

# EASTLANE

## Local Swimmer Wins International Swimming Hall of Fame Award

### Steven Becker (USA)

#### 2010 Paragon Award – Recreational Swimming

As Director of Health and Wellness Services for the Jewish Community Center Association of North America, Steven Becker serves as a resource for more than three hundred and fifty JCC, YM-YWHA and camp sites in the United States and Canada. Becker provides the guidance to help develop personnel to programmatically as well as professionally to become the aquatic leaders with in their communities.

Steve has partnered with aquatic insurance experts, The Redwoods Group, to provide risk management training jointly for JCCs and YMHAs in order to help both organizations create a safer aquatic environment and culture.

Prior to working with the JCC Association, Steve was the fitness and aquatics director at the Marcus JCC of Atlanta, Georgia for four years, and the Westside JCC in Los Angeles, California for fifteen years. In LA, he was the high school swim coach for four-time Olympic gold medalist Lenny Krayzelburg, as well as coach of the U.S. Junior Swim Team in the Pan-Am Maccabi and the World Maccabi Games. He is currently working with Krayzelburg to implement a revolutionary new learn-to-swim method for JCCs in the US and Canada to help those JCCs provide a unique niche in the aquatic community.

As a Masters swimmer, Steven won his age group for the 2006 Alcatraz Challenge, which included a one and a half mile swim from Alcatraz to Chrissie Field. He is a graduate of UCLA, with a teaching credential in Education.

--From International Hall of Fame website at <http://www.ishof.org>



## Far Hills retiree to be oldest swimmer in Manhattan marathon

By **Eugene Paik/The Star-Ledger** 7/10/11 edition

(Editor's note – Paul Kiell and Bridgette Hobart swam the Around Manhattan Swim to benefit NJ SWIM Inc., an organization that provides water exercise for adults who cannot exercise on land due to the effects of MS, Parkinson's Disease, stroke, fibromyalgia, post polio syndrome, ALS or other causes. Paul is coordinator for the Swim Inc. program at the Somerset Hills YMCA. This article was written on the eve of that swim. You can read a [piece](#) about a 24-mile marathon relay swim Paul was part of this April in the waters off Tampa Bay, Fla. in order to raise awareness about bipolar disorder.)

Full story page 6



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# Calendar 2011

## Events

**January 1 - December 31** USMS Go The Distance 2011 Fitness Event. Go to <http://www.usms.org/fitness/content/gothedistance> to enter this free event.

**January 1 - December 31** USMS "Check-Off Challenge" National Fitness Event Go to <http://www.usms.org/fitness/content/checkoff> for more information or contact Nancy Brown; [nancygeoff@cablespeed.com](mailto:nancygeoff@cablespeed.com)

**August 3-6** 2011 USMS Summer Nationals, Auburn University, Auburn, AL. Complete meet information will be available with the publication of the May/June/June issue of SWIMMER magazine, [Meet information](#).

**August 6** 2011 USMS >3/< 6 Mile Open Water National Championship (5K), Atlantic Ocean, Brooklyn, NY [Entry](#).

**August 13** 2011 USMS 2-Mile Cable National Championships, Mirror Lake, Lake Placid, NY Online entries will close at midnight, August 3. Paper entries must be received by August 1. [Entry](#).

**November 10-15** 2011 Pan American Masters Swimming and Open Water Championships, Rio de Janeiro, Brazil. [Meet information](#).

## New Jersey Events

**August 6**, Annual Mid Summer Open Water 1 Mile Ocean Swim, LaVallette. [Entry](#).

**August 7** Jason E. Nessel Memorial LCM Meet, [Entry](#).

**October 1** Sussex County YMCA "Just Do It" Adult Mini-Meet, Sussex County YMCA, Hardyston, NJ. Entry on pages 10 and 11

**October 15** Drew Rangers Masters Fall Swim Meet, Drew University, Madison, NJ

**August 27**, 2011 Colonies Zone OW championship, 2.5 K, Lake George, Hague, NY [Meet information](#).

September 10 Tom Wear Memorial 2-mile Open Water Swim, Lake Hopatcong. [Online entries](#) are preferred but [mail-in entry](#) is available too. Contact person is Bridgette Hobart at [bhobart@ptcllc.com](mailto:bhobart@ptcllc.com) or 973.663.3663.

## Freshly Designed Website!

You'll want to take a look at our new look! Webmaster Jason Pintinalli has jazzed up our New Jersey Masters Swimming [website](#). You'll find a [photo gallery](#), [video gallery](#) and Places to Swim in NJ now sports a great [interactive map](#).

## Sweet Summer Workout

The following workout comes courtesy of Coach Sue Lawson from the Masters group at the Somerset Hills YMCA. This one will give you a chance to work on stroke and freestyle.

### WARM UP(1200)

300 SWIM CHOICE

8 X 50 DRILL/SWIM @ 100 (alternate fingertip catch-up & fist drill)

300 PULL (every 4<sup>th</sup> lap max distance per stroke)

8X 25 KICK @ interval w/ 5-10 sec rest

### MAIN SET (1900/3100)

4 X 250 100FREE / 50STROKE / 100FREE @interval w/ 20sec rest

4 X 150 75FREE / 25 STROKE / 50 FREE @interval w/ 15 sec rest

4 X 75 25 FREE / 25 STROKE / 25FREE @ interval w/ 10 sec rest

### FIN KICK (300/3400)

4 x (25 side kicking w/ eyes focused on the bottom/25 streamlined back flutter/25 back dolphin)

### COOL DOWN (100)

100 EASY

TOTAL 3500

## Records

Congratulations to Michelle Davidson, 40 for setting new NJ LMSC SCY records at the Colonies Zone SCY Championships at George Mason University (VA) on April 15-17.

50 Back 29.43  
100 Back 1:04.12  
200 Back 2:18.40

Congratulations to Chris McGiffin, 45 for setting new NJLMSC LCM records at the Colonies Zone LCM Championships at Middlebury College (VT) June 24-26, 2011.

Men 45-59  
400 Free 4:53.89  
1500 Free 19:39.72  
400 IM 5:35.56

## Jersey Girls Finish Strong at the USMS 10K OW Championships

Congratulations to six swimmers, including one national champion, from the NJ LMSC who placed at the USMS 10K Open Water National Championships on June 11 in the Gulf of Mexico off of Fort Myers, Florida.

Lynn Ascione, 44, Sarah Clark, 40 and Heather Guthrie, 43 swam to a 1-2-3 sweep in the 40-44 age group while Bridgette Hobart and Mary Guilfoyle, both 48 finished 4th and 6th in the 45-49 age group. Susan Kirk, 50 grabbed 2nd place in the 50-54 age group.

### QUOTE:

*“Deep summer is when laziness finds respectability.”*

--Sam Keen

# **OPEN WATER SWIMMING** by Aqua Sphere Powered Pro Triathlete Patrick Valentine

June 7, 2011

Introducing open water swim training into your workout regimen is a great way to break up the monotony of pool swimming. It is also a great approach to practice all the techniques that differ between open water and pool swimming, which can prepare you for your next triathlon or open water swim meet. The key piece to remember is that there are different aspects involved with open water swimming that will help an athlete be more successful on race day. Four main areas of focus for open water swimming are the swim start, buoy sighting, drafting, and water exit. Like always practice is key, in order to have proper execution on race day.

If you have ever witnessed an open water swim start, right away you know that it is much different than starting in a pool. Depending on the race, some will have you in the water and others will have all athletes starting on land. The trickiest start for most athletes is generally correlated with the mass land start. For this scenario you want to put yourself closer to the front for a clear view of the distance to the water. When you hit the water you want to run as far as you can, while running with high knees, to avoid getting bogged down with each stride. Continue running with high knees until the water becomes somewhere between knee and hip deep. At this point dive into the water and begin swimming. The key is to focus on not swimming too soon where your hands drag the bottom, and in contrast not running too far where your speed slows down before beginning the swim.

Now that you are in the water there are two main points to focus on that will set you up for your fastest swim. First, you want to make sure you are proficient at buoy sighting. When we swim in a pool it is easy to go in a straight line because the line on the bottom points us in the right direction. However, not being able to sight for the buoys is a quick way to get off course adding more distance and time to your race. Proper buoy sighting involves lifting your head slightly out of the water until your eyes break the surface and you can see the buoy. This should be timed simultaneously as one of your hands is entering the water and starting the catch phase of the stroke. You should only need a quick glance to distinguish the large buoy and then lower your head back in the water as your opposite arm goes through the recovery phase of the stroke. This process should be very quick to allow you to resume your normal swimming stroke with the smallest amount of interruption as possible.

Once you are swimming and tracking buoys properly, you want to try and draft off another swimmer if possible to save energy. The most effective place to draft will be to place your body behind and slightly to the side of a larger, faster swimmer. Be careful though not to get so close that your hands hit the other swimmer. If there is a current or waves coming from a certain direction during the swim you want to position another swimmer between yourself and the direction the waves are coming from. This is typically found by placing yourself on one side of the other swimmer with your head next to their hip.

As you start to round the last buoy and finish your swim it is important to know what to do and how to get prepared for exiting the water. When you are around 100-150 meters out from finishing the swim you want to bring your legs in a little more by ramping up your kick slightly. This will allow the blood to flow to your legs so that you will be able to run upon hitting the shore. The crucial thing to remember is finding the right kick that is suitable for you, strong enough to get the blood flowing and not so overzealous that you elevate your heart rate.

With practice of the four points of swim start, buoy sighting, drafting, and water exit you will set yourself up for a success on your next open water swim. However, whether seasoned swimmer or embarking on your first open water swim, if you are still nervous about the event, try to find a wetsuit legal swim. Wetsuits such as the Aqua Sphere Phantom have the latest technology to help put your body in the ideal swim position, which allows you to swim faster with less energy. Aqua Sphere's open water goggles such as the Kaiman, Kayenne or Vista will help you clearly spot the buoys and finish so you swim the shortest distance possible. As always practice makes perfect, allowing you to be successful and get more enjoyment out of your next open water swim. More information on the Phantom wetsuit and open water goggles can be found at [aquasphereswim.com/us/index.php/component/content/article/197](http://aquasphereswim.com/us/index.php/component/content/article/197) and [aquasphereswim.com/us/index.php/products/eye-protection](http://aquasphereswim.com/us/index.php/products/eye-protection).

--Taken from USMS website at [www.usms.org](http://www.usms.org)

## Light Those Candles!

*Happy birthday to the following 123 swimmers who celebrate their birthday in July and August.*

<b>July</b>	Laura Graham 50-54	Janet Chatfield 60-64	Gregory Steier 40-44
William Van Pelt 80-84	Chip Freund 45-49	Kathleen Reynolds 60-64	John Wright 40-44
Carol Eno 75-79	Laurie Ditommaso 45-49	Peter McCoy 60-64	Julie Sheldon 40-44
Jerry Katz 70-74	Patti Bell 45-49	Craig Hill 55-59	Heather Agriogianis 35-39
Richard Wallace 65-69	Cathleen Vigeron 45-49	Richard Cahayla-Wynne 55-59	William Blumentals 35-39
Stephen Pine 65-69	Lorna Cialdella-Morehead 45-49	Jurek Patoczka 55-59	Gary Zimberg 35-39
Edward O'Hara 65-59	Kevin Chiella 45-49	Mario Lepore 55-59	Harold Gainer 35-39
Karl Fenske 60-64	Lisa Ciccone 45-49	David Juchniewicz 55-59	Kevin Seise 35-39
Sam Cynamon 60-64	Oleg Chebotarev 40-44	Sandra Seddon 55-59	Tiffany Brennan 30-34
Kevin Lynott 55-59	Mead Briggs 40-44	Janet Byrne Smith 55-59	Wilson Tavarez 30-34
James Ryan 55-59	Carolyn D'Amico 40-44	Kathleen Hurley 55-59	Amanda Kara 30-34
Wendy Weill 55-59	Charmaine Buskas 40-44	Arthur Bilenker 55-59	Dan Drury 30-34
Andrea McGruther 55-59	Lisa Byther 40-44	Marcia Postalian 55-59	Carrie Pace 30-34
Nancy Steadman Martin 55-59	Simona King 40-44	John Buford 50-54	Glenn Hartrick 30-34
Spencer Reese 55-59	Julian Setian 40-44	Sarah Sangree 50-54	Christine Lsarkin 25-29
Edward Tirpack 55-59	Sandra Karyczak 40-44	Charles Daniel 50-54	Matthew Rodriguez 25-29
Gail Warshaw 55-59	Diane Foley 40-44	Marc Israel 50-54	Andrew Zockoff 25-29
Sam Kongsamut 55-59	Eric Bachenheimer 35-39	Benn Doyle 50-54	Brian Rose 25-29
Norman Swenson 55-59	Deborah Braccia 35-39	Donald Smart 50-54	Courtney Dantone 25-29
Steven Becker 55-50	Chuck Dender 35-39	Donald Free 50-54	Tracey Groel 25-29
Norman Sorkin 55-59	Richard McKern 35-39	Ken Chen 50-54	Judith Brown 25-29
Robert Budwilowitz 55-59	Bryan Kelly 35-39	Amy Carow 50-54	Amara Rivera 20-24
Michael Roesch 55-59	Christian Ward 35-39	Timothy Clewell 45-49	Megan Mongan 20-24
Monica Driscoll 50-54	Nicole Parganos 30-34	Rebecca Kalibat 45-49	
Ursula Kohama 50-54	Jennifer Finotti 30-34	Beth Tully 45-49	
Maureen Mortell Koziol 50-54	Christine Rapach 30-34	Margaret Martonosi 45-49	
LaJoy Collins 50-54	James Esposito 30-34	Craig Hubert 45-49	
Amy Sugerman 50-54	Laura Czornyek 30-34	Melanie Fink 45-49	
Richard Bosland 50-54	Jenny Rogers 30-34	Elizabeth Burton 45-49	
Mike Leddy 50-54	Deirdre Hughes 25-29	Linda Pielmeier 45-49	
Ximena Florez 50-54	Brian Wiest 25-29	Mary Carley 45-49	
Thaddeus Gamory 50-54	Marc Eder 20-24	Craig Prince 40-44	
Karen Charen 50-54	<b>August</b>	Craig Iorizzo 40-44	
Beth Poore 50-54	Jack Zakim 65-59	Stephen Droste 40-44	



## ***Retiree to be oldest swimmer in NY marathon***

Continued from cover...

Paul Kiell, 80, is enjoying his retirement by swimming annual marathons in the cold, choppy and congested waters that surround Manhattan.

The Far Hills resident, a retired psychiatrist, has made a habit of braving the unpredictable Hudson and East rivers as a senior citizen, participating in the Manhattan Island Marathon Swim for most of the past decade. And he shows no signs of stopping.

On Saturday, Kiell will be in the Manhattan marathon for the ninth year, swimming in the relay portion of the 28.5-mile challenge.

He will be the oldest swimmer.

The course follows the coastline of the heart of New York City, with landmarks such as Yankee Stadium and the Brooklyn Bridge giving swimmers the only hints of their progress. The main marathon, featuring solo swimmers, occurred last month.

Kiell expects to spend about two-and-a-quarter hours in the water over several legs of the relay — possibly going as far as seven miles.

"You feel good after it's over," Kiell said. "You feel you accomplished something."

Kiell isn't the only 80-year-old braving the waters. He will be joined by Arthur Figur, of New Rochelle, N.Y., Kiell's junior by just eight months.

And their ranks are expected to grow.

### **Swimming a perfect exercise for baby-boomers**

Baby boomers raised on the importance of exercise are becoming senior citizens, and many more could step into the competitive arena, said Steve Munatones, a board member of the International Marathon Swimming Hall of Fame.

In fact, a 2011 Sporting Goods Manufacturers Association report found that swimming was the top fitness activity for people over 65.

Swimming puts much less stress on the body, since the water helps mitigate gravity, said Morty Berger, founder of NYC Swim, the group organizing the relay.

"I think swimming is one of those rare sports that you can do until the end," he said.

But Kiell is no ordinary octogenarian. He's a former marathon runner who competed in 52 races over two decades, retiring in 1991 after suffering a leg injury. He's done the Boston Marathon 17 times.

"We all have courage for certain things," Kiell said. "I like to take risks, but it has to be something doable — something you can train for."

Kiell trains five to six times a week, spending up to two hours in the water. His diet consists of fruit shakes and juice, soy milk, fish and very little red meat. "You eat that which digests easily," Kiell said.

A healthy mind is just as important to keeping the body in top shape, he said. Kiell, drawing on his observations as a psychiatrist, published a book last year on the link between exercise and a person's mood, intellect and creative ability.

The secret to lasting in the marathon is far easier, he said. His technique, he said, is to dis-

turb the water as little as possible — to create less resistance — and to depend more on the upper body than the legs.

As he hit middle-age and refined his technique, his times got faster. Recently, however, it hasn't been as easy, he admits.

"I think I peaked at age 70," he said.

But Kiell still pushes himself. He wants to be a source of hope for those desperate for inspiration.

### **Giving back to the community**

That mission motivated him to lead Somerset County's branch of Swim Inc., an organization that provides free water therapy for anyone with muscular disabilities. He oversees the group's water therapy classes at the Somerset Hills YMCA in Basking Ridge.

Kiell is swimming in the marathon on Swim Inc.'s five-member team, and some of the proceeds will go to the organization. "The enduring thing is to make a difference in a person's life," Kiell said.

## ***Donations to ISHOF in Eileen Nessel's Memory***

From Jeff Jotz

On February 5, Eileen Nessel passed away after a long illness. Eileen and her husband, Ed, were involved in age group and Masters swimming in New Jersey and nationally for many years. Eileen often accompanied her husband to swim practice and meets, occasionally hopping in a lane to swim.

A few of our members have expressed interest of making a memorial donation in Eileen's memory. Many of our swimmers know that Eileen and Ed were always fond of the International Swimming Hall of Fame (ISHOF) in Fort Lauderdale, Florida.

If you would like to make a donation in memory of Eileen, please make your checks out to "NJLMSC/Eileen Nessel Memorial" and mail them to NJLMSC Treasurer, Bill Reichle, at 2611 Orchard Ter. Linden, NJ 07036.

We would like to present the donation to her husband at the Jason Nessel Memorial Invitational Meet on August 7. For more information, please contact Jeff Jotz at (732) 382-9419 or [jjotz@yahoo.com](mailto:jjotz@yahoo.com).

## **Open Water Swim Clinic**

The NJ Masters Swimming Open Water Swim Clinic will be held in Lake Hopatcong, NJ on Saturday, July 30 from 1:00 to 3:30 pm.

USMS Long Distance All American Jeff Jotz and other experienced open water swimmers will ready you to swim in all types of open water swims. The clinic will consist of dryland instruction as well as swimming in the shallow, calm waters of Lake Hopatcong. Beginners and advanced open water swimmers are welcome, but all swimmers should be able to complete an 800-yard pool swim without difficulty before participating in this clinic. Refreshments will be provided for the participants.

Pre-registration is required, \$40, and [the entry](#) must be postmarked by Monday, July 25. Clinic size is limited to 15 swimmers, so don't wait to register. If you have questions contact Jeff Jotz at [jjotz@yahoo.com](mailto:jjotz@yahoo.com) or evenings at 732.382.9419.

# Different Strokes . . . For Better Swimming

By Melanie Fink

(Co-coach of JCC of Metropolitan NJ with her husband Don )

For all you freestylers out there: Are you tired of your Masters coach sneaking IM's into your workout, telling you to practice all of the strokes? Are you a triathlete who just wants to make it through the swim or improve your freestyle enough so that your bike isn't the last one left on the rack?

I was once like you, and didn't want to be bothered learning all the strokes. I swam all my life, with little formal training until I was in my mid 20's. And even then I focused on freestyle, without paying much attention to any other stroke. I'm happy to admit my mistake in doing this, and to share with you from my experience why I think it is a good idea to learn and practice butterfly, backstroke and breaststroke, as well as freestyle (or the crawl as it is sometimes called). I realize you may have physical constraints — a bad shoulder, neck or back issues, or another problem — but if no physical ailments preclude it, there really is a good reason to vary your strokes.

We are often told that efficient swimming is about becoming comfortable in the water and getting a "feel" for it. These phrases are used so often that they have probably lost their meaning to most swimmers. But balance and correct position are important factors in learning to swim efficiently, and learning to do all of the strokes can help with both. I began doing all the strokes when I was pushed by a former collegiate swimmer. She often did strokes as part of her warm-up when we swam together. Often our workouts consisted of her doing 100's or 200's in various strokes while I tried desperately to keep up with freestyle. It was my first clue in understanding why lifetime swimmers have a tremendous advantage over beginner swimmers. Her relaxed glide through the water was all about her ability to "feel" the water and balance gracefully while keeping a sleek profile. Eventually, I succumbed to the pressure and took on the task of learning the strokes. It has helped me immensely and has enabled me to take my swimming to another level.

How do you get a "feel for the water," exactly? I think by now you can probably guess: By learning the strokes! You can maximize your power in the water when you learn to swim with your entire body. Learning the strokes will help you to do that.

Freestyle and backstroke are referred to as the long-axis strokes, because you rotate from head-to-toe. Breast stroke and butterfly are short-axis or symmetrical strokes. They require different abilities but all of which will help you to gain that "feel for the water."

To start, I recommend learning how to kick for each of the strokes. Grab a pair of fins and ask your Masters coach to teach you the kick for butterfly, backstroke and freestyle, and work without fins to perfect breast stroke kick. Learning to kick properly requires using your entire body, not just your hands or your head! You must learn to rotate by using your obliques, abs, gluts, torso, legs and feet.

I know, all the reading you have done says not to kick in swimming...I know! However, you need to use your legs and feet to help keep you at the surface of the water. They can't just hang there or be elevated with a pull buoy, And yes, all you pull buoy swimmers, drop the pull J. This will take time for sure and can be most frustrating; however, the benefits will surely follow. I like to do a 6 x 75 yards kick-only set with fins, which includes 25 yards each of fly kick, backstroke kick and freestyle kick. To practice the breast stroke kick, drop the fins, grab a kickboard and do a straight 200-300 yards of kicking only. You can do this to break up a main set, or as part of your warm-up or cool down. There are land exercises that will help you with good rotation through your torso and hips to facilitate your ability to learn the strokes. The goal is to be able to rotate without using your hands or head to initiate the motion. Here are a few to try.

1. Torso Rotation: Lie on the floor with arms outstretched from your shoulders and knees bent. Raise your feet off the ground and rotate your knees to one side and then to the other side. Try to have your outer knee touch the floor while keeping your shoulders flat to the floor.
2. Opposite Arm/Leg Raise: Lie face down on a stability ball and balance on your midsection with hands and feet touching the floor lightly. Raise your left arm with thumb up and right leg simultaneously keeping them parallel to the floor. Hold for a 3 second count and repeat on the opposite side. Tighten your abs if you are finding it difficult to balance on the ball.
3. Back Press-Ups: Lie flat on the floor with your arms bent and hands flat on the ground close to your arm pits. Keep your gluts relaxed and press with your arms, extending your back upward without lifting your hips off the floor, and look up at the ceiling. Come back down to the floor, relax and repeat 10 times.
4. Single Leg Opposite Arm Reach: Stand with feet shoulder width apart. Raise your left knee to 90°. Lean forward slightly while raising your right arm in front of you and push your left foot behind you. Hold for a two second count and repeat with opposite arm and leg.

You can find videos and illustrations with a Google search, and at Web sites like [physicalfit.net](http://physicalfit.net) and [sportplan.net](http://sportplan.net). A trainer at your local gym will also be able to help.

I hope you are inspired to learn the strokes and take your swimming to the next level!

# HOW TO SWIM FAST WITHOUT INJURIES

By Susan Dawson-Cook

Injuries suck. Not only do they mean pain and discomfort (and possible sleeplessness), they also translate to slower swimming. The good news is that most injuries are preventable.

Before you worry I'm about to get up on my high horse and say I've never been injured because I am so much smarter than you, I will sadly confess that it just isn't so. I tore my infraspinatus (a rotator cuff muscle) in 2009 and damaged my sacroiliac (SI) joint in 2010 (where the ilium of the pelvis and sacrum are bound together by ligaments). The shoulder injury took a total of eight months to rehabilitate. I went through 8 weeks of physical therapy and even longer periods of reduced yardage and treatment with ice and ibuprofen. I swam like absolute garbage for nearly a year. The back injury required a month of physical therapy and to stay sound, requires me to roll and stretch certain muscles daily and mostly refrain from running.

Now for the "how did I do it" part. The shoulder injury occurred at a meet where I was pressured to swim butterfly on a relay when I had already unwisely entered too many fly and IM individual events. What started as an uncomfortable pressure in the back of my shoulder became a red hot pain shooting up into my neck by the meet's end.

The back injury occurred during a 3 mile race against my husband while wearing an old pair of shoes that provided a rough, rather than cushiony landing. There we were, sprinting down the last hill—pound, pound, pound. By the home we got home, my first thought was "ouch."

The next day, I couldn't even get out of bed! I popped four ibuprofens to get up and for weeks the pain persisted. An X-ray showed nothing structurally wrong, so I used that as license to do a triathlon and a swim meet. Soon, I was back to square one (ouch). Finally, I went to a physical therapist, who prescribed stretching and rolling since he believed tight muscles in my piriformis and IT band were pinching nerves. His recommendations along with regular chiropractic treatments have completely rehabilitated the condition. I am now back to swimming best times in almost all my events (yippee).

Was all this really necessary? No!! If I had listened to my body and used more common sense, the injuries never would have happened. Below are some suggestions on how to reduce the risk of falling into the injury mire:

**1: Warm-up adequately before vigorous exercise.** I use 600 yards as a minimum warm-up and even after that, I don't do my hardest swimming until after I've been swimming for about 30 minutes. Dynamic stretches for the shoulders also work well. These are not the crazy, swinging stretches we used to do back in the day. Controlled but brisk pectoral flies, external/internal rotation and upward reaches work best; the upper body pre-exercise stretches should involve movement and not take muscles near their elastic limit.

**2: Cool down adequately after workouts (5-10 minutes).** A 50 does NOT cut it. If you do a 200 or so, you can release more lactate from muscles so the tissues recover more readily and also give the body time to circulate blood from the extremities to the brain so you don't feel dizzy when you get out. In meets that run multiple days, I do best and avoid soreness finishing each day with about a 400 easy.

**3: When something doesn't feel right, STOP.** If you are fatigued, keep going, if a joint or muscle is screaming obscenities at you, continuing will just take an already out-of-kilter situation and make it worse. If it only hurts while exercising, it is likely a minor strain. If it hurts even when you are sedentary, you are in real trouble and need to seek medical attention and greatly curtail activity until the condition improves. For strains, ice will reduce inflammation in the tissue and allow more blood to flow to the site so it can heal faster. I aim to ice four times a day whenever something flares up. Blood flow to shoulders is less than most other muscles, so shoulders take longer to heal. BE PATIENT. Follow the physical therapist's recommendations and listen to your body. If you go back to all-out swimming too soon, you may escalate a condition that can be rehabilitated to one that requires surgery.

**4: Stretch daily and get learn how to do self massage** with balls, sticks and foam rollers or schedule regular massages. This is like getting a tune-up for your body. You wouldn't neglect your car, so why would you neglect your own body.

*Freelance writer Susan is an AFAA certified group exercise instructor and personal trainer employed by the Miraval Arizona Resort and Spa and Vital Moves in SaddleBrooke. Her DVD, Personal Best Stretch: Move Better Than Ever came out in March. To read more of her articles, check out her web site [www.susandawson-cook.com](http://www.susandawson-cook.com) and blog [www.fitwomenrock.com](http://www.fitwomenrock.com)*

--From the June 2011 issue of Swim AZ News



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Sussex County YMCA "Adult Mini Meet"

Sussex County YMCA  
Hardyston, NJ

Saturday, October 1, 2011

New Swimmer Orientation Meeting 2:00-2:30 pm  
2:30 pm – Check-in

**Recognized by The New Jersey Swimming LMSC for USMS, Inc. #071-R03.**

**Facility:** The Sussex County YMCA six lane 25 yard pool. Timing will be done with a Colorado Timing System with manual backup.

**Directions:**

**From Route 23:** Go to Hamburg; take Route 94 South to Wits End Road on right (approx. 2 miles). Follow Wits End Road to YMCA driveway.

**From Intersection of Routes 15 & 94:** Go North on Route 94 towards Hamburg. Follow Route 94 to Wits End Road on left (approx. 5 miles). Follow Wits End Road to YMCA driveway.

**Schedule:** 2:00 pm New Swimmer Orientation Meeting, 2:30 pm check-in, 3:00-3:30 pm Warm-up, 3:30 pm start.

**Warm-ups: No diving is permitted during warm-up,** except in the designated one-way sprint lane(s).

**Entry Limit:** Swimmers may register for a **maximum of 4 events.**

**Seeding:** All events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with "No Times" (NT) will be seeded in the slowest heat.

**Age Groups:** Individuals: 18-24, 25-29, 30-34, etc. through 90+.

**Eligibility:** Open to any adult interested in participating in a swim meet. Swimmers must be 18 years of age on the date of the meet. If you are a member of USMS, a copy of your USMS card needs to be submitted with your entry form.

**Awards:** Ribbons for 1<sup>st</sup> through 3<sup>rd</sup> places; all others will get a label with their official time.

**Timing:** In the unlikely event that a malfunction occurs in the automatic timing system, the meet will continue on schedule with the use of alternate (stopwatch) timers.

**Entry Fees:** \$12.00 per swimmer to register and \$5.00 per event.

**Registration: All entries must be received by Friday, September 23, 2011 NO exceptions.**

**Any entries received after September 23<sup>rd</sup> will be returned.** Any questions, please call Debbie Soutter, at 973 209-9622, ext. 223.

## Entry Form -Adult Mini Meet-October 1, 2011

**Entry form must be received by Friday, September 23, 2011.**

**(In order for your results to be posted to the NJ Masters Swimming you must include a copy of your USMS card).**

**Age as of 10-1-11:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

**Day time Phone:** \_\_\_\_\_

**Evening Phone:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**USMS number(if applicable):** \_\_\_\_\_

**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, 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)

PLEASE PLACE A COPY OF  
USMS CARD

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please enter your best short course **yard** times for each event you wish to swim (put "NT" in the blank for No Time)

Event	Entry Time	Event	Entry Time
1. 50 Free	_____	6. 100 Free	_____
2. 100 Fly	_____	7. 50 Fly	_____
3. 50 Breast	_____	8. 100 Breast	_____
4. 100 Back	_____	9. 50 Back	_____
5. 200 IM	_____	10. 200 Free Relay*	_____

\* 200 relay-Free  
 Yes, Place me on a Team.  
 I have my own team.  
 Please list all participants.

**All participants must be entered in meet.**

**Entry Fee**                    **\$12.00**  
**# of Events x \$5.00**        \$ \_\_\_\_\_  
**Total enclosed:**         \$ \_\_\_\_\_

\_\_\_\_\_ Check (payable to Sussex County YMCA)

Credit Card (circle one)    VISA    MC    Discover    AMEX  
 Card # \_\_\_\_\_ Exp Date: \_\_\_\_/\_\_\_\_  
 Signature \_\_\_\_\_

**Sussex County YMCA**  
 15 Wits End Rd  
 Hardyston, NJ 07419  
 Phone: 973 209-9622  
 Fax: 973 209-1483  
[www.sussexcountymmca.org](http://www.sussexcountymmca.org)

Office Use only: Member/Non-Member    Receipt # \_\_\_\_\_    Staff Initial \_\_\_\_\_

**FASTLANE**

**NJ LMSC**

**451 Sweet Hollow Road  
Bloomsbury, NJ 08804**

