

EASTLANE

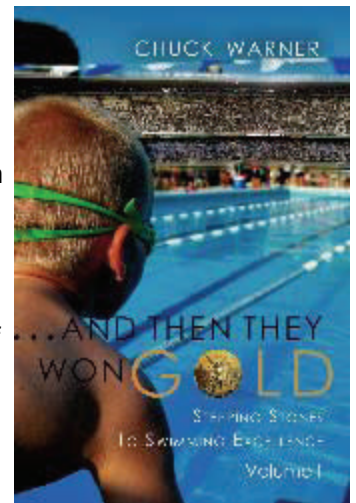
Just In Time For The Olympics!

Chuck Warner, Masters Coach of the Berkeley Aquatic Masters Rutgers location, has written a newly released book, ... *And Then They Won Gold: Stepping Stones for Swimming Excellence* about the careers of eight great Olympic swimming champions. Coach Warner takes an in-depth look at the careers of: Matt Biondi, Dave Berkoff, Mike Barrowman, Josh Davis, Lenny Krayzelburg, Ian Crocker, Grant Hackett and Aaron Peirsol. All told these great eight swimmers brought home a collective 28 gold medals from the Olympics from 1988 through 2008.

The athletes are presented in chronological order so the reader can see the connections between one athlete and the next, the changes in the sport, as well as learn about the families that surround and nurture each athlete. Each of the swimmers also contributes technical advice in their own words. The 320-page book includes training samples at each stage of the individual's development.

Lisa Baumann , AquaFit Masters Founder/Head Coach, Metropolitan LMSC Swimming President, read the book and said, "Captivating! Once I started reading, I couldn't put the book down. ...*And Then They Won Gold* is a great resource for coaches and swimmers of all ages that intertwines biographical data with masterful storytelling!"

Warner plans to write another book devoted to great woman swimmers. Up until December 1, 2012 his new book is available at limited outlets including www.areteswim.com (access Books * Media), Swimming World Magazine and the American Swimming Coaches Association.



The secret to swimming faster?

Do exactly what you were always told not to and spread your fingers

By [Rob Waugh](#)

PUBLISHED: July 3, 2012

It may be hard to swallow for amateur swimmers, but keeping your fingers firmly together to create an oar-style effect is not the best technique.

Instead, counter-intuitive as it seems, keeping the fingers slightly apart like a fork apparently makes a swimmer faster.

A study claims that an 'invisible web' of water is created by spread fingers, allowing swimmers to propel themselves with more force – and that the technique is already used by the professionals.

Continued page 4

GTD Update, By Ed Tsuzuki

The NJ LMSC holds on to its 8th place spot in both participating members as well as total mileage logged in the USMS "Go the Distance" program. New Jersey is behind Potomac Valley by only 30 miles but still has the highest participation rate with 1 out of every 8 members logging their mileage in the program.

Don't forget to log your miles and if you aren't participating yet, please sign up! Let's go NJ swimmers! To participate, simply register and then submit your total yardage in your on-line [FLOG](#) (under [MyUSMS](#)). For more details about this fitness event, go to [GO THE DISTANCE](#) on the [USMS web-site](#).

The Colonies Zone is holding on to the #1 spot among the 8 zones with almost 90,000 miles and 739 participants.

Top (8) LMSCs for 2012:

Pacific 46,134 miles, 345 swimmers

Florida 24,038 miles, 173 swimmers

Southern Pacific 22,858 miles, 169 swimmers

New England 22,187 miles, 160 swimmers

Oregon 14,896 miles, 111 swimmers

Illinois 14,191 miles, 135 swimmers

Potomac Valley 13,281 miles, 108 swimmers

New Jersey 13,251 miles, 106 swimmers Click on this ["Go the Distance" page](#) above for the latest results.

Smokin' Summer Workout

Mel Fink, co-coach of the JCC of Metropolitan NJ Masters team, gives us a tough workout here with plenty of pulling to build strong shoulders. Thanks, Mel!

Warm Up: 300 (Choice)

Drills w/ Fins: 4 x 100– Fly Kick (50)/Alt Arm Fly (50) on 1:45

Main Set#1: (adjust times as needed)

2 x (200 Pull, 150 FR, 100 IM, 150 FR, 200 Pull) on

3:15, 2:30, 2:00, 2:30,
3:15

2 x (150 Pull, 100 FR, 50 IM, 100 FR, 150 Pull) on

2:30, 1:40, 1:00, 1:40,
2:30

Cool Down: 100 (Choice)

Total: 3,400

Record Setters, By Ed Tsuzuki

Congratulations to Priscilla Modrov, 24 for setting a new NJ LMSC SCY record in the women's 18-24 year old age group in the 200 IM. Priscilla swam a 2:10.96 at the **NYC Parks & Recreation Masters Meet** on May 6, 2012.

Congratulations to Andrew Maggion for setting two new NJ LMSC SCY Records in the 200 back.

At the **2011 USMS Spring Nationals** in Mesa, Arizona, Andrew (54), swam a 2:26.25 to break the men's 50-54 year old age group record.

Then, at the **2012 YMCA Masters Nationals** in Fort Lauderdale, Florida, Andrew (55), swam a 2:25.49 to break the men's 55-59 year old age group record.

August Workouts

Weekday early morning LCM workouts will be offered to any registered USMS member at Metuchen Municipal Pool, located at 55 Lake Avenue in Metuchen beginning on Monday, August 6 and running through Friday, August 17. Practice time is 6-7:30 a.m. and the cost for USMS swimmers is \$8/workout. For more information contact Jeff Jotz at jjotz@yahoo.com.

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Calendar 2012

Events

January 1 - December 31 USMS Go The Distance 2012 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 Postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2012 calendar year. Information includes online and paper entry .

New Jersey Events

August 4 Lavallette 1 mile Ocean Swim. Online meet registration at <http://www.lavallette.org/beach/mileswim.html> .

August 5 Jason Nessel Memorial Invitational 2012 LCM Meet, Rahway River Park Pool, Rahway. Online entry at https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=4089 For questions, contact Jeff Jotz, jjotz@yahoo.com, 732/382-9419

September 9 2012 Lake Hopatcong Open Water Swim Festival featuring the USMS 2 Mile Open Water National Championship. Online entries and paper entry form are ready. Questions? Contact Event Director, Bridgette Hobart at bhobart@ptcllc.com

October 6 Drew Octoberfest Meet, Drew University, Madison, NJ. Details to follow.

October 20 Sussex County YMCA Adult Mini-Meet, Hardyston. Entry form on pages 6 and 7.

November 18 2012 NY/NJ Duel in the Pool, hosted by Metro LMSC. More info to follow.

"Swimming is all about having fun, and I am firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself".

Scott Goldblatt (born in Summit, NJ, swam with the Berkeley Aquatic Club. Won silver in the 2000 Olympics and gold in the 2004 Olympics)



Continued from front page

Forked hands exert up to 53% more force than tightly clasped 'paddles' say research-

'It is a counter-intuitive idea, the fact that you should paddle with a fork, not with an oar,' said researcher Adrian Bejan, a professor of mechanical engineering at Duke University in Durham, North Carolina.

The reason is that when a solid object moves through a fluid, the layer of fluid that touches the surface 'sticks' and gets dragged along with the object.

When swimmers spread their fingers just right, each individual digit forms its own layer.



Moving ahead: Researchers believe the perfect spacing is between 20 per cent and 40 per cent of the diameter of the finger

With ideal finger spacing, the forces a swimmer can exert in this way are 53 per cent greater than those produced with no finger spacing, according to the study in the Journal of Theoretical Biology.

The perfect spacing is between 20 per cent and 40 per cent of the diameter of the finger. This allows swimmers to lift themselves more easily out of the water, where resistance is lower, resulting in increased speed.

Mr. Bejan added that the findings could also have implications for the development of better automated propulsion systems.

Writing for Mother Nature Network, Stephanie Pappas from LiveScience advised people settling down to watch competitors at the London Olympics should take a good look at the hands of the swimmers. She says that chances are their fingers will be slightly spread.

This article came to me from Dennis Tesch, Chair of the Utah LMSC from the UK's Daily Mail

What do you think?



Are you a fingers together swimmer or fingers slightly spread advocate? Go to the **NJ LMSC's Facebook page** give us a Yay or Nay with a brief comment about your position if you'd like.



Light Those Candles

Happy birthday to the following 119 swimmers who celebrate their birthdays in July/August.

Eric Bachenheimer 40-44	Diane K Foley 40-44	Amara B Raivera 25-29
Michael Randazzo 25-29	Chip Freund 50-54	Samantha L Simone 25-29
Molly S Lim 45-49	Raphael Zagury 35-39	Jessica B Graff 35-39
Chuck Dender 40-44	Sam Cynamon 60-64	Stephen Droste 40-44
Nora E Wolf 25-29	LaJoy A Collins 55-59	Donald Free 50-54
Edward F O'Hara 65-69	Kevin Chiella 45-49	Craig J Hubert 45-49
Spencer Reese 55-57	Deirdre M Hughes 25-29	Tiffany S Brennan 35-39
Sarah M Stauch 30-34	Michael A Roesch 55-59	Sandra P Seddon 55-59
Edward M Tirpack 55-59	William H VanPelt 80-84	Elizabeth B Burton 45-49
Richard C McKern 40-44	Karl A Fenske 60-64	Matthew Rodriguez 25-29
Rowan Prior 40-44	Andrea J McGruther 55-59	Judith M Brown 25-29
Laurie A Ditommaso 50-54	Nancy Steadman Martin 55-59	Kathleen A Reynolds 60-64
Steven Becker 55-59	Thaddeus D Gamory 50-54	William J Maher 55-59
Monica Driscoll 55-59	James Ryan 60-64	Ted J Kiefer 45-49
Amy Sugeran 50-54	Sam Kongsamut 55-59	Janet Byrne Smith 55-59
Matt J Sweeney 45-49	Bill Valone 35-39	Will Sullivan 55-59
Ryan Conley 40-44	Norman K Swenson 55-59	Stan Konopka 55-59
J Wesley Donnelly 30-34	Michael T Sallemi 40-44	Peter McCoy 60-64
Laura A Graham 50-54	Mike Leddy 50-54	Andrew Zockoff 25-29
Igor Voloshin 30-34	David K Groeneveld 50-54	Kathleen A Hurley 55-59
Tim C Crow 45-49	Megan E Mongan 20-24	Benn W Doyle 50-54
Todd Lewandowski 40-44	Melanie Fink 45-49	Amy S Carow 50-54
Patriack A Ryan 25-29	Jack Zakim 65-69	Julia A Scales 45-49
Anne M Newman 50-54	Marilyn Berta 45-49	Dave F Carvajal 40-44
Beth Poore 50-54	Margaret R Martonosi 45-49	Ellen Sommerlad Bednar 40-44
Bryan P Kelly 35-39	Richard Duthie 45-49	Donald Cox 65-69
Nancy C Miles 60-64	Bo E Cederquist 50-55	Arthur E Deffaa 60-64
David Dorfman 45-49	Jennifer Rogers 35-39	Jorge H Blum 45-49
Norman Sorokin 55-59	Kevin D Seise 35-39	John Wright 40-44
Oleg Chebotarev 40-44	Rebecca B Kalibat 45-49	Glenn Hartrick 30-34
Maureen Mortell Koziol 55-59	Hugh P O'Donnell 35-39	John R Conroy 25-29
Patti A Bell 50-54	Maryabeth Hall 45-49	Brian E Rose 25-29
Lisa M DiGiovanni 40-44	David Juchniewicz 55-59	Mario R Lepore 55-59
Sandra C Karyczak 40-44	Joe Dutton 40-44	Clayton H Paterson 50-54
Lain G Alexandridis 18-24	Dan J Drury 30-34	Donald P Smart 50-54
Jennifer Finotti-Sheppard 35-39	Courtney Dantone 25-29	Kyounghee K Kim 65-69
Lorna Cialdella-Morehead 45-49	Richard Cahayla-Wynee 60-64	Arthur J Bilenker 55-59
Mark D McClintock 45-49	Jurek Patoczka 60-64	Marcia A Postallian 55-59
Lisa A Ciccone 45-49	Matt Lefkowitz 50-54	Marc Israel 50-54
Charmaine Buskas 40-44	Craig M Prince 45-49	Tim Clewell 50-54
	Robyn Ransom 40-44	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sussex County YMCA "Adult Mini Meet"

Sussex County YMCA
Hardyston, NJ

Saturday, October 20, 2012

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

Recognized by The New Jersey Swimming LMSC for USMS, Inc. #072-R002

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 1st through 3rd 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, October 12, 2012 NO exceptions. Any entries received after October 12th will be returned. Any questions, please call Debbie Soutter, at 973 209-9622, ext. 223.

Entry Form -Adult Mini Meet-October 20, 2012

Entry form must be received by Friday, October 12, 2012.

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

Name: _____ Address: _____ _____ Day time Phone: _____	Age as of 10-20-12: _____ Sex: _____ Date of Birth: _____ E-Mail Address: _____ Evening Phone: _____ USMS number(if applicable): _____
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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:** _____

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.sussexcountymca.org

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

FASTLANE



NJ LMSC

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