

EASTLANE



19TH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIPS

Congratulations to Ridgewood YMCA for winning the 19th annual Unofficial Team Championships at the Ocean County YMCA on February 26, 2005!

There were 181 swimmers completing 538 swims!!

Team standings:

1 Ridgewood Y Masters	651
2 Jersey Area Masters.	627
3 Atlantic Club	316
4 Red Bank YMCA	255
5 Garden State Masters	206
6 Ocean County YMCA	159
7 Berkeley Aquatic	127
8 Wycoff YfMCA	117
9 Lakeland Hills YMCA	93
9 The Connection	93

EYES ON THE PRIZE

HOW LEADING INDY CAR DRIVER HELIO CASTRONEVES KEEPS FIT AND FOCUSED

Swimming ranks high among the off road activities that this top professional Indy car driver does to keep in shape. He swims sprints—all freestyle. After a leisurely 500 meter warmup, 20 sprints of 25 meters (he does each sprint in about 20 seconds) with 30 seconds rest between each. A driver's heart rate can reach 200 beats per minute during a road-course race, 4 _ times faster than his normal rate. Training in brief, quick bursts helps Castroneves's heart find that high gear and transition back down smoothly. "I used to hate swimming," says Castroneves, recalling his youth in Sao Paulo. "When my mom dropped me off at the pool, I'd sneak out the back. Obviously I'm not Michael Phelps now, but I've come to realize that swimming is the best exercise because it is low impact and uses the whole body."

—Excerpted from a Sports Illustrated piece (3/7/05) by Andrew Lawrence

NEW RECORDS

Congratulations to the following NJLMSC swimmers who set new NJ State records at the 19th Annual Unofficial Championships Meet at the Ocean County YMCA on February 26, 2005.

Women 45-49

Judy Ramirez, 46
100 Breast 1:19.56

50-54

Nancy Steadman-Martin, 50
100 Free 1:01.66
1000 Free 12:06.18

55-59

Arlene DePolo, 59
200 Free 2:55.51
500 Free 7:49.26

60-64

Joan Szabo, 62
50 Free 38.30

Patric Mills, 62

100 Free 1:26.23
100 IM 1:39.28

80-84

Doris Steadman, 80
50 Back 46.85
100 Back 1:43.84

Men 40-44

William Segal, 40
200 Free 1:52.01
50 Fly 24.74
100 Fly 54.49

55-59

Frank McElroy, 56
1000 Free 11:52.19



ALL-AMERICAN RELAYS

Congratulations to the following NJLMSC swimmers who qualified for 2003-2004 All American Relay honors by being a member of a relay team that posted the fastest time in at least one relay in at least one of the three official courses (SCY, SCM, LCM) in the USMS Top-Ten tabulation.

Amy Carow, 43

Benn Doyle, 46

Robert Gannon, 39

Tom Geiman, 55

Jacquelin Gephart, 25

Jennifer Harnett, 33

Steve Hiltabiddle, 38

Rebecca Kalibat, 41

Ed Nessel, 59

Justine Schramke, 25

William Segal, 40

Larry Seidman, 57

Kaitlin Small, 30

Ed Tsuzuki, 46

Jack Zakim, 59



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LIGHT THOSE CANDLES!

Happy birthday to the following 31 April babies:

Nickolas Demas	75-79	Robert Gannon	40-44
Lou Algaze	55-59	Ken Fitch	40-44
Edward Eyring	55-59	Martin Scheidl	35-39
Peter Gruntfest	55-59	Brent Matheson	35-39
Rita Nannini	50-54	Jen Whiting	35-39
Michael Lyons	50-54	Scott Duprex	35-39
William Howarth	50-54	Katharine Serra	35-39
Cedric Druce	50-54	Scott Jaffe	35-39
Howard Libov	45-49	Webb Friedly	30-34
Shawn Garrett	45-49	Stephen Fowler	30-34
Mark Hoffman	40-44	Sandy Bluhm	25-29
Karen Shearly	40-44	Stephanie Colbry	25-29
Janet Michaels	40-44	Jonathan Meer	25-29
Ping Feng	40-44	William Freund	25-29
Scott Yeomans	40-44	Emilie Hottat	20-24
Dougin Walker	40-44		

EXERCISE AWAY RISK OF EARLY DEATH

REGULAR EXERCISE MELTS METABOLIC SYNDROME RISK FACTORS

By *Jeanie Lerche Davis*

WebMD Medical News Dec. 29, 2004 - Want to live longer? Start exercising regularly and melt fat away. An hour of exercise can improve fitness, but losing body fat staves off the deadly metabolic syndrome, according to new research. The study appears in the current American Journal of Preventive Medicine.

High blood pressure, high cholesterol, elevated blood sugar, and excess belly fat are the mix of risk factors known as metabolic syndrome. This cluster of risk factors increases the risk for heart disease, diabetes, and early death.

Exercise has been recommended to reduce a variety of these risk factors. Studies have shown that exercise works to reduce body fat, especially fat around the waistline, which is one of the risk factors for the metabolic syndrome. It also helps with heart disease factors like high blood pressure and high cholesterol. But this current study looks at the broader effects of regular exercise on this mix.

The study involved 115 people aged 55 to 75. All had untreated high blood pressure; 42% already had metabolic syndrome.

"The participants, in many ways, represent the 'typical' older American with mild [high blood pressure], many of whom are overweight, and at risk for [heart disease] and diabetes," writes lead researcher Kerry J. Stewart, EdD, a cardiology researcher at Johns Hopkins School of Medicine.

Half were assigned a six-month moderate-intensity exercise program about one hour long, three days a week. However, they stuck with their regular eating habits.

The exercise regimen:

- A short stretching warm-up
- Two sets of resistance training (like hand weights), 10 to 15 repetitions each
- 45 minutes of aerobic exercise, using a treadmill, stationary cycle, or stair machine
- As fitness improved, the exercise intensity was increased to keep heart rate at target levels.

The participants also were measured for aerobic fitness, muscle fitness, and body composition.

METABOLIC SYNDROME BACKS OFF

Six months later, all volunteers had numerous tests for signs of metabolic syndrome. "Exercise training...increased aerobic and strength fitness, reduced total and abdominal obesity, and increased lean body mass" for men and women alike, writes Stewart.

EXERCISING MORE CUTS NEED FOR DOCTOR VISITS

PHYSICAL FITNESS LINKED TO FEWER DOCTOR AND HOSPITAL VISIT

By Jennifer Warner

WebMD Medical News Dec. 9, 2004 -- Want to cut back on trips to the doctor and stay out of the hospital? You may want to start spending more time at the gym. A new study shows that physically fit men visit their doctors less often and are less likely to require an overnight hospital stay.

Researchers say the results offer new evidence of the health benefits of exercise and physical fitness. But if you're not fit yet, there's still hope.

The study also showed that men who improved their physical fitness level over a 19-year period also reaped the benefits of fewer overnight hospital stays.

"Fit men, as well as those who become fit, may reduce health care costs by more than 50%," says researcher Tedd L. Mitchell, MD, of the Cooper Clinic in Dallas, in a news release. "Beyond the cost savings, we can see a reduced need for health care overall for fitter men."

The results appear in the December issue of the journal *Medicine & Science in Sports & Exercise*.

Exercise Reduces Doctor, Hospital Visits

In the study, researchers looked at the relationship between physical fitness and the use of health care services in 6,680 healthy men.

Between 1970 and 1989 the men had two complete physical examinations and underwent an exercise treadmill test. The men were then divided into four groups based on their level of physical fitness.

The study showed that the men who were most physically fit were less likely to visit their doctor or require medical treatments in the previous year than the least fit men. In addition, men in the least physically fit group were more likely to require multiple medical treatments.

For example, only 1.5% of the men in the fittest group required 10 or more medical treatments in the last year compared

with 3.5% of the least fit men.

Most of the men required no overnight hospital stays, but the least fit men were more likely to have spent the night in a hospital than the men who were most physically fit (5.2% vs. 3.2%, respectively).

The study also showed that the men who improved their physical fitness level between the two examinations were nearly half as likely to have had an overnight hospital stay as men who remained at a low level of physical fitness.

The American College of Sports Medicine and the CDC recommend that adults get at least 30 minutes of moderate intensity physical activity on most, if not all, days of the week to reap the health benefits of physical fitness.

SOURCES: Mitchell, T. Medicine & Science in Sports & Exercise, December 2004; vol 36: pp 2088-2092. News release, American College of Sports Medicine.



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EXERCISE AWAY RISK OF EARLY DEATH

REGULAR EXERCISE MELTS METABOLIC SYNDROME RISK FACTORS


The exercisers' risk factors improved, whereas those of the comparison group didn't, he says. The exercisers lost more body and waistline fat and gained more muscle than the comparison group. Heart disease risk factors, like high blood pressure and cholesterol, also improved more in the exercisers.

After six months, 18% of exercisers and 15% of the comparison group no longer

had metabolic syndrome. However, 8% of volunteers in the comparison group had developed the syndrome, Stewart reports.

"Older people can benefit greatly from exercise, especially to reduce their risk for developing metabolic syndrome," says Stewart in a news release. "Our results show that this population can be motivated to follow through with a moderate

exercise program, and for some risk factors, such as abdominal fat, exercise can be as effective as what is accomplished today with drugs."

Other examples of moderate-intensity activities include walking briskly, recreational swimming, or bicycling 5-9 miles per hour on level terrain. 

SOURCE: Stewart, K. American Journal of Preventive Medicine, Dec. 30, 2004.



DID YOU KNOW?

Philadelphia is getting ready to celebrate Benjamin Franklin's 300th birthday on January 17, 2006. Franklin was an inventor, diplomat, scientist, entrepreneur and catalyst. In his 84 years he invented, discovered and improved many of the devices and civic institutions that people rely on today. Many of us have heard of his invention of the lightning rod in 1750 but did you know he invented swim fins in 1717? I didn't.

I'll leave you with one of his finer quotes from Poor Richard's Almanack (1738) that he obviously took to heart. "If you would not be forgotten as soon as you are dead and rotten, either write things worth reading, or do things worth the writing."

DEHYDRATION... YOU DON'T WANT TO GO THERE!

By Edward H. Nessel, R.Ph, M.S.,
MPH, PharmD.

If you find yourself in a state of dehydration, you made a mistake. Whether you are preparing for intense competition, trying to maintain a sustainable physiology during vigorous training, or partaking in the inevitable all-important recovery...if there simply is not enough liquid bathing the internal environment of the body, then impaired performance and delayed and/or poor recovery will mostly be what we see. And diminished physical performance is not the only possibility. Mental acuity can be compromised in a dehydrated state. Most "civilians" walk about day-to-day in a state of at least partial dehydration (and not able to be at their best) only to become aware that something is not right when challenged physically with intermittent vigorous exercise. A serious athlete in a state of dehydration, as stated above, made a mistake, and it should not be taken lightly. One of the "dictums" of physiology is to "drink before you are thirsty and after you are not." Relying on the body's thirst mechanism is fool's play at best. In fact, the older one gets, the less reliable the thirst alert becomes. In much of the population (almost 40%) the thirst mechanism is so weak that it is often mistaken for hunger.

There are several seemingly sophisticated preparations available to athletes today, either already in liquid form or in need of water to make the correct mix. Many serve the purpose, or at least claim to, of fueling the muscles, or providing a recovery environment for "spent" or damaged muscles, or replenishing what has been lost electrolyte-wise due to the body's heat-dissipation mechanism of sweating. But the single most important element needed to make any of these preparations work is water.

It may seem ironic that swimmers, literally "bathing" in water throughout their in-pool training, can become dehydrated. Swimmers sweat like any other athlete training vigorously; it just can't be noticed in water. Ask any swimmer who forgets his/her drinking bottle to practice how the mouth soon feels like a bed of cotton. And this is made worse if the ambient air and water temp are allowed to rise to where heat is no longer able to be dissipated from the body moment-to-moment or with outdoor swimming in a cooler, but less humid atmosphere which only serves to hasten the drying effect of

inhaled air.

Water is second only to oxygen in importance to life. A young healthy male's total body weight is about 60% water; that of a young woman's is about 50%. We can survive losses of up to 40% of our body weight in fat, carbohydrate, and protein; but a water loss of only 9% to 12% of total body weight can be fatal.

Approximately two thirds of the water in our bodies is contained inside our cells (intracellular fluid) bathing necessary cellular elements with substances that sustain life. The remainder is outside the cells (extracellular fluid) performing tasks of transporting fuel and waster to and from metabolism-oriented structures.

WATER BALANCE DURING EXERCISE

Water plays several critical roles in exercise, mostly related to the blood's capacity to carry various elements (oxygen, glucose, fatty acids and amino acids, carbon dioxide and other metabolic wastes) to and from functioning cells of all the organs. Water also plays a large role in heat dissipation from exercising muscles and the maintaining of blood pressure and cardiovascular functioning during physiologically stressful moments.

An interesting relationship occurs when the body is forced to handle vigorous exercise. Metabolic oxidation occurring during muscular contractions actually produces water as a physiologic by-product. The more muscular contraction, the more water produced but this is still only a fraction (maybe a tenth) of the water lost through other means: evaporation through the skin, evaporation through the body's action of moisturizing inhaled and exhaled air, excretion from the kidneys and the large intestine. At rest the kidneys excrete about two ounces (60 mls) of water per hour. You might think the kidneys would excrete more as the metabolic rate increases; well, they can for a while, but only to a point; then the production of urine goes way down when the body senses that fluid loss is occurring too rapidly to keep the body in a steady hydrated state

DEHYDRATION AND EXERCISE PERFORMANCE

Even minimal changes in the body's water content can impair muscular contraction to the point where the swimmer feels "heavy" and slow in the water...like he or she is moving through thick syrup rather than smooth-flowing water. The

muscle fibers (myofibrils) will be rubbing against each other creating excess frictional heat in addition to the metabolic heat that is expected. Like a piston in an automobile engine that seizes due to lack of oil for lubrication, muscle fibers will go into spasm, and power production will be reduced noticeably. Many studies have shown that dehydrated athletes are intolerant to prolonged (greater than 60 minutes) vigorous exercise and heat stress. The heat stress factor is mollified somewhat by the immediate water environment of the swimmer, water having a much better heat-drawing capacity than air. But as intensity of training increases, so do the effects of internal heat production, and even an immersed vigorously-training swimmer will dehydrate and suffer during an intense practice session.

The impact of dehydration on the cardiovascular and heat-regulatory systems is quite predictable. Fluid loss decreases plasma volume; this, in turn, decreases blood pressure, which then reduces blood flow to the muscles and skin. In an effort to deal with all this, heart rate increases. Because less blood reaches the skin overall, heat dissipation is hindered, and the body retains more heat in areas with a lot of muscle activity (we quite often see a flushing effect on the upper back of swimmers). As dehydration approaches 2% of total body weight, both heart rate and body temperature are elevated during exercise. If the water loss reaches 4% or 5% of body weight, say with land-based activity, the capacity for prolonged aerobic effort declines by 20% to 30%.

In athletic endeavors that require a mix of aerobic and anaerobic or more anaerobic activity (under 3 minutes...which covers most swimming events), the drop off in performance is not as dramatic but it is certainly there; especially if multiple events are swum over a relatively short period of time. Enough of a drop is seen such that the resultant effort can be diminished in close competition.

Below is a listing of physiologic parameters that show negative responses to dehydration; most are not quickly improved, if at all, when rehydration is attempted, which reinforces the dictum of prevention of dehydration is much better than correcting it.

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DEHYDRATION...YOU DON'T WANT TO GO THERE!**ALTERATION IN PHYSIOLOGICAL FUNCTION AND PERFORMANCE DUE TO DEHYDRATION**

PHYSIOLOGY	DEHYDRATION	REHYDRATION
CARDIOVASCULAR		
Blood volume/plasma volume	diminished	delayed response
Cardiac output	diminished	delayed response
Stroke volume	diminished	delayed response
Heart rate	diminished	delayed response
METABOLIC		
Aerobic capacity (VO ₂ Max)	somewhat diminished	same
Anaerobic power	somewhat diminished	same
Anaerobic capacity	somewhat diminished	same
Blood lactate, peak value	diminished	diminished
Buffer capacity of blood	diminished	delayed response
Lactate threshold	diminished	delayed response
Muscle & liver glycogen	diminished	diminished
THERMOREGULATION & FLUID BALANCE		
Electrolytes in muscle and blood	diminished	no change
Exercise core temperature	increased	delayed cool down
Sweat rate	diminished	delayed response
Skin blood flow	diminished	delayed response
PERFORMANCE		
Muscular strength	slightly diminished	slightly diminished
Muscular endurance	diminished	diminished
Muscular power	slightly diminished	slightly diminished
Muscle movement to exhaustion	diminished	delayed response
Total work performed	diminished	diminished

ELECTROLYTE LOSS DURING EXERCISE

In addition to body water lost during vigorous exercise, many nutrients, especially minerals, escape with sweat. We stated above, swimmers don't sweat as much as land-based athletes, but they do sweat, and they do lose body water. Sweat is a filtrate of blood plasma; it contains many substances found there including sodium (Na⁺), chloride (Cl⁻), potassium (K⁺), magnesium (Mg⁺⁺), and calcium (Ca⁺⁺). It is mostly water (99%) but contains enough lost electrolytes to produce altered physiologic responses in some athletes. What happens next is the body's sensing this loss and causing the kidneys to greatly shut down urine production; in effect, to hold on to body fluid. An additional response also causes the kidneys to produce a powerful hormone called aldosterone. This acts to make the kidneys retain sodium and chloride ions (Na Cl...salt). What follows is the amount of these ions rises and produces an increased concentration that signals the brain's hypothalamus to produce the thirst alert so we would increase our

water intake. This dilutes them back to normal. All this takes time...it is not an immediate response, which affords a delayed effect of recovery. Someone in the middle of vigorous training or competition that develops a healthy thirst has entered the "zone of metabolic distress", and his or her performance will most likely be compromised. The damage is done, so to speak, though some salvage of effort can be made if rehydration is done quickly and thoroughly.

If left to normal physiologic recovery, up to 48 hours may be needed for electrolyte and fluid rebalancing. This is an unacceptable time delay for those needing to partake of regularly-scheduled daily training regimens. This is where the commercial "recovery drinks" have a place. They have enough salt in them, among other things, to actually create a slight thirst, making us want to drink more of the product to help ensure adequate rehydration.

TAKE HOME POINTS TO REMEMBER

- (1) Our immediate need to replace lost body fluid is greater than our need to replace lost electrolytes.
- (2) Since our thirst mechanism does not exactly match our hydration state, we should "drink before we are thirsty, and after we are not."
- (3) Adequate fluid and energy intake during vigorous training and with appropriate timing for competition reduces the risk of dehydration and energy depletion and optimizes the body's cardiovascular and thermoregulatory functions which should eliminate two major causes of diminished performances.

— Thanks to Ed for this article. He and Eileen are doing well; loving the Florida climate. He says outdoor swimming every day reminds him of an all-year-round Rahway program only the pool is surrounded by palm trees, and it is always WARM!. Ed is busy publishing articles, coaching at a nearby community college doing Masters, clinics, private lessons and racing camps. Rock on, Ed!

by Coach Emmett Hines

Revised from an article that first appeared in Schwimmvergnügen in 1995.

...Stroke, stroke, breathe, stroke, stroke... Not too fast now - don't wanna to use it up too soon... stroke, stroke, breathe, stroke, stroke, stroke... not too slow - don't wanna work that hard... stroke, stroke, stroke... he really took off after that last turn... stroke, stroke... damn, I might have to do some of this by myself... stroke, stroke, breathe, stroke, breathe... mebbe I'll just stop and adjust my goggles till he makes it back by here... stroke, breathe, stroke...you'd think he'd have the common courtesy to keep a steady pace, what with the rest of us back here...stroke...I don't even see his bubbles anymore...stroke, stroke...my goggles are just about to leak so I'll stop here for 30 seconds or so...

Drafting. If you don't know what drafting is, stop right here - read no further. Preserve your innocence. Walk away now, untainted.

Now, for those of you familiar with drafting, let me say that I'm not 100% against drafting once in a while. Heck, it's fun to get a free ride from a faster swimmer now and then. And, from a training standpoint, this practice has its merits - it allows you to feel what it is like to get up and down the pool a little faster. It also gives you a different feel for what the water is doing to your body. If you are going to be competing in open water, drafting is part of the game and such skills must be developed. You have to find that fleeting "sweet spot" where the trade-off between turbulent water and flowing water gives you the best "ride." A little drafting helps you improve your understanding of the water and its effect on your body.

However, this concept is often taken to an extreme. I don't want to go off on a

rant here but, I'm sure you know what I mean - the guy who refuses to go first, even though he's the fastest swimmer in the lane, the inconsiderate fellow who swims up on your toes but who wouldn't dream of passing (in fact, touching your toes is his signal for you to speed up rather than his signal that he wants to pass), the bozo who goes two seconds behind you then complains when you stop abruptly in the lane and he runs into your back, the cretin that leeches your bubbles for a long swim with multiple negative splits and when quizzed for his splits merely points to you and says "Same as Joe-Bob's," the pusillanimous twit that drafts off you all day long and then puffs out his chest in the locker room about what a tough workout he did.

I'll not mince words. With rare exceptions drafting in workout is cheating. It is a crutch - like training wheels on a bike, like wearing flippers when everyone else has got nekked feet, like pushing food onto your fork with your fingers, like swimming a 400 when other people your speed go a 500, like going to the bathroom and not washing your hands, like leaving 2 seconds early on a timed 50 - need I go on? When you draft you know you are getting away with something, you feel a bit sheepish when it is pointed out publicly and you know it is intellectually dishonest to claim credit for anything you do while drafting.

Yet some of you still insist on sucking foot most of the time, swimming without the aid of a good draft only under duress (or only with flippers or only with the cursed little styro-virus between your legs).

Drafting directly reduces the amount of energy expended to swim at a given pace. You are fooling yourself into thinking you are doing great things when in reality the lane leader is doing the great things.

Because a drafter's speed is largely dependent on the other guy's effort it is impossible for the drafter to gauge the amount of effort really needed to swim at any desired speed. A sense of pace eludes this misguided soul. Foggy countenances and pained expressions appear when negative splitting or any other type of controlled pacing is the order of the day (unless, of course, a trusty lane leader is present to do all of the mental and physical work - then the drafter is happy to do his part and mop up the bubbles).

Because of pacing deficiencies, chronic drafters are often the ones who crash and burn during distance races in meets. Onlookers cringe, teammates point and snicker, parents point out the spectacle to their children, admonishing them against the evils of a misspent youth, coaches disavow knowledge of the swimmer's activities.

The problem of drafting would be self-limiting if the drafter's free ride cost the lead swimmer more energy or slowed him down a bit. If this were the case a swimmer that detected a bubble leech would soon reward the offending party with invectives and physical abuse. However, unless the drafter commits one of the more flagrant lane etiquette fouls or endangers others, peer pressure is rarely exerted.

Of course it all comes down to a question of aesthetics - to the casual observer, does the swimmer who is drafting look more like a sexy European sports car flying along the course, sun glinting off it's freshly detailed chrome - or does he look more like a demolition derby hulk being dragged off the track in a choking cloud of dust and oily smoke? I'll leave it to you to decide." ☹

-Taken from H2ouston Swims website at www.h2oustonswims.org

MICROSPEEDOPHOBIA (MY-CRO-SPEED-OH-FO'-BEE-UH) -

NOUN - THE FEAR THAT YOUR NEW SUIT MIGHT BE JUST A LITTLE ON THE SMALL SIDE.

Submitted by Tom Bott (UK)—Taken from H2ouston Swims website



**“ABILITY IS WHAT
YOU'RE CAPABLE OF
DOING. MOTIVATION
DETERMINES WHAT
YOU DO. ATTITUDE
DETERMINES HOW
WELL YOU DO IT.”**

—LEE HOLZ

LET'S WORK IT!

Thanks to Melanie Fink for supplying this workout. Melanie coaches five Masters swim programs including JCC Metro West in West Orange and JCC Metro West in Whippany. The majority of her swimmers are triathletes...so this workout is freestyle only with drills. Why not give it a try?

WARM-UP:

300 Choice Stroke or Alternate Breath Free

DRILLS W/ FINES:

7 x 50 on 1:00 - Three Stroke Kick on Side

MAIN SET:

Super "M" Yards:

100 - 200 - 300 - 200 - 100 -
200 - 300 - 200 - 100

ON: 1:45- 3:30 - 5:15 - 3:30 -
1:45 - 3:30 - 5:15 - 3:30 - 1:45

= 1700

DRILLS W/ FINES:

7 x 50 on 1:00 - Catch-up

WARM-DOWN:

300 Choice Stroke or Alternate Breath Free

TOTAL: 3,000



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

The Atlantic Club Workouts are M, W, F 6-7pm, T & H 7-8am and Sat. 8-9am. Contact: Andreas Roestenberg at andreas@h2ovelocity.com or www.atlanticclub.com or 732/292-4372.

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

Blair Academy (in Blairstown) Different session for different ability levels. Contact coach Ed Dellert days at 973/764-5252 or eddellert@warwick.net.

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink at donfink@comcast.net, workouts T at 8pm & H at 5:30am.

The Connection for Women and Families (Summit) Workouts are T & H 6:30-7:30am, W 7-8pm. Contact Amanda Stover or Steve Honoshowsky; 908/273-4242, amanda.stover@theconnectiononline.org.

Hoboken YMCA Workouts are M, T, W and Th 7-8 pm. Contact Ignacio Sanchez, Aquatic Director at 201/963-4100, ext 22 or nacho_sanchez88@hotmail.com

Hunterdon County YMCA at Deerpath Contact: Nancy Shapiro at the Y; 908/782-1030. Practice is W 8:30-9:45pm. Sandy Carosi holds workouts T, H 9:15-10am. Contact her at 908/236-0086 or jcarosi@aol.com.

JCC Metro West (West Orange) Workouts are W 8-9pm and Sun 8-9am. Contact Coach Melanie Fink at mfink38@comcast.net

JCC Metro West (Whippany) Workouts are H 8-9pm. Contact Coach Melanie Fink at mfink38@comcast.net

Jersey Area Masters, Princeton Fitness and Wellness, workouts M-H 7-8 or 8-9:30pm. Email or call Darek Hahn before you come; 609/947-3780, DHahn@princetonlightwave.com

Lakeland Hills Masters Team Contact Pam Banks at swimbanks@earthlink.com or www.lhymasters.tripod.com/lhym.html

Madison YMCA Contact head swim coach Ed Foeri; 973/822-YMCA, ext 228 or Dave Wray, ext 230. Workouts are M & W 8:20-9:30 pm.

Metuchen-Edison YMCA Workouts are T & H from 8:15-9:30 pm. Contact Jay Muldoon at jmuldoon@att.com

Ocean County YMCA Masters Contact: Biran Kilpatrick; 732/341-9622, X 2210 or info@ocymca.org

Peddie Aquatics Association Peddie Aquatics Association Masters Swim Club Contact Paul Mucciarone and his email is pfmooch@hotmail.com (or call the Aquatics Director at 609-490-7564). The hours are M-F, 8:00 PM - 9:30 PM.

Ridgewood YMCA Workouts are M & F 8:30-9:30 pm. Contact Sue Ludzki at 201/444-5600 or Andrea Luallen-Egg at rymastersandrea@optonline.net

Rutgers University Contact Ellen Weirich; 732/445-04562 or ezera@rci.rutgers.edu. Workouts are held at the Sonny Werblin Rec Center pool. Workouts: M-F noon-2pm, Sunday 5:30-7pm, M, T, H, F 6-7am, T & H 8-10pm, F 7:30-9pm www.recreation.rutgers.edu/aquatics

Stevens Sting Rays Contact: Cheryl Lee 201/216-8039. Workouts are M, W, F 7:30-9 pm; T & H 6-7:30 am and 8-9 pm; Sun 10-12.

Somerset Valley YMCA (Bridgewater) Contact Melanie Fink; 908/526-0688, mfink38@comcast.net

Sussex Tech Adult Career Center Workouts are Tues and Thurs 6-7 pm. Contact Christine Hollis at 973/383-6700 or CHollis@sussex.tec.nj.us

Union Boys and Girls Club Ron Karnaugh at RonKarnaugh@aol.com or call 973/868-9922.

The Club is located at 1050 Jeanette Ave., Union, NJ 07083 908/687-BOYS ext. 24;

Directions: www.bgcucaquatics.org; Updates: www.SwimMD.com

Wycoff YMCA Masters Contact: Doug or Ray at the Y; 201/891-2081.

Workouts are T & H 7:30-8:30pm and Sat., 7:30-8:30am. During the winter call before Tues. workouts, as time June/July change due to kid's meets.

NON-COACHED WORKOUTS

County College of Morris Contact Nicole Agresto, pool coordinator; 973/328-5257, nagresto@ccm.edu

Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 6811.

Workouts: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.

Monmouth Swim Hawks Monmouth University, West Long Branch Workouts are M, W & F mornings from 7am-8am. Contact Robert Vorhees, Aquatics Director, Monmouth University; rvorhees@monmouth.edu or 732/263-5601. Or contact Murray Simon at 732/229-7623.

Montclair Masters Contact: Omar Cruz, Montclair YMCA, 25 Pine Street, Montclair, NJ 07043; 973/744-3400x109. Workouts held M, W 6-7 pm, F 6:30-7:30 pm.

Morris Center YMCA Contact Ed Soder; 973/267-0704, esoder@morriscenterymca.org

Princeton Area Masters Contact Tink Bolster; 609/924-4222 or contact Princeton Recreation Department; 609/921-9480 and ask for Kate Herlihy. Workouts are M-F, 5-6:45 am at DeNunzio Pool, Princeton University.

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

Sussex County Masters Contact: Bob Hopkins; 973/729-3686 or swimsmart@yahoo.com

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

Montclair YMCA Contact Billy Wilkenson; 973/744-3400

Westfield YMCA Contact Paul Casazza; 908/233-2700, pcasazza@westfieldynj.org

Western Monmouth YMCA Contact Richard Wallace; 732/446-4589 (H). 973/482-6400, X 2256 (W), swimphil@optonline.net

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

Somerset Hills YMCA Contact Karley Dabry; 908/766-7898, ext 529.

Sussex County Technical School (Sparta) Tues and Thurs 6-7 pm. Contact Sharon Vogel; 973/383-6700, ext 255.

TCNJ Masters, The College of New Jersey in Trenton. Workout times are Mon-Fri 11-2 pm and 7-9 pm and Sat-Sun 12-4 pm. Contact Chrissy Schwebel at tcnjmasters@yahoo.com

FORMATIVE (this new category refers to pools that have an interest in coached workouts but aren't there yet. Call if interested. Maybe you can get things going)

Sussex County YMCA Contact Bob Hopkins; 973/729-3686 or swimsmart@yahoo.com

Greater Bergen County YMCA Contact David Allerd at blueridge81@yahoo.com

West Morris Area YMCA Contact Kathy Fisher; 973/388-1120 or kathy@wmay.com

St. Francis Community Center Aquatic Center (Brandt Beach, Long Beach Island) Contact Linda Behr; 609/494-8861, lmbehr80@aol.com

Ocean Club (Stafford Twsp, Manahawkin) Contact Kara Cassidy; 609/653-0939, karaswims@comcast.net

Newark YMCA Contact Janelle Uroff; 973/624-8900, ext 6811, swim@newarkymca.org



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:



MEET CALENDAR

JUNE 26

PLUNGE FOR THE PATIENTS 1 AND 3 MILE SWIMS, WILDWOOD, NJ. Go to <http://www.lnsports.com>

JULY 2

BRADLEY BEACH 1 MILE OCEAN SWIM at 9:30am. Call 732-776-2999 during the day for more info.

JULY 16

SWIM FOR THE DOLPHINS, WILDWOOD. Go to <http://www.lnsports.com>

JULY 30

OCEAN CITY MASTERS 1 MILE SWIM, OCEAN CITY. Go to <http://www.lnsports.com>

MEETS OUTSIDE OF NEW JERSEY

APRIL 30

YONKERS YARD MASTERS WINTER INVITATIONAL AT MARK TWAIN JHS POOL COMPLEX. Entry must be received (not post-marked) by Friday, April 22. Go to www.aquafit-masters.com

MAY 29

JIM McDONNELL 1 & 2 MILE LAKE SWIMS LAKE AUDUBON, RESTON, VA www.restonmasters.org

JUNE 4

POTOMAC RIVER 7.5 MILE SWIM POINT LOOKOUT STATE PARK, MD www.crosslink.net/~cherylw/pr2005i.htm

JUNE 11

FLAG DAY 1 MILE SWIM NEW YORK, NY www.nycswim.org

JUNE 12

GREAT CHESAPEAKE 4.4 MILE BAY SWIM & 1 MILE BAY CHALLENGE, STEVENSVILLE, MD. It is now listed on the Lin Mark site (<http://www.lin-mark.com/2005sch1.htm>) Check the site for updates or check www.bayswim.com.

JUNE 18

SWIM FOR LIFE 1, 2, 3, 4, & 5 MILE SWIMS CHESTERTOWN, MD www.swimdcac.org

JULY 9

MANHATTAN ISLAND MARATHON SWIM 28.5 MILES NEW YORK, NY www.nycswim.org

JULY 16

RACE FOR THE RIVER .5 MILE SWIM NEW YORK, NY www.nycswim.org

JULY 31

PARK TO PARK 1 MILER NEW YORK, NY www.nycswim.org

AUG 6

BOSTON LIGHT 8 MILE SWIM BOSTON, MA
OVV: Contact: John Werner, Race Coordinator
Cell: 617-835-1242, Work: 617 695 2300 x 103
Email: johnwerner@citizenschools.org Web: <http://www.bostonlightswim.org>

AUG 20

THE GREAT HUDSON RIVER SWIM 2.8 MILES NEW YORK, NY www.nycswim.org

SEPT 17

LITTLE RED LIGHTHOUSE SWIM 7.8 MILES NEW YORK, NY www.nycswim.org

CHAMPIONSHIPS

APRIL 21-23

YMCA NATIONALS, INDIANAPOLIS, IN. Go to www.YMCAswimminganddiving.org

APRIL 22-24

COLONIES ZONE SCY CHAMPIONSHIPS, GEORGE MASON UNIVERSITY, FAIRFAX, VA. Go to www.patriotmasters.org or www.usms.org

MAY 22

SCY USMS NATIONALS, FORT LAUDERDALE, FL. Information in January issue of Swim Magazine.

JULY 22

SCM WORLD MASTERS GAMES, EDMONTON, ALBERTA, CANADA. Go to www.2005worldmasters.com

AUG 10-14

LCM USMS CHAMPIONSHIPS, MISSION VIEJO, CA. Go to www.mastersmvswwimming.org