

EASTLANE

Swim Fest '10 San Diego, By Ed Tsuzuki

I had the pleasure of participating in USMS' SwimFest '10 at the University of California at San Diego (UCSD) on June 5 and 6. I would like to extend a big thank you to the NJ LMSC for providing assistance to both Alexandra Lopez and me as the clinic provided an outstanding opportunity to interact with several experienced USMS coaches from both a swimmer's and a coach's point of view. I'd like to share with you some of the highlights, opportunities, and key learnings, from my personal perspective.

If you have ever visited San Diego, you know that it is right on the coast in southern California, and the weather is just gorgeous. Even in their self-proclaimed month of "June Gloom," when the meteorology professionals say that San Diego loses its "perfect climate" title for a month, the venue was fantastic. UCSD boasts an outdoor facility with two 50 meter pools, and the La Jolla beach was a mere 10 minutes away. All this and bike friendly roads everywhere sure made it difficult to take the red eye flight home on Sunday night.

The clinic provided a mix of both classroom and in-water sessions covering stroke technique and analysis, approaches to workouts, dryland exercises, and open water swimming. There were so many great presentations and tidbits of information, but I'd like to share some of the key takeaways for me here:

Streamlining – We are all aware of the need to streamline our entries and pushoffs, but Gary Hall, Sr., Director and Coach of the Race Club, emphasized the importance of minimizing drag throughout the entire stroke cycle – maintaining a head down position and getting that high elbow position early in the freestyle stroke.

Tempo – Kerry O'Brien, Head Coach of the Walnut Creek Masters, discussed the relationship between stroke length and stroke rate (as one goes up, the other goes down) and the importance of finding that perfect balance for you in order to maximize your swimming speed. The Finis Tempo Trainer helps you do that by allowing you to set a specific rate that you should maintain during a (training) swim, and also allowing you to vary that rate as you proceed through a set.

Dryland – As we age, we lose muscle mass and strength. It is important to append your swimming workouts with a well-planned and focused dryland routine. Stacy Peterson, the Strength and Conditioning Coach for several UCSD varsity teams took us through exercises to help improve and maintain power and core strength.

Video Analysis – Dr. Genadijus Sokolovas, Director of Physiology and Sport Science for USA Swimming, showed many examples of world class swimmers being videotaped while swimming and having their velocity curve plotted against each portion of the stroke. It not only revealed the tremendous variability throughout every stroke, but more importantly revealed their strengths and weaknesses, suggesting optimal stroke technique. Who would have suspected that Natalie Coughlin maintains a higher velocity than ANYONE (including Michael Phelps) during the upkick of her butterfly or that Kosuke Kitajima bends his knees too much when he brings his legs up for the fly kick of the underwater pull-out (optimal angle seems to be about 60 degrees)? This session was fascinating!

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Coaches work with some lucky swimmers

NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk
908.313.6785
sgkirk@gmail.com

Vice Chair

Chris McGiffin
908.630.0166
CMcGiff@aol.com

Treasurer

Bill Reichle
908.587.2053
ReichsSwim@aol.com

Registrar

Tom Brunson
973.279.7153
tombrunson@optonline.net

Sanctions & Safety Chairman

Mike Fanelli
908.755.9380
mfane41082@aol.com

Webmaster, Top Ten Records

Ed Tsuzuki
908.371.9179
edtsuzuki@comcast.net

Open Water & Fitness Chair

Jeff Jotz
732.382.9419
jjotz@yahoo.com

Events Coordinator

Bridgette Hobart
973.663.3663
bhobart@ptcllc.com

Newsletter Editor

Linda Brown-Kuhn
908.479.1038
lbk@sprintmail.com

Newsletter Graphic Design

Sara Harrison Johnston
908.322.2449
aras33@comcast.net

Calendar 2010

Events in New Jersey

May 15 - Sept 15 USMS 5km and 10km Postal National Championships Hosted by Twin Rivers YMCA Masters, North Carolina LMSC. Contact Bob Husson, onegoodbloke@hotmail.com; 252/638-8425. Need a 50m pool to swim event in.

September 12 2nd Annual Tom Wear One-Mile Memorial Swim, Lake Hopatcong. Contact Bridgette Hobart bhobart@ptcllc.com.

Other Events

January 1 - December 31 USMS Check-Off Challenge 2010 Fitness Event See if you can swim all 18 events. Form at [Check-Off Challenge](#)

January 1 - December 31 USMS Go The Distance 2010 Fitness Event Information at [Go The Distance](#). Register now to maximize your yardage.

September 15 - November 15 USMS 3000/6000 Yard Postal National Championships Contact Susan Ingraham, Aquatex101@aol.com or 201/493-0388. You can enter online at https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=2250 starting on September 15th.

2010 Open Water Clinic Recap, by Jeff Jotz

Under brilliantly sunny skies and pleasantly warm temperatures, 15 Masters swimmers and a single one-event registrant joined me, Susan Kirk and Rosanne Lemongello at Bridgette Hobart's house in Lake Hopatcong for the annual NJLMSC Open Water Swim Clinic. I have been giving the clinic since 2005 to Masters swimmers and groups of triathletes interested in improving their open water skills.

The clinic is designed as a basic introduction to open water swimming and is geared towards beginners interested in surviving the swim leg of their first half-triathlon to marathon swimmers looking towards longer swims like the Manhattan Marathon Swim or the English Channel.

The clinic consists of a two-hour dryland workshop that emphasizes safety and race strategy techniques. The remaining hour of the clinic involves swimming around the calm, warm waters of Lake Hopatcong.

After years of journeying around the state and hoping that we were able to find a clean, quiet body of open water, Bridgette's generosity and enthusiasm for swimming is certainly welcome and appreciated. We are fortunate to have one of our members living in a lakefront home perfectly suited towards open water swimming.

If you are interested in arranging a clinic for your workout group, please e-mail me at jjotz@yahoo.com. If open water is not available, I have adapted the clinic into a two-day pool-based event that can be held at your local pool and am eager to try it out.

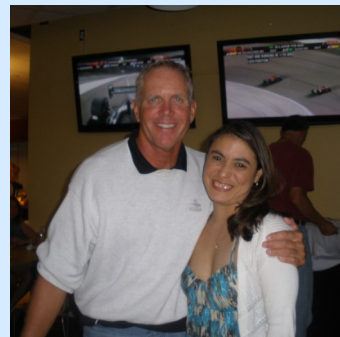
Open Water Calendar

If you're planning your open water season check out this open water calendar compiled by our own, Jeff Jotz. Find it at: <http://www.njmasters.org/misc/NJLMSCSummer2010OpenWaterSwims.htm>

A Dream Come True, By Alexandra Lopez, Ridgewood YMCA Masters Coach

When I first took a look at the program of the SwimFest'10, my imagination got captivated just with the idea of being able to go to San Diego, CA for a weekend. Not only would I be able to get to know nine of the most prestigious Masters Swim Coaches of the country, but I would be able to meet a real Olympic Swimmer. There was something about this event that made me dream to be there... but at that moment it was just that, a dream. How would I end up there? The answer came a couple of weeks later, when NJ LMSC offered a grant for the NJ Masters coaches interested in participating in this event. Without hesitation I applied for it. And here I am, sitting in the airplane on my way back home, trying to keep every single moment of this past weekend alive forever. Was it fun? Definitely! Was it worth it? A million times yes!! Did I have a good time? I had the best time!!! What did I learn?

Well I was thirsty for knowledge, and I got a lot of water! There was a group of nine mentor coaches, seventy coaches in training, and about sixty swimmers. All the mentor coaches did a very good job and taught us a lot. I learned new drills, new techniques, new coaching skills and I interacted with coaches and swimmers with different swimming backgrounds and from all over the country, even from Alaska. We reviewed everything about swimming from A to Z. The program started Saturday at the University of California, San Diego Pool. It is a nice facility with two 50 meter outdoors pools, where we had a complete schedule of classroom and pool sessions, learning about competitive swimming: Dryland, Diving, Flip Turns, stroke techniques, Drills, Tempo Training, video analysis, etc. The program for Sunday was about Open Water Swimming at the UCSD pool with a classroom and pool sessions, learning about all the open water techniques: entrance to the water, sighting and breathing skills, competitive strategies, getting out of the water, etc. We then moved to La Jolla Beach where we practiced everything we had just learned in a nice cool 62°F water temperature. At this point my excitement allowed me to have my first open water swim experience, *as I said; I got a lot of water!!*



Gary Hall and a happy Alexandra Lopez

I was impressed with one of the greatest “swimming geeks” that I had ever met: Genadijus Sokolovas, better known as “Dr. G”. He developed the GST Swim Power Test, which effectively analyzes the changes of swimming velocity, force, acceleration and power at each phase of the stroke. He presented and analyzed a video - tape session and went over every single stroke, giving us a detailed explanation of the way the swimmer’s body interacts with the friction of the water. His presentation just paid off this adventure!

Maybe the reason why one of my objectives was to meet a real Olympic champion was because of my Olympic dream, the one that all athletes carry and have under their pillow. And then, there he was right in front of my eyes talking to us, sharing all his experiences as a professional swimmer. Yes. I am talking about Olympic swimmer Gary Hall Sr. -- two silver medals, one bronze medal, three Olympics, one career, and many titles. His lecture was about the power of swimming, including the underwater arm position, the hips driven position, the power of the legs, and the body position. His techniques and the way he explained everything was easy to take, like drinking water on a hot day. Gary is an idol and was right in front of me, with a soft voice, smiling expressions and welcoming everyone. He is that kind of person that loves and respects swimming and has a passion for it.

Later on that day, I talked to him about his involvement in a foundation called World Fit, which encourages young kids to take care of themselves and do a fitness program, (www.worldfit.org) and to my surprise, Gary started to speak in perfect Spanish. Oh! That was the top of the ice cream!!! Gracias, Gary for continuing to share and spread your passion and love for swimming to us. Gracias, gracias, gracias for making my dreams come true!!!

Continued from cover page...

Open Water training does not have to always be in open water! The lane lines from the 50m pool were removed and open water buoys were placed in a triangular course as Mickey Murad and Matt Macedo, Co-Founders of the First Wave Swim Academy and Coaches at North Coast Aquatics and UCSD, led an intro to open water training in the pool, allowing new swimmers to learn about shoulder-to-shoulder swimming, sighting, and turning around the buoys in a comfortable environment before moving to the beautiful La Jolla beach.

Not only have I been able to work on improving my own technique through my participation at SwimFest '10, but I look forward to supporting the local development of clubs and coaches, with a keen interest on increasing open water opportunities and instruction at all levels in New Jersey!

2010 Colonies Zone 1 Mile Open Water Championship

Mark your calendars for Sunday, September 12th, the date of the Tom Wear Memorial One Mile Swim at Lake Hopatcong, NJ. This year the event is stepping it up and will be the 2010 Colonies Zone 1 Mile Open Water Championship.

This year, a pre-event mixer to kick things off will be held at the Warehouse Grille on Saturday from 5 to 9 pm. All are welcome to attend with family and friends. There will be a band playing on their patio at the rear of the restaurant and that area will be reserved for the social. During the social, you can take care of pre-race registration and packet pick-up if you'd like. Simple online registration will be offered through the timing company, Compuscore.com and online entries are preferred.

Check out the dedicated website for the event at www.swimlakehopatcong.com. Registration is \$30 from August 14th-31st and \$50 after September 1st.

If you have questions contact Bridgette Hobart at bhobart@ptcllc.com or 973-663-3663.

Slammin' Summer Workout

Thanks to Beth Maloney for this excellent workout that's big on variety (and ladders) to keep you from getting bored!

Warm Up - 400 swim (every 4th lap backstroke)
400 kick on side (alternate side by 25)

Swim ladder 15 seconds rest 50, 100, 150, 100, 50

Kick ladder 15 seconds rest 50, 100, 150, 100, 50

Pull ladder (paddles optional) 15 seconds rest 50, 100, 150, 100, 50 200 breast with dolphin kick

8 x 75 IM (fly, back, breast) on 1:30

6 x 50 descend 1-3 and 4-6 on 1 min

Cool down 200

Total 3450

New Records Set

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC LCM records at the New York Parks LCM meet at the Corona Park Pool in Flushing Meadows on June 6, 2010.

Women:

45-49

Lorna Cialdella-Morehead, 46

100 Fly 1:20.41

60-64

June Carson, 62

100 Free 1:25.64

200 Breast 3:54.19

Marie, Vellucci, 61

200 Fly 4:19.77

New USMS Masters Program

Welcome to new Masters team, the Bay City Y Aquatics-Masters Swim Team at Raritan Bay Area Y. All practices are coached. Practice schedule can change occasionally to facilitate swim meets, lifeguard training etc. First time swimmers, contact coach Thaddeus Gamory at thadgam1@msn.com, 732-442-3632.

Light Those Candles... Happy birthday to the following 90 July and August babies!

Light Those Candles!

Happy birthday to the following 90 July and August babies:

Charles Woodford 75-79	LaJoy Collins 50-54	Lisa Ciccone 40-44
Carol Eno 75-79	Sarah Sangree 50-54	Simon Hooks 40-44
Richard Wallace 65-69	Richard Bosland 50-54	Weslea Reid 40-44
Stephen Pine 65-69	Charles Daniel 50-54	Craig Prince 40-44
Donald Cox 65-69	Benn Doyle 50-54	Oleg Chebotarev 40-44
Jack Zakim 65-69	Mike Leddy 50-54	Stephen Droste 40-44
Edward O'Hara 60-64	Wendy Navin 50-54	Dave Ruberto 40-44
Kathleen Reynolds 60-64	Donald Smart 50-54	Simona King 35-39
Peter McCoy 60-64	Donald Free 50-54	Kerry Dwyer 35-39
Kevin Lynott 55-59	Karen Charen 50-54	Richard McKern 35-39
James Ryan 55-59	Beth Poore 50-54	William Blumentals 35-39
Wendy Weill 55-59	Matt Lefkowitz 50-54	William DiGiacomo 35-39
Craig Hill 55-59	Laura Graham 45-49	Kim Conyers 35-39
Alexander Sharpe 55-59	Ken Chen 45-49	Kevin Seise 35-39
Richard Cahayla-Wynne 55-59	Amy Carow 45-49	Susann Tully 35-39
John Spangler 55-59	Chip Freund 45-49	Edward Buscemi 30-34
Andrea McGruther 55-59	Laurie Ditommaso 45-49	Jennifer Finotti 30-34
Nancy Steadman-Martin 55-59	David Groeneveld 45-49	Tiffany Brennan 30-34
Mario Lepore 55-59	George Goldsmith 45-49	James Esposito 30-34
David Juchniewicz 55-59	Timothy Clewell 45-49	Lisa Picek 30-34
Edward Tirpack 55-59	Donna Farrell-Wilson 45-49	Dan Drury 30-34
Kathleen Hurley 55-59	Paul Benz 45-49	Bobby Tucker 25-29
Sam Kongsamut 50-54	Rebecca Kalibat 45-49	J Wesley Donnelly 25-29
Steven Becker 50-54	Lorna Cialdella-Morehead 45-49	JD Generoso 25-29
Michael Roesch 50-54	Kevin Chiella 45-49	Christine Larkin 25-29
Arthur Bilenker 50-54	Beth Tully 45-49	Hannah Mueldener 25-29
Marcia Postallian 50-54	Yoshitomo Mori 45-49	Andrew Zockoff 25-29
Ursula Kohama 50-54	Margaret Martonosi 45-49	Kathryn Fieldhouse 20-24
	Craig Hubert 45-49	Philip Hume 20-24
	Matt Sweeney 45-49	Amara Rivera 20-24
	Melanie Fink 45-49	
	Elizabeth Burton 45-49	

Buy Your New Jersey Masters Swimming T-shirts

The NJ LMSC board is pleased to offer New Jersey Masters Swimming t-shirts to our members for purchase. The proceeds will be used to offset some of the costs of providing the annual 100 x 100s NJ LMSC event free of charge to all registered NJ Masters swimmers. The t-shirts are short-sleeved black Hanes Beefy-T 100% cotton and have the New Jersey Masters Swimming small logo on the left chest area and the U.S. Masters Swimming large logo on the back of the shirt. The shirts are \$20.00 each and are available in unisex sizes Large and X-Large. If you would like to have a shirt mailed to you, then there will be an additional \$2.50 shipping charge.

If you are interested in ordering a New Jersey Masters Swimming t-shirt, please contact Susan Kirk at sqkirk@gmail.com.

Review: USMS Swimwear Rules Effective June 1, 2010

For the Pool

Please see the [USMS Rulebook, Part 1](#), Section 102.14 Swimwear (pages 13-14), for the current swimwear rules for all Sanctioned and Recognized pool events. (Here is a “FINA

SWIMWEAR RULES - MASTERS SWIMMING”, amendment to FINA BL 8.5 made on June 17, 2010: It is clarified that swimsuits which fulfill the shape requirement set forth in BL 8.3, respectively BL 8.4 (for Open Water Swimming) can be accepted even if they do not bear a valid FINA approval label provided they effectively and evidently fulfill the material requirements set forth in the current FINA Requirements for Swimwear Approval. This is the case for swimsuits made of traditional permeable textile (i.e. open mesh material) material (such as cotton, Nylon, Lycra and the like) with no application of surface treatment closing the open mesh structure. In case of doubt in this respect and when notably such doubt concerns a swimsuit used at the occasion of a World record, an actual check of the swimsuit can be required from the competitor or Certifying Official and the swimsuit is to be forwarded to the FINA Office for submission to an actual control of all or parts of the requirements.)

Following are some of the more commonly asked questions regarding the swimsuit rules.

Is My Suit Legal?

These changes were effective in January for short course meters and long course meters competition. The changes were effective June 1, 2010 for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer.

1. Question: May I convert my old fabric, ankle-length racing suit to a legal suit? I don't add elastic to the legs after cutting them off; the fabric stays put just above my knee (I just hemmed it).

Answer: Yes, you can convert the ankle-length, fabric suit to a legal suit by cutting the legs off and hemming it.

2. Question: Can I replace the back zipper on my racing suit with elastic bands, sewn in, as the closure?

Answer: No, because the elastic could exceed the thickness limit and provide extra compression. Extra compression is one of the reasons that the high tech suits were banned.

3. Question: There are little rubberized bumps on the chest panel of my Speedo racing suit. Would they still be legal?

Answer: No, the bumps are illegal because they are not fabric. You can peel them off and then the suit will be legal if it does not extend below the knees and does not have a zipper.

For USMS Open Water Events

The following are common questions for Sanctioned Open Water Events:

Is My Suit Legal?

USMS open water swimsuit rules have not changed from 2009 and are not impacted by the 2010 FINA swimwear rules for pool or open water competition. Swimwear that was approved for pool use in 2009 is still legal for USMS sanctioned open water events in 2010. Please refer to the February 4, 2010 [Open Water Swimsuit Rules Clarification](#).

1. Question: Can my swimmers wear a rash guard, arm/leg warmers, or similar swimwear to protect them from the sun or cold?

Answer: The USMS Long Distance Committee has interpreted rule 303.6.3 to define “wetsuits” to include rash guards, arm/leg coverings, and similar swimwear. When both wetsuit and non-wetsuit divisions are offered, swimmers who wear these devices are eligible for the wetsuit division but not for **Cont'd on page 7**

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” -- James Dent

the division with the swimwear allowed by 303.6.1.

2. Question: Can my swimmers wear SwiMP3s or other types of portable audio system?

Answer: While the rules do not specifically exclude “pacing devices” for open water, a SwiMP3 is considered more of a distraction and potential safety hazard. We strongly recommend that the swimmer does not wear something that will make them blithely unaware of signals from safety personnel, lifeguards, boats, obstacles, etc.

3. Question: The water temperature is close to 78 degrees Fahrenheit. The event allows wetsuits and my swimmer wants to wear one – how will the swimmer know how to prepare?

Answer: The swimmer should be prepared for either situation, as USMS rules do not allow for wetsuits when the water temperature is above 78 degrees. Most event hosts will take temperature measurements several days prior to the event to let the swimmers prepare appropriately. Most will also take the temperature one to two hours prior to the event, and will not make a decision until that last minute.

--from 7/10 *Streamlines* newsletter

Stopwatches? Sensor Technology Puts the Laptop in Lap

By BRETT ZARDA

Technology in swimming was once limited to a razor and a stopwatch.

The sport has joined the technological tide in recent years, and now Avidasports, a small start-up technology firm in Harper Woods, Mich., hopes to modernize swimmers' training regimens through the use of wireless sensors that enable coaches to collect performance data in real time. The new system will also allow coaches to give swimmers stroke-by-stroke feedback in their ears. So far, the [University of Michigan](#), the former home of [Michael Phelps](#), is the only swimming program to purchase the AvidaMetrics system.

“We hope this is a revolutionary system that will let us see all this data and know what they’re doing in real time,” said Mike Bottom, the Michigan men’s swimming coach. “That will give us a lot more info than just watching their stroke.”

Phelps’s coach, Bob Bowman, who has yet to use the system, says he sees similar potential. “Anything we can do that makes the swimming stroke more measurable and objective is really going to help,” he said. “Having parameters that you can measure and get feedback to the athlete, have them make changes and then see what the results are, I think that’s really powerful.”

Five sensors equipped with a device that measures acceleration — weighing less than an ounce each — are strapped to a swimmer’s wrists and ankles. Another is worn on the crown of the head and is connected to a small ear bud for communication. The computer system requires no calibration and can track as many as 100 swimmers at a time — of any skill level. The sensors can distinguish what stroke the swimmer is performing. Data is transmitted to a laptop on the pool deck. Algorithms crunch and spit out metrics like pace, stroke count, stroke tempo, distance per stroke, turn time, kick count and kick tempo. The data can be compared on the spot with how a swimmer is performing relative to their season average for a given workout. Previously, tracking this data for 25 swimmers would have required hundreds of stopwatches and fast thumbs.

“I’d say if it does everything it says it can do, it would be very useful,” said Matt Patton, a national team swimmer who has tested the technology. “I’d be willing to try it for an extended time and see how it could improve my practice and race time.” The ear bud adds an element that Bottom compared to a [Nascar](#) driver communicating with his crew chief. Matt Kredich, the women’s coach at the [University of Tennessee](#), said he might use it midpractice to warn one of his swimmers who has a tendency to shorten her stroke, which often leads to shoulder pain.

Bowman says he likes the option of talking to his swimmers underwater, but he is not so sure his swimmers will. “They get to get away from me when they put their head in the water,” he said.

Patton said, “What jumped out to me is that if you’re mimicking a 400-meter freestyle race, it would let me know if I was on pace.”

After practices, swimmers can log on to a Web site to analyze the data. The system costs \$14,950, with sets of sensors running another \$399 each. Web-based access to data would cost a swimmer \$72 a



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804

year. None of the coaches flinched at the price, but Bowman and Kredich said they want to test it before making the investment. Kredich said that in a sport measured to the hundredth of a second, an error of 0.1 seconds, consistent with that of a stopwatch, would be acceptable. Avidasports says its system is accurate to between 0.1 and 0.2 seconds.

"Improvements come in small increments, so if you can't measure those improvements accurately, then you lose the motivation and the confidence that we're using our time wisely," Kredich said.

Although Bowman said he did not think the devices would alter a swimmer's technique, he was concerned that a swimmer coming to the pool at 5:30 a.m. to train might not love having to strap on equipment. Patton said he could feel that he was wearing the equipment, but he did not think it altered his mechanics.

Kredich did express concerns about the system becoming a distraction. "It's not something we want them thinking about," Kredich said. "If the technology takes their focus off the practice, then the technology isn't happening."

Ultimately, adoption could depend on coaching philosophy.

"The revolution will only happen if coaches grab hold of it and use that data to make improvements," Bottom said. "Not all coaches are committed to the science. For some, training is something they've coached for years and years, and they're going to do it the same way." Bowman says it will be more about results, perhaps in the form of gold medals. "It depends on how the people who use it perform," he said. "If they swim fast, everyone will use it." Persuading Phelps to strap on the sensors might help.

--From NY Times, 7/18/10. Thanks to Gita Roy for this article.

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