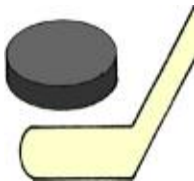


EASTLANE

Swimmers Enjoy Devils Game



On January 8, thirty NJ Masters swimmers and their friends braved frigid winds to enjoy a night out at the Devils-Thrashers hockey game at the Prudential Center in Newark. Even though the Devils lost the matchup, it was fun for fellow swimmers to get

together outside of the pool and watch another sport played with water - frozen water! The best quote of the evening was given by Jackie Fanelli, who commented, "You know what swimming needs? Fighting!"

Stay tuned to the *Fast Lane* and the NJ Masters Web Site for future social outings, including Monmouth Park Race-track.



My Journey Back to Swimming

by Julia Buccini



Masters Swimming..... Where do I start? I have been out of the pool for a few years now. Last time I swam was in high school. I am now 26 years old. I am married with a 15 month old daughter who I adore. I got back into the pool a few months ago to try and get rid of the baby fat still left on this body of mine. The second I dove in the pool I was at home. I guess you could say one with the water. Sometimes I think I am part fish. Anyways... I knew this is something I had to start again. One day my pool was closed and I was directed to another where adults were practicing. The coach asked if I wanted to join them. I was very curious as to what they were doing and just asked

a few questions. He gave me a card which said his name and Masters Swimming. I was impressed. I wanted to do whatever they were doing. I didn't really have the time but Masters never left my brain. One day I was searching online to see if there was anything closer to me and I found it. I joined the Hunterdon County YMCA Masters. I have only gone to two practices so far but I just fell in love. I signed up for my first swim meet in PA. I ate my high carbohydrate dinner the night before and was as ready as can be for not swimming that long. I tried to figure out how I could get in shape in a week but realized it was not possible. So I was on my way in four inches of snow to my first meet in 8 years. Bagel and water in hand I was ready to swim my butt off. I met the nicest people there especially two individuals, Dave and Dana, who became instant friends. Not only did they cheer for me but they wrote down my splits and made me feel welcomed. What a wonderful experience. I am proud to be a member and look forward to all my swimming journeys.

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Light Those Candles!

Happy Birthday to the following 85 January & February babies:

Jim Pendergrass 90-94	Terry Christie 50-54	Ariadne Monfalcone 40-44
Daniel Sullivan 80-84	Edward Goracy 50-54	Scott Hart 40-44
Joy Tsuzuki 75-79	Jeanne Perantoni 50-54	Mary Sarotte 40-44
Rosemarie Foreder 75-79	Nancy Shapiro 50-54	Susan Thiel 40-44
Jane Fisher 70-74	Alan Levine 50-54	Joscelin Burrer 40-44
Jacqueline Glasser 65-69	Donald Fink 50-54	Andrew Wellington 40-44
Joseph Donohue 65-69	Judy Ramirez 50-54	Brent Jenkins 40-44
Peter Hempel 65-69	Michael Lavitt 50-54	Stephani Carroll 40-44
Murray Simon 60-64	Victoria Hilditch 50-54	Victoria Raudelunas 40-44
Bill Reichle 60-64	Curtis Miller 45-49	Gerry Omara 35-39
Kathy Kelly 60-64	Paul Anderson 45-49	Jeff Jotz 35-39
Julio Figueroa 60-64	Dan Chamby 45-49	Kimberly Adams 35-39
Susan Rardin 55-59	Anne Marie Colucci 45-49	Cynthia Santore 35-39
Cande Olsen 55-59	Irene Paslawsky 45-49	Philip Sherratt 35-39
Judy Lee 55-59	Maureen Byrne 45-49	Yelena McDonald 30-35
Christie Whitehouse 55-59	William Sullivan 45-49	Justin Goldstein 30-35
Frank Goldstein 55-59	Kathleen McKernan 45-49	Aimee Speeschneider 30-34
Janet Estenes 55-59	Ann Mancuso 45-49	Richard Larkin 30-34
Tom Stearns 55-59	Thomas Miller 45-49	Laura Johnston 25-29
Heidi Remak Ziff 55-59	Lau Pontecorvo Noonan 45-49	Gulek Tan 25-29
Steven Treble 55-59	Kathleen Feeney 45-49	Amanda Maxwell 25-29
Irwin Mittleman 55-59	Bari Miller 45-49	Lauren Hawkins 25-29
Richard Carlson 55-59	Colette Gotfried 45-49	Andrew Clark 25-29
Sally Kleeman 55-59	Richard Hungerford 45-49	Philip Gerhardt 25-29
Larry VanHorn 55-59	Clare Cook 40-44	Rita Nazan Papagian 25-29
Cathy Morra 50-54	Jens Volker 40-44	Kimberly Plewa 25-29
Donna Taylor 50-54	Leigh Segal 40-44	Jackie Whitty 25-29
Greg Romano 50-54	Anna Haselmann 40-44	
Bernard Shepard 50-54	Darek Hahn 40-44	

Banquet Date Set

The 3rd Annual NJ Masters Swimming Awards Banquet and Social will be held on Saturday evening, April 4. It should be an evening full of great food, fun, conversation, and ... door prizes. Also, you get to see what everyone looks like in clothes! Stay tuned for details.

Calendar 2009

Events in New Jersey

February 15 Annual Unofficial Team Championships Ocean County YMCA Toms River, NJ Contact Louis Petto 732-341-9622 x2222 lpetto@ocymca.org

March 15 JAM March Madness Meet. See www.njmasters.org for the entry

April 4 Sussex County YMCA Mini Meet, Hardyston. Entries due by 3/30. Contact Rebecca Carlson; 973/209-9622.

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 Sveson 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>

Winter "On the Run" Workout

By Jeff Jotz

In the winter, my time is limited, so I only have an hour each morning to get my workout in before I have to get the kids to school and me off to work. I call this my "rule of three" workout because the main set is done as a multiple of 3. You can complete this 3,000-yard workout in 1 hour.

Warmup=1,000 yds

700 easy (200 free, 100 back, 100 free, 100 breast, 200 free)
6 x 50 (I swim them on :50, but you should do an interval that gives you :10 rest) free/stroke by 25

Main set=1,800 yds

3 x 300 free (I swim them on 4:00, but you should do an interval that gives you :20-:30 rest) descend 1-3
3 x 200 IM (I swim them on 3:00 but you should do an interval that gives you :20-:30 rest) descend 1-3 With Fins
3 x 100 stroke (I swim them on 1:30, but you should do an interval that gives you :15 rest) build by 25 (i.e. each 25 gets faster)

200 warm down

Total yardage=3,000

2009 Annual Garden State

100 x 100's

Save **Sunday, March 1** for the always entertaining 100 X 100's Swim. We're fortunate to have secured the Rutgers University Sonny Werblin Aquatic Center in Piscataway for the event. The swim will run from 8 am to noon, with a mandatory check-in by 8:10. The swim will only be open to 2009 USMS registered NJ Masters swimmers. Proof of registration will be confirmed at check-in with an up-to-date roster supplied by the NJ LMSC Registrar.

The course will be 8 lanes, 25 yards. If the idea of swimming the full 10,000 yards isn't for you, don't worry, you don't have to swim the whole thing. Stop when you want. Depending on turnout and the collective lane agreement, there may be an option for some to swim 50's instead of 100's. Remember to bring plenty of water or other drinks to stay hydrated. There will be a suggested donation of \$5 to help cover rental costs for the pool.

For directions go to <http://maps.rutgers.edu/building.aspx?297>

Good News for Valentine's Day! Exercise Curbs Chocolate Cravings!

New research suggests just 15 minutes of walking a day could stave off sweet cravings

There's good news for chocolate lovers today after new research suggests just 15 minutes of walking a day could stave off sweet cravings. A new study has claimed for the very first time that exercise actually reduces our food cravings after scientists at Exeter University discovered a brisk walk of just 15 minutes can lower our urge to scoff chocolate treats and sweets. The study followed 25 regular chocolate eaters, who abstained for three days and then went for a brisk 15-minute walk. The volunteers then undertook tasks that might encourage chocolate cravings, such as a mental challenge and opening a chocolate bar. Participants admitted their cravings for chocolate dropped after exercise.

Lead researcher Professor Adrian Taylor commented: "Our ongoing work consistently shows that brief bouts of physical activity reduce cigarette cravings, but this is the first study to link exercise to reduced chocolate cravings." He added: "Neuroscientists have suggested common processes in the reward centers of the brain between drug and food addictions, and it may be that exercise effects brain chemicals that help to regulate mood and cravings." Professor Taylor added: "Recognizing what causes us to eat high energy snacks, even if we have plans to not do so, can be helpful. Short bouts of physical activity can help to regulate how energized and pleasant we feel." Taken from *Marie Claire (UK)* online at <http://www.marieclaire.co.uk/news/health/281314/exercise-curbs-chocolate-cravings.html> Wednesday 12 November 2008

Trying To Eat Less Becomes More Important To Fend Off Middle-Age Weight Gain

ScienceDaily (Jan. 3, 2009) — Lots of experts disagree over the seemingly obvious notion of keeping weight off by trying to eat less – a debate that centers on whether the practice backfires, leading to bingeing and weight gain. Now a new study shows that practicing restraint becomes more important with age. Women who participated in the study had more than twice the risk of substantial weight gain if they did not become more restrained in their eating. "Some suggest that restrained eating is not a good practice," said Brigham Young University professor Larry Tucker, the study's lead author. "Given the environmental forces in America's food industry, not practicing restraint is essentially a guarantee of failure."

The study followed 192 middle-aged women for three years and tracked information on lifestyle, health and eating habits. Their analysis revealed that women who did not become more restrained with eating were 138 percent more likely to put on 6.6 pounds or more. Columbia University researcher Lance Davidson, who was not involved with the analysis, said the findings highlight an important principle of weight management. "Because the body's energy requirements progressively decline with age, energy intake must mirror that decrease or weight gain occurs," said Davidson, a research fellow at Columbia's Obesity Research Center. "Dr. Tucker's observation that women who practice eating restraint avoid the significant weight gain commonly observed in middle age is an important health message." Tucker says watching what you eat is not about physical appearance – it's a direct investment in your health. "Weight gain and obesity bring a greater risk of diabetes and a number of other chronic diseases," Tucker said. "Eating properly is a skill that needs to be practiced." Taken from Science Daily online at <http://www.sciencedaily.com/releases/2009/01/090102163237.htm?wpisrc=newsletter>

What is The Value of Swimming?

Some people swim to get and stay physically fit, some people swim to justify tonight's anticipated dessert consumption, some people swim to prove something to others and themselves, and yet other people swim to get a few quiet minutes away from their hectic lives. Swimming and USMS provide each of us with the opportunity to experience a healthier life, a happier life and a better you.

A HEALTHY HEART

"I won the lottery," Ralph remembers thinking on February 10, 2006, when the doctor came into his room and told him that he was going to be receiving a new heart. Less than 24 hours later Ralph's heart transplant was complete and two weeks later Ralph returned home a "new man." Ralph was back in the pool a mere six months after his transplant and attributes his successful recovery to his experiences as an athlete. Ralph, the epitome of a fighter, never gave up. He kept faith, relied on his support system and continued to push. To celebrate the one-year anniversary of his transplant, Ralph competed in his local Michigan Masters State Meet.

USMS, and Ralph's local coaches, teammates and workouts, give him focus and "a reason to work a little bit harder," Ralph said as he chuckled. Ralph continues to swim and compete in regional and national competitions. He also volunteers with USMS at the national level. "Swimming keeps me healthy and it keeps me young," Ralph says. "Swimming makes me a better me."

Ralph currently works very closely with the University of Michigan Cardiovascular Center and was included in the accompanying advertisement for the "Michigan Difference" campaign. (article continues page 5)

STRESS RELIEF

"As much as I swim for myself, I want to be around a long time for my six-year-old son Ethan and five-year-old daughter Amelia," says Tony Liao. Tony, 39 years old, didn't grow up with a swimming background but was a baseball player. He was first introduced to the pool in physical rehabilitation after a track injury. He rediscovered swimming in his 30's when he was looking for an exercise program to balance his work commitment as a business development manager for Mentor Graphics. He travels considerably for his job and in the last year alone has been to Taiwan eight times. "The stress and demands of my career, and significant travel take its toll," says Tony. "I knew it was catching up with me and I needed to do something for my health. I found swimming because I thought it would be healthy for my body without being too punishing." Today, Tony is a member of the Club Hot Tub in Pleasanton, Calif., and, in his words, "he's hooked."

"Swimming is absolutely the most healthy activity for my body," continues Tony. "I even arrange my hotel stays so I can be near a pool. One of the first things I want to do when I land is swim. It helps with the jet lag, the exercise clears my mind, it allows me time to think, and my body responds well. Hopefully Ethan and Amelia seeing their dad commit to his health will see it as an inspiration to them too," he proudly shares.

FAMILY AND QUALITY OF LIFE

Chris Colburn, a 36-year-old Masters swimmer and coach, credits swimming with changing his life. "I met my wife, Carrie, for the first time when she showed up at a Masters practice looking for a place to get back into swimming," he shared. Twelve years later, Chris and Carrie are married with a daughter and another child on the way. "We are a swimming family!" Chris said; Chris's mother-in-law also swims with Chris in Naperville, Ill.

Chris also attributes his good health and quality of life to swimming and to the friends that he has met through his local Masters program. "After years of not addressing chronic high blood pressure, a well-placed second opinion from a fellow Masters swimmer (Dr. Jim Miller) got me on the right track," recalls Chris. Chris since has also lost 30 pounds thanks to the help offered by his nutritionist, who is also a Masters swimmer. Masters swimming has not only helped improve Chris's skills in the pool, but has "made huge differences in [my] quality of life, from family and friends, to my day job, to health and wellness." "The connections that I have made and the benefits that I have derived from participating in Masters swimming make me the person I am today."

CONFIDENCE

Though she'd been around the water since she was a little girl, Kari Lawrence joined USMS three years ago. "It's my therapy," said Kari, 27, of her early morning swimming workouts. "It clears my head."

"Honestly, I hate jumping in the water at 5:30 a.m., but once I'm in I am reminded of how much better I feel the rest of the day because of it," she said. Not only is Kari's attitude better throughout the day after a morning swim, but "it gives me confidence," she shared. During practice she pushes herself, races her teammates and refuses to give up on an interval, and she believes that these skills translate into her life out of the pool. Kari started coaching her local Masters workout group a year ago after moving to Charlotte, N.C., from Hawaii and her job as a marine animal trainer. She currently coaches both age-group and Masters swimmers in Charlotte. "You can ask my roommate," she joked as she explained the effect swimming has on her daily life. "The other day my roommate asked me why I had been so happy lately, and I replied 'I've been swimming!'"

USMS SUPPORT

The USMS Endowment Fund, founded in 1989, assists each of us in our daily quests to be a better version of ourselves. It supports USMS, LMSCs, clubs and coaches through its commitment to seek out and fund projects that focus on medical and health research, development assistance for new Masters programs, outreach to other adult fitness organizations and education that positively impacts Masters swimming and Masters swimmers. The USMS Endowment Fund has funded projects such as the effect of Pilates and dry-land workouts on Masters swimmers and the effect of aging on stroke rate. It is the only national institution addressing the matters of concern to Masters swimmers.

Take Dr. Joel Stager, for example. Dr. Stager, of Indiana University, applied for and received a USMS Endowment Fund grant to study and understand the impact of swimming on our bodies. Dr. Stager began his research on Masters swimmers in 2002. Since then, Dr. Stager, also a Masters swimmer, has been one of the champions of Masters swimming and Masters swimmers research.

The activity level that swimming provides, "helps people maintain their independence and mobility, it helps maintain people's ability to think and process," according to Dr. Stager.. Dr. Stager has seen a 15-year offset in the bodies of swimmers, meaning that a 60-year-old swimmer can have the body composition and muscle mass of a 45-year-old person of the general public. "High-activity people live longer," claims Dr. Stager, and swimming provides that high activity level. Dr. Stager is enthusiastic about continuing his research on Masters swimming and Masters swimmers. "It just makes people better," he said. The USMS Endowment Fund is one of many USMS programs that continue to support USMS members in their pursuit of fitness, health and wellness. Together, USMS and the USMS Endowment Fund, Ralph Davis, Tony Liao, Chris Colburn, Kari Lawrence and Dr. Joel Stager answer the question: "Join USMS? What's in it for me?" Their answer: a better you.

Records from Zones—Including Some WORLD Records!

Congratulations to the following NJLMSC swimmers who posted new NJLMSC SCM records at the meet!

Special congratulations to Laurie DiTommaso, 46 (50 fly) and Benn Doyle, 50 (100 Breast, 200 Breast) for setting new World records (W). Benn also set a new National record in the 50 breast (N).

Women 18-24

Kristine Bates, 22
50 Free 29.01

Women 45-49

Laurie DiTommaso, 46
50 Free 28.02
100 Free 1:04.00
50 Back 32.51
50 Breast 36.34
50 Fly 29.21 (W)
100 IM 1:10.59

Rebecca Kalibat, 45
1500 Free 19:34.55
200 Breast 3:08.95
400 IM 5:53.02

Women 50-54

Nancy Steadman-Martin, 54
50 Free 31.33
400 Free 4:57.01
800 Free 10:16.79
100 Back 1:18.39
200 Back 2:46.09

Women 55-59

Carol Morman, 56
1500 Free 31:52.95

Gertie Sloan, 56
50 Fly 47.09

Women 60-64

June Carson, 60
50 Free 38.19
100 Free 1:26.90
50 Breast 50.32
100 Breast 1:52.66
200 Breast 3:57.03

Women 65-69

Barbara Rosenbaum, 67
100 Fly 2:20.76

Women 70-74

Jane Fisher, 72
100 Breast 2:18.29
50 Fly 1:01.19
100 Fly 2:27.24
200 Fly 5:19.32
100 IM 2:20.45
200 IM 5:13.31

Men 18-24

Thomas Alne, 20
1500 Free 21:38.12
400 IM 6:17.97

Ryan Rimmele, 23
200 Fly 2:20.84

Men 25-29

James Esposito, 29
50 Breast 30.28
100 Breast 1:08.01

Men 40-44

Steve Hiltabiddle, 42
100 Free 54.39
100 Fly 58.66

William Segal, 44
200 Free 2:03.76

Men 45-59

Chris Near, 48
200 Free 2:12.50
400 Free 4:40.66
800 Free 9:52.56
1500 Free 19:07.59

Men 50-54

Phillippe Delamare, 52
400 IM 5:19.68

Benn Doyle, 50
50 Breast 31.08 (N)
100 Breast 1:08.27 (W)
200 Breast 2:32.78 (W)
100 IM 1:05.72
200 IM 2:24.98

Ken Niemi, 53
200 Free 2:19.55
400 Free 4:53.83

Men 60-64

Frank McElroy, 60
100 Free 1:04.78
200 Free 2:20.41
400 Free 4:52.64
100 Fly 1:14.35
100 IM 1:18.02
200 IM 2:49.41

Men 65-69

Bob Hopkins, 66
1500 Free 24:05.85

Men 70-74

Jerry Katz, 70
50 Free 31.66
200 Free 3:00.16
50 Breast 42.90
100 Breast 1:41.45
50 Fly 37.87
100 Fly 1:35.62

Men 80-84

Isaac Siskind, 80
100 IM 2:07.89
200 IM 4:50.02

Robert Stricker, 80
100 Free 1:41.13
200 Free 3:56.12
400 Free 8:10.73
800 Free 16:53.82
1500 Free 32:51.56

Women's Relays

160-199
400 Free Relay
BAC 5:28.64
Sarah Clark, 37
Rosanne Lemongello, 46
Susan Kirk, 48
Anne-France Saillot, 46

200 Medley Relay
GSM 2:36.35
Nancy Wagner, 48
Stacey Jones, 32
Jennifer Baumann, 36
Laura Graham, 47

Men's Relays

160-199
400 Free Relay
JAM 3:42.91
William Segal, 44
Scott Carpenter, 44
Scott Gannon, 43
Steve Hiltabiddle, 42
400 Medley Relay
JAM 4:22.43
Scott Gannon, 43
Andrew Lippitt, 38
Scott Carpenter, 44
Steve Hiltabiddle, 42
240-279
400 Free Relay
JAM 4:28.91
Larry Seidman, 61
Jack Zakim, 63
Frank McElroy, 60
Art Wein, 58
400 Free Relay
JAM 5:25.78
Jack Zakim, 63
Art Wein, 58
Larry Seidman, 61
Frank McElroy, 60

Mixed

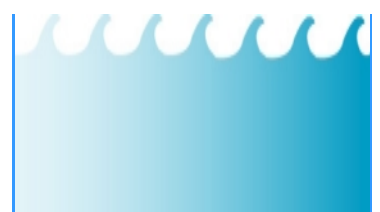
160-199
400 Free Relay
GSM 4:11.26
Laurie DiTommaso, 46
Ed Tsuzuki, 50
Amy Carow, 47
Jeffrey Jotz, 38
280-319
200 Medley Relay
GSM 4:08.06
Ralph Hemecker, 75
Louis Abel, 72
Jane Fisher, 72
Joy Tsuzuki, 78

Check out the pics on the next page!

Quote:

“I think that everything is possible as long as you put your mind to it and you put the work and time into it. I think your mind really controls everything. “

-- Michael Phelps

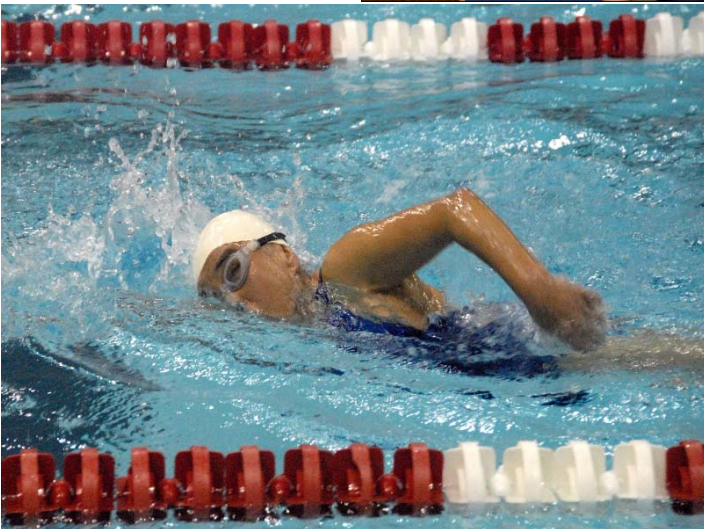


Pictures from Zones!

And a thank you to
Ed Tsuzuki
and **Amy Carow**
for the photos.

At right: **Jeff Jotz** and son
Patrick, **Laurie DiTommaso**,
Amy Carow & **Ed Tsuzuki**
take a break

Below: **Joy Tsuzuki**,
78 years young



Above: **Nancy Steadman-Martin** moving fast

Below: **Scott Yeomans** prepares to slice into the water

**RECORD
BREAKERS...**
Congratulations to the
NJLMSC swimmers
(at right) who posted
new NJLMSC SCM
records at the
New England LMSC
SCM Championships at
Boston University on
December 12-14, 2008!

Men 40-44
Steve Hiltabiddle, 42
200 Fly 2:21.52
200 IM 2:20.16

Men 50-54
Benn Doyle, 50
200 Free 2:10.09

Men 60-64
Frank McElroy, 60
100 Free 1:04.37
200 Free 2:19.07
800 Free 10:17.44
100 Fly 1:13.36
200 Fly 2:53.25
200 IM 2:44.04
400 IM 5:53.51



Ocean County YMCA Tiger Sharks Swim Team Presents:

2009 OCY Unofficial Team Championships

Sunday, February 15, 2009 Ocean County YMCA, 1088 West Whitty Rd, Toms River, NJ

- Approval: Recognized by the NJ LMSC for USMS, Inc. Recognition #: 079-R01
- Facility: The Ocean county YMCA 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 they will be taking to the YMCA National Championship in April
- Times: 1000 Free 9:15AM Warm Up, 10:00 Start
All other events 12:00 PM Warm Up, 12:40 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 5th.** 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 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**

2009 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 fr 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

Workouts Delivered Directly to Your E-Mail Box

U.S. Masters Swimming has four coaches who post weekly workouts on our Discussion Forums. As a U.S. Masters Swimming member, you can subscribe to these workout threads and have them delivered to you by e-mail.

The 2009 online coaches are Mo Chambers from Oregon Masters, Nate McBride from New England LMSC, Jacki Hirsty, also from New England LMSC and Patrick Cantrell from Metropolitan LMSC.

To use this feature you will have to first create a Discussion Forums account. To create your account, just fill out the forms at <http://forums.usms.org/register.php> and follow the link that will be sent to you via e-mail in order to fully activate your account.

Once your Forums account is created, go to the My USMS area at <http://www.usms.org/myusms/> and log in using your Forum account username and password. At this point you will be able to associate your Forum account with your U.S. Masters Swimming registration number. Confirming your membership will grant you access to members-only services, including the coaches' forums.

Now go back to the Workouts Discussion Forum at <http://forums.usms.org/forumdisplay.php?f=95> . There is one sub-forum listed for each coach. You can view the threads online whenever you want. Most coaches post a week's worth of workouts at a time. If you'd like the workouts delivered to you by e-mail, you can subscribe to one or more of the coaches' forums.

To subscribe to a forum, click on that forum title to open it. At the top/right of the page (just below the list of page numbers) select "Forum Tools", then "Subscribe to this Forum." Select your notification type (usually "Instant notification by e-mail"). You're subscribed!

If you ever want to unsubscribe, click on "User CP" from the top of any Forums screen (your user control panel). You will see lists of the threads and forums to which you are currently subscribed. Your subscribed thread list is shown first, with a link titled "Unsubscribe" below each thread title. Following the subscribed thread list is your subscribed forum list. Below each forum title is a link titled "Unsubscribe from this Forum". If you want to unsubscribe from all posts to a workout forum, be sure to unsubscribe from the forum as well as all of the threads.