee (\$10—Only entries postmarked after November 17 <sup>th</sup> )  | \$        |
| <b>Total Enclosed</b>                                                     | <b>\$</b> |

Enter your best short course meters Time. If you don't have a meters time, enter your short course yards time and put a "Y" in the Yards/Meters Column



**NJ LMSC**

451 Sweet Hollow Road

Bloomsbury, NJ 08804