

EASTLANE

Sad News About Austin Newman

NJ LMSC's oldest swimmer, 93-year-old Austin Newman, died on May 18th during his morning swim workout at the Ocean County YMCA.

An amazing athlete, Austin was a fixture in Master's swimming. He will be sorely missed by his many friends in the swimming community and beyond.

Here's an excerpt from his obituary in the Asbury Park Press: Austin Francis Newman, 93, of Toms River, passed away Monday, May 18, 2009. Mr. Newman was born Nov. 21, 1915 in Elizabeth. He lived in Westfield for most of his adult life before moving to Toms River in 2001. He was employed by Elastic Stop Nut, Union and retired in 1982.



Mr. Newman was known for his athletic accomplishments. In addition to his national and world records in swimming, he was inducted into the USA Track & Field Masters Hall of Fame in 2007 for his running prowess. His election was based on his three national records, five world records, and 22 national championships as a middle distance runner. He was virtually unbeatable in his age group in numerous triathlons.

More about Austin Newman on the next page

Esther Williams Still in the Swim

From Parade Magazine, 6/7/09

Q. At 84, I'll be swimming in the National Senior Games and would be inspired to know if "America's Mermaid," Esther Williams, still swims. —Jane McIntyre, Eden, NC

A. Every day. "Swimming is the only sport in which you are ageless and weightless," says the star of MGM's popular midcentury aqua-musicals. "My solar-heated pool is a favorite party spot for our family, especially my young granddaughters," Williams, 87, who's had a line of swimwear for decades, lives in Beverly Hills with her fourth husband, Edward Bell.

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Remembering Austin Newman

By Paul Kiell

The picture below was taken in May 1990 shows Austin Newman edging me at the end of the Midland 15-kilometer run. He was age 75 at the time. I was 15 years his junior. One of my memories of him is of that race. And although we can all remember him for his athletic ability, his grand spirit, his enthusiasm and his zest for life. I remember him most for two simple words he once uttered.

It was 1996 and we were both competing at the YMCA Masters Swimming Nationals held that year in Orlando. He had already turned 80 and would win all his events for his age group. About the second day of the four-day meet, in the midst of my establishing an age-group record for nervous trips to the men's room, I posed to all assembled there the existential question of "why do we do this if it makes us so uptight?" Austin's riposte, as he shrugged his shoulders and turned up of the palms of his hands, was . . . "we're here."

"We're here." To explain his words runs the risk of missing the mark. But I'll try.

He only said two words, but his facial expression and body language was saying that life is not a spectator sport, that it is our responsibility to do our best no matter what, that we owe it to our children and to their children and to our friends to set an example.

In 2005, fifteen years after that picture was taken, now I was his age at the time of the photo. I was trying to break his New Jersey State record for the long course 200-meter freestyle event. If you could have superimposed his earlier effort upon my swim try then, he would have been ahead of me by about the same distance he was ahead of me in the run photo.

I'll miss seeing Austin Newman at the meets, with his ready smile and firm handshake. Rest in peace old friend. Your records, your example, your person, will never be matched.



MIDLAND RUN
Far Hills, New Jersey
May 20, 1990



Calendar 2009

Events in New Jersey

August 1 Jason Nessel Memorial Meet, Rahway. Entry on pages 8 and 9.

August 8 Lavallette 1 mile Ocean Swim. NJ's USMS sanctioned open water swim. more information at <http://www.ocymca.org/display.php?id=46>.

October 17, 2009 Sussex County Y Meet Hardyston, NJ
Contact information: Bob Hopkins swims-mart@yahoo.com or 973.729.3686.
For entry go to <http://www.njmasters.org/misc/091017sussexcountyymca.pdf>.

January 1 - December 31 USMS Check-Off Challenge Fitness Event ~ From Block to Wall...Swim Them All! Contact Raena 317-876-3253 or raenalex@hotmail.com
www.usms.org/fitness

January 1 - December 31 USMS Go The Distance 2009 Fitness Event Contact Mary Sweat: usmsgtd@yahoo.com
www.usms.org/fitness

Other Events

May 15 - Sept 15 USMS 5K and 10K Postal National Championships
Online entries coming soon. Must be swum in a 50m pool.

June 21 5th Annual Merryman Masters LCM Swim Meet, Upper Main Line YMCA, Berwyn, PA. Entry form at <http://www.dvmasters.org/pdf/2009lcmUMLY.pdf> Contact is Linda VanOcker 610-283-6525, ScubaVan@comcast.net

July 11 USMS 1-3 Mile Open Water Championships (2 miles) Canandaigua Lake, Canandaigua, NY Contact Vern Hecker yhecker001@rochester.rr.com

August 6-10 USMS LCM National Championships IU Natatorium Indianapolis, IN Contact information: <http://www.usms.org/comp/lcnats09/>

August 15 USMS 2-Mile Cable Championships Mirror Lake, Lake Placid, NY Contact Ann Sveson annb48@earthlink.net 518.893.1967
Entry form: <http://www.usms.org/longdist/ldnats09/2micblentry.pdf>

October 10-17 World Masters Games Sydney Olympic Park Aquatic Center Sydney, Australia More information: <http://www.2009worldmasters.com/Swimming/default.aspx>

Open Water Calendar Up

Are you ready to test your swimming skills in the open water? Whether you're a veteran of pool-free swimming or looking forward to your first ocean or lake swim, you'll need to know your choices. Check out the open water calendar compiled by Jeff Jotz at <http://www.njmasters.org/misc/2009openwatercalendar.htm>. Jeff updates it throughout the summer.

2009 Masters Open Water Swim Clinic

An open water swimming clinic will be held for USMS-registered swimmers only at Lake Mohawk in Sparta, NJ on June 20 from 9am to noon. The cost is \$25 by June 13, \$35 after.

USMS Long Distance All American, Jeff Jotz, and other experienced open water swimmers will prepare you for swimming all types of open water venues. The clinic will consist of dryland instruction as well as swimming in the shallow waters of Upper Lake Mohawk. 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. Pizza will be provided after the clinic for participants.

Go to <http://www.njmasters.org/misc/090620openwaterclinic.pdf> for a registration form.

Dive into Longevity!

For the ultimate anti-aging workout, grab a pair of goggles. South Carolina researchers followed 40,547 adults ages 20 to 90 for more than 3 decades and discovered that swimmers – regardless of age – were about 50% less likely to die during the study than were sofa sitters, walkers, and runners. Scientists speculate that water-based workouts are tops for life-long fitness, thanks to their low injury risk and built-in full-body toning combined with joint-friendly cardio.

--From Prevention Magazine, July 2009

Records Galore!

Congratulations to Marie Velucci, 60, who set new a NJ SCM record in the 100 fly with a 1:57.67 at the **NYC Parks and Recreation Masters Meet** at the Flushing Meadows Corona Park Pool on May 3, 2009.

Congratulations to the following NJLMSC swimmers who set new NJ SCY records at the **USMS SCY National Championships** on May 7-10, 2009 at Clovis North High School in Fresno, CA.

Scott Carpenter, 45 is the national champion in the 100 Free, 50 fly and 100 Fly! Benn Doyle is the national champion in the 200 Breast, swimming it faster than the existing national record!

Men

40-44

Bill Segal, 44

200 Free 1:47.11 (4th)

45-49

Scott Carpenter, 45

50 Free 21.78 (2nd)

100 Free 48.13 (1st)

50 Fly 23.37 (1st)

100 Fly 51.72 (1st)

Scott Yeomans, 45

200 Free 1:53.17 (14th)

500 Free 5:08.42 (7th)

200 Back 2:11.28 (6th)

200 IM 2:09.41 (8th)

400 IM 4:38.55 (8th)

50-54

Benn Doyle, 50

100 Breast 1:01.61 (3rd)

200 Breast 2:14.87 (1st)

100 IM 57.89 (6th)

200 IM 2:10.27 (8th)

Congratulations to Chris Near, 48 who set a new NJ SCY record in the 200 IM at the **Burlington County College Mini-meet** on April 5, 2009. Chris swam a 2:11.30.

Congratulations to the following NJLMSC swimmers who set new NJ SCY records at the **YMCA Masters National SCY Championships** on April 16-19, 2009.

Women

45-49

Laurie DiTommaso, 46

50 Free 25.65 (3rd)

50 Back 30.20 (2nd)

100 Breast 1:13.20 (3rd)

50 Fly 27.07 (2nd) - lower than the current

YMCA National Record

100 IM 1:03.70 (2nd)

50-54

Deborah Cipriano, 52

100 Breast 1:23.85 (5th)

Men

60-64

Frank McElroy, 61

100 Free :55.96 (2nd)

200 Free 2:01.36 (2nd)

500 Free 5:26.91 (1st) - lower than the current

YMCA National Record

1000 Free 11:15.77 (1st) - lower than the current

YMCA National Record

100 Fly 1:01.38 (1st) - lower than the current

YMCA National Record

200 Fly 2:22.59 (1st)

200 IM 2:25.32 (2nd)

400IM 5:08.78 (1st)

Light Those Candles!

Happy birthday to the following 100 May and June babies:

Florence Melick 85-88	Susan Olesky 50-54	Lynn Ascione 40-44
William Haynes 80-84	Stanley Fromhold 50-54	Regina Papini 40-44
Tink Bolster 80-84	Gregory Kelly 50-54	Erling Hoie 40-44
William Mackolin 75-79	Robert Franks 50-54	Eric Burke 40-44
Penny Boorman 75-79	David Schmitt 50-54	Yves Baeyens 40-44
Ralph Hemecker 75-79	Jonathan Norton 50-54	J'Aime Conrod 35-39
Beth Carey 70-74	Timothy Zadalis 50-54	Jodi Barrish 35-39
Bruce Burner 70-74	Louis Conte 50-54	Austin Clayton 35-39
Deiter Wunderlich 70-74	Linda Brown-Kuhn 50-54	Marc Silberman 35-39
Madeline Greene 65-69	Janice Baker 45-49	Marleen Sharo 35-39
Ray Hurst 65-69	Susan Kirk 45-49	Douglas Miller 35-39
Patric Mills 65-69	Jeffrey Schobel 45-49	Jiaming Yu 35-39
Bob Hopkins 65-59	Rosemarie Strawn 45-49	Allison Trinklein 35-39
Jim Dragon 65-59	Lan Ge 45-49	Peter Hockmeyer 30-34
Richard Alexander 65-69	Timothy Christian 45-49	Matthew Donovan 30-34
George Allison 60-64	Lisa Spiller 45-49	Carl Mazzanti 30-34
Robert Hengevel 60-64	Erik Werfel 45-49	Brian Hopkins 30-34
Edward O'Hara 60-64	Michael Cialdella 45-49	Michael Lemberg 30-34
Frank Adornato 60-64	Michael Sirkin 45-49	Bayete Lynch 25-29
Bob Cashel 60-64	Graeme Henderson 45-49	Kevin Nervi 25-29
June Carson 60-64	John Esser 45-49	Rob Mathis 25-29
Yuhlin Lin 60-64	Lew Gillett 45-49	Andrew Capers 25-29
Marie Vellucci 60-64	Larry Bishof 45-49	Julie Goldberg 25-29
Craig Bitler 60-64	Diana McLaughlin 45-49	Lisa Rong 25-29
Ellen Pease 60-64	Sara Johnston 45-49	Hayley Wittsack 20-24
Gail Seelig 55-59	William Segal 45-49	Liz Delia 20-24
Arthur Wein 55-59	Julie Sheaffer 45-49	Kristine Bates 20-24
Gertie Sloan 55-59	Schuyler Antane 40-44	Erin Legg 20-24
Donald Peters 55-59	Jussara Nicholson 40-44	Amy Ovsiew 20-24
Michael Fanelli 55-59	Steve Hiltabiddle 40-44	Thomas Alne 20-24
Linda Ridilla 55-59	Monica Dobbin 40-44	Mark Hamilton 20-24
Gail Stevancsecz 55-59	Simon Bintley 40-44	Laura Alonso 20-24
Jane Riff 55-59	James Curd 40-44	
Andrew Magion 50-54	Mark Laccetti 40-44	

Quote:

Swimming: From the outside looking in, you can't understand it. From the inside looking out, you can't explain it.

~Author Unknown



Jotz is Tops At Great Hudson River Swim

For almost 200 bold swimmers, the Memorial Day Weekend started off with a bang — and a jump into the chilly Hudson River at NYC Swim's [Great Hudson River Swim](#). The event started with two large waves of swimmers, but ended with one winner: Jeff Jotz in a time of 27:18. (Actually, winning this event should be old hat for Jotz who has 3 first place Great Hudson River Swim finishes.) Congratulations to all of the participants, and our sincere thanks to the boat captains, kayakers, and other volunteers who made this race possible. Top male and female finishers are listed below with full [results](#) available on our website.



--Photo and story from Cross Currents, 5/26/09 issue

Sprinter's Delight Workout

Thanks to Sue Lawson, coach of the Somerset Hills YMCA Masters team and women's triathlon club swim coach for this fast-paced workout that will keep you moving from start to finish!

WARM UP

400 choice

6 x 75 DRILL/KICK SET 10 sec rest btwn 75's

Repeat 2x:

25FLY DRILL/25 BACK DRILL/ 25 STREAM- LINED BACK KICK

25BACK DRILL/25 BREAST DRILL/ 25 STREAMLINED BACK KICK

25 BREAST DRILL/25 FREE DRILL / 25 STREAMLINED BACK KICK

(850/850)

MAIN SET...40 x 50 continuous!!! (sounds boring but is pretty fun)

Pick one descending interval group to stick with for whole set:

	piranhas	barracudas	sharks	stingrays
16 x 50	@ :55	@ 1:00	@1:05	@1:10
12 x 50	@ :50	@ :55	@1:00	@1:05
8 x 50	@ :45	@ :50	@ :55	@1:00
4 x 50	@ :40	@ :45	@ :50	@ :55

(2000/2850)

FIN KICK

10 X 50 @ 1:00

ODD 50'S: BACK DOLPHIN

EVEN 50'S: FLUTTER ON YOUR SIDE/eyes focused on the bottom of pool

(500/3350)

COOL DOWN

2 X (25 BACKstroke/25 DOUBLE ARM BACK/25 BREAST/25FREE)

(200/3550)

NOTICE TO ALL U. S. MASTERS SWIMMING MEMBERS

June 1, 2009

The following U.S. Masters Swimming's official interpretation of Swimwear rule 102.14 was published March 26, 2009. These USMS interpretations have not changed and will remain in place until further notice. While USA Swimming chose to modify their rules, U.S. Masters Swimming has chosen to maintain its rules and interpretation until FINA has completed its processes and informed us of its interpretation as it applies to Masters Swimming. While our policy remains unchanged during this interim period, there is new information in the questions and answers following the interpretations.

#1. USMS SWIMWEAR INTERPRETATION

FINA approval or rejection of new swimsuits introduced after September 30, 2007, will be accepted by U.S. Masters Swimming for USMS sanctioned and recognized competition.

The following interpretation regarding the use of two suits during competition was also published March 26, 2009.

#2. USMS SWIMWEAR INTERPRETATION

For purposes of Article 102.14 of U.S. Masters Swimming Rules of Competition, Swimwear, the use of more than one swimsuit at a time during any USMS sanctioned or recognized competition is prohibited.

QUESTIONS & ANSWERS:

1. Question: Can I wear a regular racing suit that is not a body suit?

Answer: Yes, suits introduced prior to September 30, 2007, are legal for U.S.M.S. competition.

2. Question: Can I still wear my LZR or TYR Tracer at meets including long course meters meets?

Answer: Yes, because at least some of the LZR and the TYR Tracer models are on the new list of FINA-approved suits that was published May 19, 2009, and none of these suits are on the not-approved list. All LZR and TYR suits are legal at least until the retesting is completed. (We have not seen the official list of suits being retested, so we don't know if there are models of these suits included.)

3. Question: Why don't I see the new suit I bought on the new list of FINA-approved suits?

Answer: There are 136 suits that are currently being retested by FINA. The target date for those results is June 19, 2009. The suits are being retested under the new system for buoyancy (no more than 1 Newton), material (no thicker than 1 mm), and construction (no trapping of air), just to mention a few criteria. At the point of publication of those results, the USMS Rules Committee will consider those test results.

4. Question: How will this impact Masters competitors?

Answer: That suit you bought after September 30, 2007, is legal at this moment, but it could be reconsidered by the USMS Rules Committee after the next FINA-approved swimsuit list is published. Regardless of the upcoming new list, that old Fastskin or similar suit that you have will be legal since it was introduced prior to September 30, 2007.

5. Question: My coach is forcing me to swim the 1650 Free as a training swim. Can I wear a drag suit over my jammers?

Answer: No. Although wearing an extra drag suit may not be perceived as having an advantage, the interpretation is that only one swimsuit is permitted.

6. Question: Does "one suit for competition" mean I can only wear one suit for the whole meet?

Answer: No. You can change suits during the meet, but you can only wear one suit at a time. This restriction applies only to the actual races (competition). You can wear more than one suit during warm-up and warm-down. This restriction applies to all types, makes, and models of swim suits, but it is not intended to apply to athletic supporters or modesty type wear (a single pair of "briefs" or "bikini bottoms or top" or a sports bra worn to ensure modesty and privacy).

Feel free to contact me with any questions.

Kathy Casey, Chair U.S. Masters Swimming Rules Committee rules@usms.org

JASON E. NESSEL MEMORIAL INVITATIONAL

Saturday, August 1, 2009

7:15 am warmup, 8 am start

NJLMSC & USMS Sanction #079-S03



Walter E. Ulrich Pool
Rahway River Park
Rahway, New Jersey



- ENTRIES:** The meet is open to all Masters Swimmers holding a valid 2009 USMS registration card. A copy of your card must accompany your entry! Enter times in long course meters. **Maximum four (4) entries per swimmer.**
- FACILITIES** Pool is 8 lanes, each 50 meters long. Depth ranges between 3-5 feet. Electronic timing. Bring your own lawn chair.
- AWARDS:** Custom awards for First through Sixth place.
- COST:** \$12 meet surcharge. \$4/ individual event and \$8/relay. Mail payment to Jeff Jotz, P.O. Box 873, Rahway, NJ 07065
- DIRECTIONS:** *Garden State Parkway Southbound:* Exit at Exit 135 (Clark/Westfield) and immediately bear left towards Rahway. When you pass under the Parkway, make your second right onto Valley Road. Follow Valley Road through traffic light for 1 mile and turn right into park at sign. Pool is 1/2 miles ahead on left.
- Garden State Parkway Northbound:* Exit at Exit 135 (Clark/Westfield) and immediately bear left onto traffic circle. Make your first right onto Valley Road and follow directions above.

For more information contact Jeff Jotz at (732) 382-9419 or jjotz@yahoo.com.

JASON E. NESSEL MEMORIAL INVITATIONAL

Saturday, August 1, 2009

MEET ENTRY FORM

Name (print): _____ DOB: _____

Address: _____

City: _____ State: _____ ZIP: _____ USMS #: _____

Club: _____ Phone: _____ E-mail: _____

EVENT	TIME	FEE
1. 400m freestyle		Meet surcharge \$12
2. 50m butterfly		Events x \$4
3. 50m backstroke		No deck entries
4. 100m breaststroke		Maximum 4 entries
5. 200m I.M.		per swimmer
6. 100m freestyle		Relay x \$8
200 Choice of one:		TOTAL
7. 200m freestyle	circle one	Attach copy of your
8. 200m backstroke		2009 USMS card.
9. 200m breaststroke		Send meet entries to:
10. 200m butterfly		Jeff Jotz
11. 100m backstroke		P.O. Box 873
12. 50m freestyle		Rahway, NJ 07065
13. 50m breaststroke		By July 24
14. 100m butterfly		
15. 400m mixed free relay		

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)

Signature: _____ Date: _____



NJ LMSC

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