

EASTLANE

A QUICK NOTE FROM THE CHAIRPERSON

As we all recover from eating too much turkey and wonder how we're going to get everything done in preparation for the next holidays and New Year, we still troop off to the pool to get our workouts in and keep our sanity. And as this goes on, please know that your new NJ LMSC executive committee is working hard to strengthen Masters swimming in the New Year. The key items that we are working on include:

- Bringing more meets into New Jersey which, thanks to the efforts of our Toms River swimmers and their brand new, 10 lane pool we should have a few new meets including a distance meet planned for this January 21st.
- More organized relays, regardless of the team one swims for. Which means we need someone to help organize relays. GSM, Berkeley and any other teams that we may not know about need to appoint a relay "meister". Let the board know who the contact is and we'll put it in the newsletter (given enough advance notice) and on the web page.

FREESTYLE RELAY STARTS

by Rowdy Gaines

First of all, let me preface this article with a word of caution. Doing any kind of start requires a certain amount of skill. There are many shallow pools around the world that are used for competition. Do not use any kind of starting technique that requires the swimmer to enter the water at a sharp angle unless the water is sufficiently deep to do so.

THE PROPER START

The freestyle relay start is that start used by the second, third, or fourth swimmers in the relay. In order to generate the most power in a relay start, always use the wind-up start. Never use a grab start on a relay. The wind-up of the arm swing propels the swimmer out and over the water with much more power than the grab start. A wind-up on the grab start is

- Communications, camaraderie, more interaction between NJ Master's swimmers. Any ideas that you have please send to my attention at Jstewart10@compuserve.com. One concept is to have one person who will act as a liaison to all of the workout groups to help communicate announcements, events, and ideas to the workout groups in New Jersey. Any volunteers?
- Updating the by-laws (to get them into the 21st century. They were last updated 1996ish).

One of the first events to bring us together is to swim the February fitness challenge as a statewide "team" and at the same time raise funds for Leukemia. More information will follow in the January newsletter.

All thoughts, comments and otherwise are appreciated. Contact information is on the back of the newsletter.

Happy swimming—
Julie Stewart

not recommended because it takes too long for the arms to begin rotating, but in a relay we are able to anticipate and time the arm swing with more effectiveness.

The arms should be extended in front of the swimmer on the block. Then, as the incoming swimmer comes to the wall, the arms will swing "up" and "out" in a small circular rotation. Think of it as winding up to do a standing broad jump or throwing two balls underhanded to the other end of the pool. The arms should not swing too far back toward the knees because the motion of going behind the swimmer and then forward with the arms cancels any momentum. The arms should swing in an arc forward and up.

WE NEED YOU TO COME TO THE NEXT MEETING

In order to accomplish all of the goals that we've set out, the NJ LMSC executive committee has decided to hold its meetings quarterly. These meetings are open to all and new faces are always welcome. We're kicking off the new year with a meeting on January 14th (a Sunday). The meeting will be held at 11 am at Judy Ramirez's house in Toms River. There will be a sumptuous breakfast since no one thinks well on an empty stomach. Anyone who wants can attend Ocean City Y's workout from 8-10 am which will be free if you bring your USMS card. For directions to the Y and/or to Judy's house you can contact her at 732/929-9495 or jiramirez00@aol.com.

INSIDE THIS ISSUE

Page 2	Aging Up
Page 3	Team Effort Helps People Maintain Exercise Prog.
Page 3	A Really Long Lap
Page 4	USMS 2001 Membership Application
Page 5-6	Ocean County YMCA Long Dist. Meet Entry
Page 7	Fast Lane Contributors Needed
Page 7	National Archives Update
Page 7	Places to Swim
Page 8	Meet Calendar

TIMING IS THE KEY

When it comes to relay starts, the key word is obviously timing, that is, timing the take-off to the finish of the incoming swimmer. Remember the rules for relay starts state that the swimmer can be completely stretched out over the water as long as the toes are still on the block when the incoming swimmer touches the wall. It is important that the outgoing swimmer coordinate the arm swing with the final recovery of the incoming swimmer. The arm swing or wind-up should begin as the outgoing swimmer dives into the water—not when he is standing still. The forward motion of the body will give added momentum if the swimmer is leaning into the start.

Continued on page 2

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Continued from page 1

To time a good take-off, I like to stand straight with arms in front following the incoming swimmer as he comes toward me. As the swimmer gets closer, I begin to "bounce" slightly up and down and bend into a semi-squat position.

When the incoming swimmer begins his last arm stroke to touch the wall, I leave the block.

USING YOUR HEAD

I like to coach swimmers to "throw" their head to the other end of the pool as they leave the block. The head is the heaviest part of the body. Throwing the head up and out over the water gives the swimmer more explosiveness. After this sequence, the head should tuck back down between the arms for a better entry in the water.

In a freestyle relay start, it is vital to use your momentum from the wind-up to streamline effectively. If you dive too deep, your first stroke will be inhibited. For this reason, it's better to be a little shallow than too deep on the freestyle relay start. Use an explosive first stroke so you can set the tone for that particular length.

AN ALTERNATIVE APPROACH

There are really two different types of relay starts. One is the conventional relay start that I have described above. The alternate start is the "step-through" start. With this method, the swimmer starts at the back of the block. When the incoming swimmer's hand passes the "T" (a marking that is usually at the bottom of the pool), the outgoing swimmer steps forward with one foot and takes off in the same way as a track start, pushing off with the back foot immediately followed by pushing off with the front foot.

Many people think that there is an advantage to the step-through start because of the additional momentum of the body weight moving forward. Personally, I do not like the step-through start for one simple reason —

the possibility of false starting is increased with a step-through because it is harder to time the incoming swimmer's finish.

THE RELAY FINISH

For a swimmer coming into a finish, it is vital to remember that 90% of all relay false starts are caused by the swimmer in the water. Three words of advice for the incoming swimmer: Stick the wall! Do not ever let up the last five meters of any race, especially in a relay where timing is so critical. I do not breathe the last four or five strokes so I can keep my rhythm and zero in on the wall like radar. If you have to be one or the other, be long on the wall rather than taking an extra half-stroke. That is where most of the problems exist, especially in a fly-free exchange.

OTHER STROKES

The relay start I've been talking about can be applied to any stroke. The breast or fly start should be done with a little more pike than the freestyle relay start. The reason is because in a breaststroke relay start, you have the luxury of a pull-out before you come to the surface. In butterfly, the dolphin kick helps you break out from going too deep on the start.

QUICK TIPS

- A few more reminders for relay start practice:
- Always practice all starts in a pool with proper depth markings.
- Don't forget that any relay start is perfected with consistent drills.
- It is best to practice the relay start with the same people that you plan swim the relay with in competition. This will help you conceptualize the timing of the relay exchange with those individuals.
- Relay swims are a great opportunity to "team up" for a competitive swim. Don't miss the fun.

Rowdy Gaines won three gold medals at the 1984 Los Angeles Olympics and was a five-time NCAA Champion at Auburn University. He currently holds Masters long course world records in several freestyle events in the 30-34 age group. (Taken from the USMS website)

AGING UP

This December, seven swimmers age up.

Happy birthday to:

Ron Loria	45
Jacqueline Russo	35
Pete Rahko	35
Brendan O'Connor	30
Krista Macaulay	30
Gwenivere McNamara	30
Doreen Piercy	30

FAST LANE CONTRIBUTORS NEEDED

To go along with the Fast Lane snazzy graphic redesign, we'd like to invite everyone out there to contribute editorially. I'm always looking for photos from meets (or any Masters swimming situation), favorite workouts, and accounts of meets and/or open water swims. Also, if you see an interesting article in another publication about swimming, you could email (mail to: lbk@sprintmail.com), fax (908/479-1633) or mail (451 Sweet Hollow Rd, Bloomsbury, NJ 08804) it to me, and I can use it if we credit the original source. Any contribution that anyone could make to help make the Fast Lane more informative and interesting to Masters swimmers in New Jersey, would be greatly appreciated.

HAPPY HOLIDAYS

"We make a living by what we get.
We make a life by what we give."

— Winston Churchill

NATIONAL ARCHIVES ARE BEING UPDATED

The USMS is trying to complete its archives with a goal of establishing the USMS Historical Archives in the Henning Library at the International Swimming Hall of Fame in Fort Lauderdale. The USMS is looking towards individuals in every state to help them with the job. They would like anything from old medals and photographs to newsletters and meet results from days gone by. If you have some stuff that you'd like to make a part of swimming history, contact Carol House at carlhouse@devplan.com.

PLACES TO SWIM

Please let me know if changes need to be made at any time. I rely on you to keep this list updated. You can contact me (Linda Brown-Kuhn) at 908/479-1038 or lbk@sprintmail.com.-Thanks.

COACHED WORKOUTS

Wycoff YMCA Masters Contact: Doug Ray or Tammy at the Y; 201/891-208.
Workouts are T & H 7:30-8:30pm and Sat., 8-9am.

Hunterdon County YMCA at Deerpath Contact: Coach Sandy Carosi at 908/236-0086 or jcarosi@aol.com. Workouts are held T & H, 9:15-10am

Ocean County YMCA Masters Contact: Judy Ramirez 732/929-9495.

Berkeley Aquatics Contact: Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or oticuf@ptdprolog.net.
Workouts: M 8:30-9:30pm, W 8-9:15pm, F 8-9pm, Sun. 8:15-9:45am

Rutgers University Contact Ed Nessel (908/561-5339) or Alex Antoniou (732/445-0457).
Rutgers works out at the Sonny Werblin Rec Center pool.
Ed Nessel holds workouts M, W, H noon-2, F 7:30-9pm, Sun. 7-8:30pm.
Workouts not coached by Ed: M, T, H, Fri 607am.

Ridgewood Y Contact Garret Orr; gso@entrepreneur-equity.com or 201/934-4222.
Workouts are M & F 8:30-9:30pm.

JCC of West Orange Contact: Ed Nessel at 908/561-5339 or Ednessel@aol.com.
Coach Ed Nessel holds practices M, T, H 8-9:30pm & Sat. 1-3pm.

Morris Center YMCA Contact: Jack Lawson at 79 Horsehill Rd., Cedar Knolls 07927; 973/267-0704.

Peddle Aquatics Association Contact: Julie Veremy at 609/490-7547 (W) or 609/371-0334 (H).

Hoboken Masters Contact: Don Galluzzi, 201/216-5696 or Kathleen Klein at 212/626-3276.

The Atlantic Club Contact: Stephanie Crofto; 732/223-2100, ext. 318.

Montclair Masters Contact: Scott Lewis at the Y; 973/744-3400.

Lakeland Hills Masters Team Contact: Pam Banks at 973/835-7562.

West Morris Area YMCA Contact: Anca Szerzo; 201/895-1539.

Westfield Masters Contact: Bill McMeeekan at 220 Clark St., Westfield; 908/233-2700.
Workouts: M, F 7:30-9pm, W 8:30-10pm.

NON-COACHED WORKOUTS

Hamilton Area YMCA Contact: Nancy Shapiro; 609/585-1014.
Workouts: Mon., 8:30-9:45pm and Sun., 11am-12:30.

Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 6811.
Swim times: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.

Madison YMCA Contact: Alan Sawyer; 973/822-1754. Group workouts: Mon-Fri, 6-7:30am.

Princeton Area Masters Contact: Ellen Gawalt at 609/688-9496.
Workouts: M-F, 5:00-6:45am at DeNunzio Pool, Princeton Univ.

Jersey City Masters Contact: Jeff Jotz; 201/332-7329 (H) or jjotz@yahoo.com.
Pershing Field Pool (6 lanes 25 M) M-F, 6-7am.

Red Bank YMCA/Deal JCC Contact: Doug Rice; 908/741-2503.

Sussex County Masters Contact: Bob Hopkins; 973/729-6761.

YM/YWHA of Bergen County Contact: William Stern; 201/567-7267.

Metuchen/Edison YMCA Contact: Jay Koperwhats at 908/548-2044.

Western Monmouth YMCA Contact: Richard Wallace; 732/446-4589 (H), 973/482-6400, ext. 2256 (W).

Whippany Waves Masters Contact: Ben Gilbert; 201/428-9300

TEAM EFFORT HELPS PEOPLE MAINTAIN EXERCISE PROGRAM

NEW YORK (Reuters Health) — Older adults are more likely to stick to an exercise program if they work out in a group, study findings suggest.

According to the report, older people who exercised in a group for at least 4 months were more likely to schedule exercise into their weekly routine and attend classes if the group was more cohesive.

These individuals may be less inclined to quit when others in the group are committed. Groups provide other benefits such as opportunities to learn, talk and form friendships, which provide emotional rewards, the report indicates.

"Research in group dynamics has shown that the behavior of individual members is influenced by other group members, and the more cohesive the group, the greater the influence," write Paul A. Estabrooks, with Kansas State University in Manhattan, Kansas, and Albert V. Carron from the University of Western Ontario in London, Ontario in Canada.

Results of their study, which was published earlier this year in the Journal of Aging and Physical Activity, are based on interviews with 82 people whose average age was about 67 years.

The authors note that only 30% of adults in North America exercise regularly, and the percentage tends to decline with age. About 50% of those who begin an exercise program quit after 6 months.

Exercise could help the aging US population to remain healthy and able to live independently, the researchers suggest.

"As the percentage of older adults in the population rises, using exercise...for increasing independence and functional ability appears to represent a low-cost, noninvasive alternative to institutionalization or chronic care," Estabrooks and Carron conclude.

(Editor's note: We could have told them all that. If you're like me, it's much easier to skip or cutback a workout when I'm swimming alone than when I swim with a group.)

REGISTER NOW

If you haven't written that check out and sent it to Tom Brunson, the time to do it is at hand. The registration form is on page 4 or online at gmswim.org. It will be \$31 well spent!



A REALLY LONG LAP

Congratulations to Jeanne Coon, who last June completed her first marathon swim when she swam the Manhattan Island Marathon Swim. With a respectable time of 9 hours 45 minutes and 11 seconds, Coon won the 19-24 age group and finished 29th.

Jeanne describes the race as the hardest thing she's ever done. The photo on the left shows her swimming underneath the George Washington Bridge past the Little Red Lighthouse, still over 3 hours from the finish of the 28.5 mile race.

OCEAN COUNTY YMCA LONG DISTANCE SWIM MEET

Sunday, January 21, 2001

Ocean County YMCA, Toms River, New Jersey

- Approval:** Recognized by New Jersey LMSC, Inc. No. 071-001
- Times:** Warm-up: 8:00 am. Check in for 1650 Free and 1000 Free Events by 8:45am. 1650/1000 free events start at 9:00am. Event three starts at 12:30pm.
- Pool:** **Brand new 12-lane 25 yard pool.** Warm up/cool down lanes will be available entire meet.
- Eligibility:** Open to all swimmers. Competitors must be 19 years of age and may compete in a maximum of 5 events. To be considered for state/national records, swimmer must have valid Masters registration number.
- Awards:** Medals for first three places, ribbons for fourth thru sixth place.
- Registration:** All entries must be received by January 15, 2001. 1650 and 1000 free events will be deck seeded and may be limited at the discretion of meet director to 6 heats. If time is available, deck entries will be permitted for relays only. Deck entries will be permitted for T-Shirt Relay.
- Timing:** Electronic timing pads with board. In the unlikely event of a timing malfunction, the meet will continue on schedule with the use of backup timers (stopwatch).
- Seeding:** Heats will be seeded slow to fast regardless of age or sex. Please give your best guess, do not enter NT.
- Age Groups:** Individuals: 19 – 24, 25 – 29, 30 – 34, etc. through 90+
Relays: 19 – 24, 25 – 34, 35 – 44, 45 – 54, 65+
- Relays:** The age of the youngest swimmer will determine the age group. The T-Shirt relay must consist of two men and two women.
- Entry Fees:** Meet surcharge: \$ 5.00 Individual events: \$ 5.00
Relays: \$ 8.00 per team event T-Shirt Relay: No Charge
- Events:**
- | | |
|-------------------|----------------------------|
| 1. 1650 Free | 7. 200 Breaststroke |
| 2. 1000 Free | 8. 200 Free |
| 3. 400 IM | 9. 500 Free |
| 4. 200 Backstroke | 10. 400 Free Relay |
| 5. 800 Free relay | 11. 200 Free T-Shirt Relay |
| 6. 200 Butterfly | |
- Directions:** Call Ocean County YMCA for directions to meet at (732) 341-9622 or visit our website at: www.ocymca.org (look under General Information).
- Snacks:** Complimentary juice and fruits will be available to all swimmers and officials courtesy of the Ocean County YMCA Masters.

For questions, call John Morrison at (732) 341-9622 x 2222 or Judy Ramirez at (732) 929-9495.

OCEAN COUNTY YMCA LONG DISTANCE SWIM MEET

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, **but be sure to sign the waiver.**

NAME: _____ USMS No.: _____

ADDRESS: _____
(STREET) (TOWN) (STATE) (ZIP)

PHONE: _____ AGE: _____ SEX: _____ CLUB: _____

“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.”

Swimmers Signature: _____ Date: ____/____/____

Event #	Event	Seed Time	Event #	Event	Seed Time
1.	1650 Free		7.	200 Butterfly	
2.	1000 Free		8.	500 Free	
3.	400 IM		9.	200 Free	
4.	200 Backstroke		10.	400 Free Relay	
5.	800 Free relay		11.	200 Free T-Shirt relay	
6.	200 Breaststroke				

Meet Surcharge \$ 5.00
 Number of Events _____ @ \$ 5.00 each \$ _____
 Relays _____ @ \$ 8.00/team \$ _____

 TOTAL FEE ENCLOSED \$ _____

Make Checks payable to: Ocean County YMCA
 Mail to: Ocean County YMCA
 Attn: Gretchen
 1088 Whitty Road
 Toms River, NJ 08755

MEET CALENDAR

DECEMBER 9-10

Colonies Zones Short Course Masters Championship
Entry in last newsletter. For more info contact Ed Nessel at 908/561-5339.

JANUARY 21

LONG COURSE MEET AT BRAND NEW (!) OCEAN COUNTY Y POOL. Entry enclosed.

MARCH 3

14TH ANNUAL UNOFFICIAL OCEAN COUNTY Y CHAMPIONSHIP

MARCH 24

SPRING TUNE-UP INVITATIONAL.
Contact Ed Nessel; 908/561-5339 or ednessel@aol.com.

MEETS OUTSIDE NEW JERSEY

DECEMBER 9-10

NEW ENGLAND SC METERS CHAMPIONSHIPS, Bentley College, Waltham, MA. Contact <http://www.nh.ultranet.com/~gen-dreau/00scmchamp.html>

DECEMBER 31

SWIM IN THE YEAR 2001, Univ. of MD, College Park, MD. Contact Cheryl Wagner; 202/387-2361 or cherylw@crosslink.net.

JANUARY 21

METRO MINI MEET (yards), Nassau County Aquatics Center (Goodwill Games Pool), Long Island, NY. Contact Lisa Baumann; 516/294-7946, auafitinc@aol.com.

JANUARY 21

THE 3RD ANNUAL GUTBUSTER MEET (SCY), New Haven, CT. Contact Eric Burns; 203/366-0045, ecbmd@aol.com.

FEBRUARY 3-4

VIRGINIA MASTERS WINTER INVITATIONAL, Midlothian, VA. Contact James Wolfe; 540/867-5869; wolfe@aol.com or Nancy Miller; 804/320-2143; nancymillr@aol.com.

FEBRUARY 18

ANNUAL GROUNDHOG MEET (SCY), Westport, CT. Contact Mike Laux; 203/226-3392, lauxlaw@aol.com.

MARCH 1

METRO MINI MEET (Tuneup for Zone Champs), Nassau County Aquatics Center (Goodwill Games Pool), Long Island, NY. Contact Lisa Baumann; 516/294-7946, auafitinc@aol.com.

JUNE 23

MANHATTAN ISLAND MARATHON SWIM.

CHAMPIONSHIPS

MARCH 20-22

COLONIES ZONE CHAMPIONSHIPS, Long Island, NY. Contact Lisa Bauman; 516/294-7946, aquafitinc@aol.com or www.aquafitinc.org

APRIL 26-29

YMCA NATIONALS, Sarasota, FL.

MAY 17-21, 2001

USMS SHORT COURSE NATIONALS, Santa Clara, CA. Contact Alma Guimarin; 498/947-2298; aguimarin@aol.com

AUGUST 16-19, 2001

USMS LONG COURSE NATIONALS, Federal Way, WA. Contact Hugh Moore; 253/925-0803; eswim@mindspring.com

MARCH 29- APRIL 11, 2002

VIII FINA WORLD MASTERS CHAMPIONSHIPS LCM, Christchurch, New Zealand
www.fina.org/mastersnews_corganistion.html



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