

April 2009

EASTLANE

2009 NJ Masters Annual Awards Banquet



Well-fed banquet attendees gather for a group shot after dinner.

Swim for Food

Swimmers Helping to Feed NJ Residents

Are you a coach or parent of summer swimmers or do you know anyone who is? Are you looking for a swimming-related volunteer opportunity?

NJ summer swim club swimmers are "pooling" their resources and collecting food at swim meets to donate to local food pantries. In 2008, swimmers in 3 leagues collected 8,000 lbs of food! The goal for 2009 is 10,000 lbs as we look to expand to other leagues in NJ and elsewhere. Food collection is done as a friendly competition at a dual meet or league meet by weighing total collection per team. Consider challenging your league rival(s)--it's easy, fun and rewarding for the swimmers, and helps the hungry in the summer months when food pantries are running empty. For more information or to get involved, contact Anne Clewell at anne.clewell@roche.com ; or check out the website: www.swimforfood.org.



Featured guest speaker at this year's annual banquet, USMS Executive Director **Rob Butcher**, offered an inside look into the workings of US Masters Swimming, his role in the organization, and the positive future direction of Masters swimming.

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Light Those Candles!

Happy birthday to the following 38 April babies:

Lin Yuhlin 60-64	Julia Inagaki 40-44
Marie Vellucci 60-64	Barry Bachenheimer 35-39
Rita Nannini 55-59	Beth Bigham 35-39
Cedric Druce 50-54	Denise Salvatore 35-39
Philippe Delamare 50-54	Louisa Clayton 35-39
Mark Hoffman 45-47	Anthony Robinson 35-39
Don Sumada 45-49	Javier Ruiz 35-39
Karen Shearly 45-49	Michael Sheehan 35-39
Chris Remetz 45-49	Andrew Laurino 30-34
Scott Carpenter 45-49	Wilton Rodriguez 30-34
Ilse Wolfe 45-49	Stacey Jones 30-34
Rich Johnston 45-49	Kelly Mooij 30-34
Dougin Walker 40-44	Tom Brown 30-34
Robert Scott 40-44	Roy Rozman 25-29
Geoff Schenkel 40-44	Joe VanDyke 25-29
Bob McDonnell 40-44	Eric Wagner 25-29
Daniel Judge 40-44	Jeff Savage 25-29
Scott Duprex 40-44	Jesula Mauraud 20-24
John Glynn 40-44	Christopher Mattice 20-24

Author In Our Midst

Fellow NJ LMSC Masters swimmer, Philippe Delamare, has just published a book called *Olympica* which is currently [available online](#). Delamare, who writes under the pseudonym, Cyreen Audel, had been working on this book for some time. The book is a work of fiction but some of the perspectives he writes about come from his experiences as a competitor with the French National team and in College in the US, as an announcer for the swimming events in the 1984 Olympics in Los Angeles, and other activities with Olympic Committees

The Xlibris website where his book is sold describes the book: "Seven unusual, distinctive, sometimes passionate stories appearing unrelated will give you a new perspective of the modern Olympics. From the views of the athletes, the spectators, the reporters, the coaches, or the administrators—discover what the Olympics could be in the future."



Calendar 2009

Events in New Jersey

August 1 Jason Nessel Memorial Meet, Rahway. Details to come.

August 8, 2009 Lavallette 1 mile Ocean Swim. NJ's USMS sanctioned open water swim. Details to follow

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 2009 Fitness Event Contact Mary Sweat: usmsgtd@yahoo.com www.usms.org/fitness

Other Events

April 24-26 Colonies Zones SCY Championships George Mason University Fairfax, VA Contact Cheryl Ward cherylaward@yahoo.com 703.359.5366; Entry form: <http://www.patriotmasters.org/Colonies.April.2009.Entry.pdf>

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

July 11 USMS 1-3 Mile Open Water Championships (2 miles) Canandaigua Lake, Canandaigua, NY Contact Vern Hecker vhecker001@rochester.rr.com

August 6-10 USMS LCM National Championships IU Natatorium Indianapolis, IN Contact information: <http://www.usms.org/comp/lcnats09/>

August 15 USMS 2-Mile Cable Championships Mirror Lake, Lake Placid, NY Contact Ann Sve-son annb48@earthlink.net 518.893.1967
Entry form: <http://www.usms.org/longdist/ldnats09/2micblentry.pdf>

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

Coach of the Year!

Congratulations to our very own, **Ed Tsuzuki**, who was recently named Somerset County Coach of the Year, as reported in the March 29th edition of The Star Ledger.

Tsuzuki guided the Bernards High School team to a 9-0 record during the regular season. Bernards went on to defeat Caldwell in the first round to be the North Jersey, Section 2, Public B tournament and then lost to Chatham in the semifinals.

Way to go, Ed! Keep on getting those kids ready for Masters swimming.

Spring Tune-Up Workout

Thanks to Sue Waldron, Coach of the Ocean County YMCA Masters group, for this eclectic workout. She says her lanes are loosely broken up into expert, intermediate and rookie lanes...this is an intermediate workout...adjust the intervals according to your ability!

Warm Up: 600 choice

4x50 free or back, odds. 25 kick 25 swim, evens 25 drill 25 swim : 10 second Rest Interval (RI)

4x50 breast or fly, odds 25 kick 25 swim, evens 25 drill 25 swim : 10 second RI

rest : 60

Main Set:

2x [8x25 stroke fast + 150 free, smooth & easy]

25's: hold 200 race pace **Round 1) :10RI 2) :05RI**

150's: easy recovery pace @ 3:00

4x125 IM with 50 of your least favorite stroke (the real one) 2:30

rest : 30

100 IM=ALL OUT + optional 50 easy

kick w/fins: 5x100 desc 1-5 1:55 (really descend!)

100 easy

Total: 2,950 yds

Postal Records for 2008

Congratulations to the following NJLMSC swimmers who set new NJ Long Distance records in the postal events in 2008.

5K Postal National Championships	Men
Women	18-24
25-29	Thomas Alne, 20 2:30:38.93
Julie Porro, 29 1:19:15.03	50-54
35-39	Michael Fanelli, 54 2:56:28.06
Deirdre O'Mara, 37 1:18:37.47	
40-44	
Lynn Ascione, 41 1:26:01.70	Relays
45-49	35+
Susan Kirk, 48 1:27:10.46	BERK 9:21:01.91
50-54	Mary Guilfoyle, 45
Patricia Quinlan, 50 1:48:35.06	Susan Kirk, 48
55-59	Lynn Ascione, 41
Judith Lee, 58 1:49:25.09	
	3000 Postal Championship
	Women
Men	35-39
18-24	Sarah Clark, 37 44:26.26
Thomas Alne, 20 1:09:53.95	45-49
50-54	Susan Kirk, 48 43:31.89
Philippe Delamare, 52 1:12:43.23	
	Men
	18-24
Relays	Thomas Alne, 20 40:44.95
Women	45-49
25+	Chris Near, 47 35:56.33
BERK 4:03:45.20	50-54
Julie Porro, 29	Michael Fanelli, 54 41:56.76
Deidre O'Mara, 27	
Lynn Ascione, 41	
45+	Relays
BERK 4:45:32.82	Women 35+
Mary Guilfoyle, 45	BERK 2:14:08.44
Anne Clewell, 45	Susan Kirk, 48
Anne-France Saillot, 45	Sarah Clark, 37
	Anne-France Saillot, 46
Mixed 25+	
BERK 5:15:27.70	6000 Postal Championship
Julie Porro, 29	Women 45-49
Michael Fanelli, 54	Susan Kirk, 48 1:30:50.75
Phillipe Delamare, 52	
Deirdre O'Mara, 37	
10K Postal National Championships	Men
Women	45-49
40-44	Chris Near, 47 1:14:01.53
Lynn Ascione, 41 3:04:02.99	50-54
45-49	Michael Fanelli, 54 1:28:45.64
Susan Kirk, 48 3:05:00.46	55-59
	Richard Carlson, 55 1:31:09.54

Clinic News

JCC Metrowest will host two clinics for early risers on April 25th and May 16th from 6:30 am to 8:30 am. The April clinic will focus on free-style drills with some backstroke work. The May clinic will be mostly freestyle with some start and turn work. You can pick one clinic or get a discount if you do them both.

The 1 day clinic-
\$160 member / \$180 guest

April 25 CJ-AQ409Y32

May 16 CJ-AQ409Y32A

The 2 day clinic-

\$290 member/\$325 guest

April 25 & May 16 CJ-AQ409Y32B

Please Contact Danielle McNamara for registration at

dmcnamara@jccmetrowest.org or 973-530-3445. The JCC is on 760 Northfield Ave. in West Orange.

Triathlon Swim Clinic...

the Madison Masters Swim Team is running a clinic on April 25th designed for triathletes who want to improve their freestyle, backstroke, and breaststroke. The clinic will be held at the College of St. Elizabeth's from 9 am to 12 pm. Experienced coaches Lisa Boettrich and John Gullotta will run the clinic which will include: individual video analysis of freestyle; full drill progression of freestyle, backstroke and breaststroke; a dryland workout and a short high-intensity team-type workout.

The cost is \$65 and clinic size is limited. Contact Lisa Boettrich at 973/822-9622, x 2228 or lboettrich@madisonymca.org to reserve your spot.

Records Are Falling Fast!

Congratulations to Scott Yeomans, 44 who set a new NJ SCY record in the 400 IM at the **Lower Bucks County YMCA Pentathlon** meet on March 1, 2009. Scott swam a 4:43.65...

Congratulations to the following NJLMSC swimmers who set new NJ SCY records at the **New England SCY Championships** on March 27-29, 2009. *Benn Doyle's 2:17.12 in the 200 Breast is faster than the current USMS National Record in the 50-54 age group!*

Men
50-54
Benn Doyle, 50
50 Breast :28.00
200 Breast 2:17.12
100 IM :58.44

60-64
Frank McElroy, 61
100 Free :56.72
200 Free 2:03.59
500 Free 5:30.96
100 Fly 1:02.23
200 IM 2:25.55
400IM 5:13.52

Congratulations to Jim Dragon, 65 who swam faster than the current 50 fly SCM **World Record** at the **Albatross Open** on March 21, 2009 with a 29.52. Jim also set new NJLMSC SCM records in the 50 free and 50 breast with a 27.72 and 36.26 respectively....

Congratulations to Chris Near, 49 who set a new NJ SCY record at the **Jersey Storm Last Chance** (US Swimming) meet on February 21, 2009 in the 400 IM with a 4:47.49

Congratulations to the following NJLMSC swimmers who set new NJ SCY records at the **Ocean County YMCA Unofficial Team Championship** meet on February 15, 2009.

Women
50-54
Nancy Steadman-Martin, 54
1000 Free 11:37.41

60-64
June Carson, 60
200 Free 2:52.91
50 Breast 44.14
200 Breast 3:38.94
100 IM 1:26.52

Men
50-54
Benn Doyle, 50
100 IM 1:01.40

Congratulations to the following NJLMSC swimmers who set new NJ SCY records at the **March Madness Meet** on March 15, 2009.

Women
50-54
Nancy Shapiro, 51
100 Breast 1:23.95
55-59
Marie Vellucci, 59
1650 Free 27:11.64
200 Fly 3:49.21
60-64
June Carson, 60
200 Free 2:52.87
100 Breast 1:39.55

Men
Chris Near, 48
1000 Free 11:08.90
1650 Free 18:43.27
James Ryan, 56
1650 Free 19:44.34
Frank McElroy, 60
1000 Free 12:05.61
1650 Free 19:46.36
100 Fly 1:06.41

Maryland may have Michael Phelps to brag about, but East Brunswick has Jim Dragon

BY MARY ANNE ROSS Correspondent



Dragon, 64, is ranked No. 1 in the world in 2007 for his age group in Masters swimming in the 50-meter butterfly stroke, where he competes in the 60- to 64-year-old category. This isn't the first time he has held the title.

Dragon was ranked No. 1 in 1996 for the freestyle relay; in 1999 for freestyle and the butterfly stroke; in 2000 for the breast-stroke; and in 2005 for the butterfly stroke. Since 1986, he has consistently been in the top 10 swimmers worldwide with the exception of 1992. He also broke world records for speed in 1996 in freestyle, and in 1999 for the butterfly stroke.

The rankings for 2008 are not yet completed, but no one would be surprised if he is No. 1 again.

To earn the world title, he doesn't have to leave the state. Dragon belongs to an organization called the United States Masters Swimming (USMS), which provides organized competitions for adult swimmers. The group has 48,000 members. As long as a pool and competition is sanctioned by USMS, the time is considered official. The USMS is part of the Federation de Internationale Natation (FINA), which oversees all swimming competitions, including the Olympics.

Dragon learned to swim when he was 10, and started competing when he was 12. He continued in high school and in college at the University of Minnesota. In 1962 he became that state champion in the 200 freestyle and 200 freestyle relay.

After graduating with a master's degree in physics, he joined the Peace Corps. He taught at the University of the Philippines Agricultural School and coached its swim team on the side. He also got married.

"My wife and I met in graduate school. One day she sold her car, stored her things at my mother's and bought a ticket to Manila," he said.

When Dragon came back to the U.S., he transferred his competitive spirit to running. He ran in 10K marathons and half-marathons in New York and Philadelphia. He also earned an MBA in finance at the Wharton School of Business.

"Running started hurting my knees. My boys were the right age for swimming, so we started going to the YMCA in Parlin," he said. Soon, Dragon was competing again.

Dragon swims for an hour and 15 minutes twice a week and lifts weights three times a week.

"I like the competition. Instead of doing the same thing day after day, every few months I compete."

Dragon has passed along his love of swimming to his two sons, Charles and Tony. Charlie is a swimming coach in Charlotte, N.C., and Tony lives in Fairfax, Va., and competes in master swimming.

Jim's wife, Audrey, took up recreational swimming at age 40.

"She comes with me to the pool. She's always been so supportive, I couldn't have done what I have without her," he said.

Dragon has been swimming at Middlesex County College's physical education center since 1994 and is a big fan of the school.

"The water is warmer than some of the other university pools," he said. "My son went to Middlesex and it was great for him. From there he went onto NYU, graduated Phi Beta Kappa and magnum cum laude and earned a master's degree in history," Dragon noted.

"The pool at Middlesex County College is open to residents for a minimal fee," said Thomas Peterson, director of marketing for the college. "It's really just one of the many services and programs we offer to the community."

Dragon will turn 65 this year and will move into the 65-69-age category. He has no concerns about age slowing him down in the sport.

"Swimming is great for people as they get older because it's easy on the joints," he said. He recalled going to a competition in Montreal and watching Thomas Lane, who was 100 at the time, competing.

"My brother saw Thomas when he was a 101," Dragon noted. "Swimmers' bodies stay in pretty good shape. Even if they are not thin, they are able to move more easily."

Aerobic activity such as swimming is not just good for the heart and lungs, it's good for the brain, according to geropsychologist Steven Sohnle, assistant professor of psychiatry at Robert Wood Johnson Medical School and clinician administrator of the Comprehensive Services on Aging Institute for Alzheimer's Disease and Related Disorders at University Behavioral HealthCare-UMDNJ.

"There is evidence that this type of exercise can actually preserve or enhance cognitive functioning and may even increase brain volume in older adults," Sohnle said.

The United States Master Swimmers, founded in 1970, is a non-profit corporation that offers stroke and technique clinics, opportunities to compete, friendship and camaraderie. For information, visit www.usms.org.

--From March 5, 2009 issue of the Sentinel

Is It All In The Water?

Dr. Jim Miller

The last medical short focused on the importance of maintaining hydration before, during and after a training session as well as at competitions. Is that all? Nope, there is much more than that. While muscles need hydration to maximize their performance, they are not burning water. They are burning carbohydrates. So, what happens if the muscle is not supplied with [nutrition](#)? Sadly, the muscle will turn to burning alternative fuel sources, including muscle! While fat is also one of those alternative fuel sources, we cannot ignore this danger, particularly when we consider that fat is not always as readily available.

So, basically, the poorly supplied muscle runs the risk of breaking down and burning protein to meet its own needs. This does not sound good! What would be the signs of a muscle that is breaking down? Muscle soreness, poor reaction time, poor performance and a drop off of power during a set would be some of the signs. The problem with these signs is that they are very non-specific, making it difficult to tell when this is going on. Is the athlete over trained or under-fueled? You also have to take into account that many disease processes ([diabetes](#) and thyroid to name just two) place the poorly fueled muscle in a precarious position. Add to that the impact that medication may have, and there truly can be danger ahead.

OK, so let's fix this. As a muscle is training its fuel doors are wide open to receiving nutrition. These doors remain open for at least 30 minutes after the exercise set is concluded. If you have a practice that exceeds 45 minutes, you should consider using this opportunity to supply fuel to your fatiguing muscles while you practice. That's right, while you swim! Having a carbohydrate mixture in your water bottle (a water bottle that, of course, you now have with you, following the last Medical Brief!) only makes sense. This may be in a liquid or a gel form i.e. something easily absorbed and light in your tummy. The result will be that your performance will remain more consistent throughout the workout without the usual fall-off at the end of the practice. You will get more out of your practice and your meet performance will improve as the quality of the training improves. You will also feel much better at work all day without cramps and feeling like your arms and legs are made of lead.

As already mentioned, the best foods to use are simple carbohydrates, either in a liquid or a gel form. Not many athletes can train hard while consuming solid sources of energy. The commercially available gels certainly work, but I would not get into ones with added caffeine (which will drive up your heart rate) or other additives (since no one knows what that even is). Your muscles need what they are burning and that is simple carbs, nothing fancy. The only drawback to the performance gels is cost. Simple alternates would include juices (dilute or regular strength) and the various sports drinks that are available. Once again, steer clear of caffeine and extras that may be advertised. While we worry about drug testing in the elite athlete who may be consuming such products, we worry about the Masters athletes as far as medication interactions or impact upon existing medical problems.

Finally, stay away from concentrations of sugar. While they will give you a boost, they will also lead to a rapid falloff, driving blood sugar and energy down. When the energy drops, your head will find its way to your desktop!

Jim Miller, MD
Family Practice, Sports Medicine
Past President, USMS
National Team Physician, USA Swimming

What's The Story With The Technical Suits?

Kathy Casey, Chair, U.S. Masters Swimming Rules Committee

In light of new swimsuit testing and approval being conducted by FINA according to its recent "Dubai Charter", the following is U.S. Masters Swimming's official interpretation of Swimwear rule 102.14:

#1. NEW U.S.M.S. SWIMWEAR INTERPRETATION

FINA approval or rejection of new swimwear introduced after September 30, 2007, will be accepted by U.S. Masters Swimming for U.S.M.S. sanctioned and recognized competition.

The following interpretation regarding the use of two suits during competition is effective immediately. This interpretation conforms to the recent interpretations issued by FINA (03/15/09) and USA Swimming (03/18/09).

#2. NEW U.S.M.S. SWIMWEAR INTERPRETATION

For purposes of Article 102.14 of U.S. Masters Swimming Rules of Competition, Swimwear, the use of more than one suit at a time during any U.S.M.S. sanctioned or recognized competition is prohibited.

QUESTIONS & ANSWERS

1. Can I wear a regular racing suit that is not a body suit?

Yes, suits introduced prior to September 30, 2007, are legal for U.S.M.S. competition.

2. Can I wear my LZR at nationals in May?

At this point questions about suits (those introduced after September 30, 2007) for nationals cannot be answered because the new list of FINA-approved suits has not been published nor is there a set date for publication of that list by FINA. Until FINA publishes the new list of approved suits, the current status of approved or rejected suits is in effect; therefore, your LZR is currently approved for competition until the new FINA list is published. However, should U.S.M.S. officially receive information that any of currently marketed suits introduced after September 30, 2007, have been rejected by FINA, those suits will no longer be considered legal.

3. Why can't questions about suits for nationals be answered now?

According to the Dubai Charter (published by FINA 03/15/09), manufacturers must resubmit their suits for approval by March 31, 2009. The suits will be retested under a new system for buoyancy (no more than 1 Newton), material (no thicker than 1 mm), and construction (no trapping of air), just to mention a few criteria. At the point of publication by FINA of newly approved suits, the questions about legal suits for nationals can be answered.

4. How will this impact Masters competitors?

That LZR, TYR, or Blueseventy suit you bought after September 30, 2007, is legal at this moment, but it could be illegal after the new FINA-approved swimsuit list is published. Regardless of the new list, that old Fastskin that you have will be legal since it was introduced prior to September 30, 2007.

5. My coach is forcing me to swim the 1650 Free as a training swim. Can I wear a drag suit over my jammers?

No. Although wearing an extra drag suit may not be perceived as having an advantage, the interpretation is that only one swimsuit is permitted.

6. Does "one suit for competition" mean I can only wear one suit for the whole meet?

No. You can change suits during the meet, but you can only wear one suit at a time. This restriction applies only to the actual races (competition). You can wear more than one suit during warm-up and warm-down. This restriction applies to all types, makes, and models of swim suits, but it is not intended to apply to athletic supporters or modesty type wear (a single pair of "briefs" or "bikini bottoms or top" or a sports bra worn to ensure modesty and privacy).

"You may never know what results come from your action. But if you do nothing, there will be no result."

– Mahatma Gandhi

Swimming Posture

By Michael Collins

I am constantly looking for new ways to teach swimming. I attend coaches clinics and swim camps whenever possible to keep updated and inspired to teach swimming better. For the last year or so I have been putting a lot more emphasis on body position than on the pulling and kicking motions based on information learned from top level coaches like Terry Laughlin, Emmett Hines, Bill Boomer, & Tom Avischious. But change is a long slow process. I hope I can help you understand some of these concepts better in this article.

Do you remember in grade school the teacher or your parents telling you to improve your posture. "Sit up STRAIGHT, young man! Stop SLOUCHING in your seat! I remember that distinctly from both parents and teachers (Maybe if I had listened, I wouldn't have had back surgery at age 30). To grow up with all our body parts working properly it was necessary to treat our body well by maintaining proper posture and body strength.

Well guess what, posture in the water is just as critical to swimming well. Most swimmers have some GLARING posture defects which cause them to either swim MUCH slower than they are capable or work MUCH harder to swim at the same speed. The main two goals in swimming faster are to minimize or reduce drag and to maximize propulsion. Instead we are using most of our energy overcoming poor posture in the water and we are not achieving either!

Through Snooper video taping over the last few months, I have found most swimmers drastically out of alignment throughout much of their stroke. To swim faster, we must stop spending so much time trying to work harder, and find ways to swim the same speed with LESS effort (lower heart rate). Keeping your heart rate lower will allow you to maintain better body position and speed for a longer period of time. Improving your body position (posture) in the water is the quickest way to do this.

Learn to feel weightless in the water by balancing your body in the water. This is difficult to do since the center of your body mass is about 6 inches above your navel, but your center of buoyancy is between your armpits. By pressing the head and chest into the water with the right pressure your buoy will float perfectly horizontal at the surface. VERY few swimmers do this well. Usually, the head position is far higher than the hips which forces the legs to work harder and the arms to press down to support the head instead of reaching out in front for more distance. This increases the heart rate because the legs are working harder and more arm strokes are required to cover each length.

Collins' Rules To Long Axis Rotational Strokes (Free & Back)

Rule #1

Maintain head to hip horizontal alignment by keeping pressure on the buoy. Lifting your head higher than your hips at ANY time during the stroke, especially during breathing is a big NO-NO. Check yourself by imagining a skewer shoved through your skull and down your spine keeping you perfectly aligned, only allowing you to rotate the head to breathe and not lift it. The skewer tip should always be pointed at the pool wall you are swimming toward.

Rule #2

Maintain a long "boat" position by keeping a "weightless" arm in front for three-quarters of the stroke pattern. This is also known as Front Quadrant Freestyle. Stretching the arm out front allows the hips to continue to rotate on the side as the recovery arm passes your ear.

Rule #3

Swim on your SIDE not on your STOMACH. Skate down the pool sliding from one hip to the other. Use hip rotation to power your arms through the water. Anchor the hand out front, and then pull it back by rotation of the hips. Increase speed by increasing hip rotation, not arm turnover.

Rule #4

"Stealth Kick" steady and narrow just below the surface. Don't break out of the turbulent cylinder created by the body. Legs should not fall significantly lower than the hips, excessively break the surface, or scissor wider than the width of your shoulders.

Rule #5

Develop a "vertical forearm pull" to increase propulsion. I believe keeping the elbows near the surface at the catch and the finger tips pointed toward the bottom is FAR more important than an "S" shaped pull pattern. Remember though, this is the LAST step and should only be emphasized AFTER the 1st 4 rules have been thoroughly ingrained in your muscle memory.

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Michael Collins was the head coach of the Davis Aquatic Masters (from Jan. 89 to 1997) as well as the USMS Coaches Committee Chairman (since 1994). He was named the USMS Coach of the Year in 1990, and has written a workout book entitled A DAM Good Year.

Taken from [Swim City](#) . We found it on the Alexandria Masters Swimming website at <http://www.alexandriamasters.com/welcome.htm>



Paul Kiell swims backstroke at the Adult Mini Swim Meet held at the Sussex County YMCA on his way to a 1st place finish in the 75-59 age group with a time of 1:34.34. Ninety swimmers signed up for this meet held on April 4th. The meet was run to attract new adult swimmers to the sport and to raise money for the Sussex County YMCA Swordfish Swim Team who will be sending Jimmy Zummo to YMCA Nationals this week in Ft. Lauderdale, Florida.



NJ LMSC

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