

EASTLANE

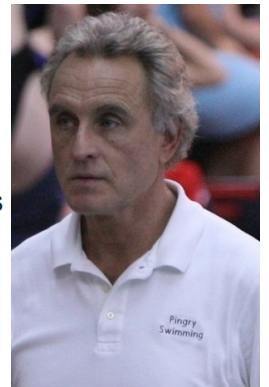
Bill Reichle Named National Coach of the Year

Pingry Boys' Varsity Swimming Head Coach Bill Reichle has been selected as the 2009 "National Coach of the Year" for Boys Swimming and Diving by the coaches association of the National Federation of State High School Associations (NFHS).

Each "National Coach of the Year" is selected based on an individual's career coaching record, community service, involvement in other school activities, involvement with swimming at the various state/local/national levels, and their basic philosophy of athletics.

"Athletics present an opportunity to challenge the swimmers to become better athletes, better students, and better citizens. It's a challenge for me to improve the Pingry program every year. This award is not only a great honor, but also a nice tribute to past and present swimmers and the past and present coaching staff. It's a group effort," said Coach Reichle, who will be recognized in the spring issue of *Coaches Quarterly* magazine.

Coach Reichle has been working with swimmers for more than 40 years. He has coached at Pingry for the past 22 years, and he also serves as an Algebra teacher on the mathematics faculty. His teams have won six State Group Championships and four County Titles (among other championships), and he was also honored by *The Star-Ledger* as State "Coach of the Year" in 2008. For the 2008-2009 season, the NFHS selected him as New Jersey "Coach of the Year" for Boys' Swimming and Diving. Coach Reichle is also a member of the New Jersey Scholastic Coaches Association's Hall of Fame.

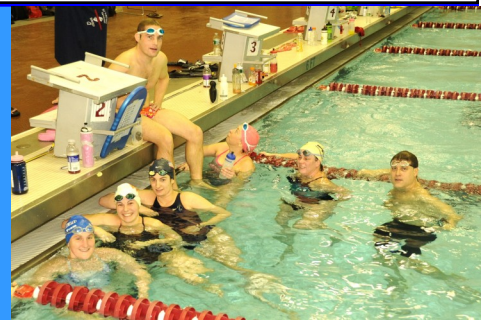


"This award is well-deserved and a fitting tribute to Bill's coaching career. He is humble, yet he has made and continues to make a tremendous difference in his athletes' lives. This is an honor for his entire coaching staff," said Gerry Vanasse, Pingry's Director of Athletics.

Congratulations, Coach Reichle!

--from Pingry's website at www.pingry.org

100 X 100's Rock! ...Sixty swimmers participated in the 100 x 100s on February 7th at Rutgers University. Of the group, 36 swimmers completed 10,000 yards or more, 22 swimmers finished between 5,000 and 9,999 yards, and 2 swimmers swam between 1,000 and 4,999 yards. That's a lot of yards!



Looking good at about 7,500 yards!



Curtis Sawin power posed at 10,000 yards

Thanks to Susan Kirk for these numbers, and Ed Tsuzuki for the pictures!

NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk
908.832.9241
sqkirk@comcast.net

Vice Chair

Chris McGiffin
908.630.0166
CMcGiff@aol.com

Treasurer

Bill Reichle
908.587.2053
ReichsSwim@aol.com

Registrar

Tom Brunson
973.279.7153
tombrunson@optonline.net

Sanctions & Safety Chairman

Mike Fanelli
908.755.9380
mfane41082@aol.com

Webmaster, Top Ten Records

Ed Tsuzuki
908.371.9179
edtsuzuki@comcast.net

Open Water & Fitness Chair

Jeff Jotz
732.382.9419
jjotz@yahoo.com

Events Coordinator

Bridgette Hobart
973 663 3663
bhobart@ptcllc.com

Newsletter Editor

Linda Brown-Kuhn
908.479.1038
lbk@sprintmail.com

Newsletter Graphic Design

Sara Harrison Johnston
908 322 2449
aras33@comcast.net

Calendar 2010

Events in New Jersey

March 13 Drew University Rangers Masters SCY, Drew University. Entry at <http://www.drew.edu/uploadedFiles/Athletics/Swimming/March%20Madness%20Meet%20Announcement.pdf>

April 10 April Antics SCY meet (formerly known as March Madness) Hosted by JAM at the John Witherspoon Pool in Princeton. Entry on pages 5 and 6.

Apr 23 – 25 Colonies Zone SCY Championships George Mason University Aquatic and Fitness Center, Fairfax, VA. Register online by 11 pm on April 12th at https://www.clubassistant.com/club/meet_information.cfm?c=1463&smid=2117 or snail mail your entry with an April 9 postmark at <https://www.clubassistant.com/c/FE70C36/schedule.pdf>.

April 24 "Just Do It" Meet, Sussex County YMCA, Hardyston, NJ. Click here for [meet information sheet and entry form](#).

June 19 Masters Open Water Swim Clinic in June in Lake Hopatcong, NJ. More information and a registration form will be available soon.

August 7 Jason E. Nessel Memorial Invitational, Rahway River Memorial Park, Rahway

September 12 2nd Annual Tom Wear One-Mile Memorial Swim, Lake Hopatcong. Tentative date. Contact Bridgette Hobart bhobart@ptcllc.com.

Other Events

January 1 - December 31 USMS Check-Off Challenge 2010 Fitness Event See if you can swim all 18 events. Form at [Check-Off Challenge](#)

January 1 - December 31 USMS Go The Distance 2010 Fitness Event Information at [Go The Distance](#). Register now to maximize your yardage.

May 20-23, 2010 2010 USMS SCY National Championships, Georgia Tech, Atlanta Georgia, **Information at** <http://www.clubassistant.com/GAMasters/scnationals.cfm>

July 31 - August 6, 2010 XIII FINA World Masters Championships Göteborg, Sweden [Information](#)

August 9-12, 2010 2010 USMS LCM National Championships, San Juan, Puerto Rico, [Information](#), online entry not up yet.

Parity For Older Swimmers

(Editor's note: This article presents Bill Mackolin's opinions and does not necessarily represent the views or opinions of the NJ LMSC.)

It's March and soon Masters swimmers' thoughts will turn to the excitement of open water swimming at the beautiful New Jersey shore. At the same time more than a few older members will also reflect upon the shortcomings of the rules which govern virtually all of these events. These rules fail to recognize individual performance, particularly among older swimmers, by not applying USMS age group competition to ALL participants.

Clearly, directors and sponsors of these events have the right to conduct the swims on their terms and conditions. However, when an entity invites the public to participate in an event which serves to benefit an individual, club or public agency, as these events commonly do, that entity also accepts exposure to public commentary on the event. Analogously, a private club seeking membership can establish rules of eligibility for membership but it remains subject to criticism regarding the reasonableness of the rules.

Failure to tabulate and post results in 5 - year age groupings for all participants as done in USMS sanctioned and recognized events is discriminatory, personally demeaning, contrary to our knowledge of the aging process, discourages participation, and is unnecessary. Moreover, the issue is easily resolved.

When will directors and sponsors of these benefit driven swims recognize individual performance by applying USMS 5-year age groupings to all participants? I have never received a reasonable answer from a director or sponsor as to why they don't make this application. Indeed some have no answer.

What can we do to encourage event directors and sponsors to recognize and address this shortcoming? Should we organize a campaign to influence the award decisions? Perhaps we can speak individually and /or collectively about this matter to event organizers. I would appreciate comments, ideas and suggestions from the membership. Send them to me

(wmackolin@optonline.net) or to Jeff Jotz our Open Water Chairperson.

Respectfully submitted,

Bill Mackolin, Age 77, Member since 1999

March "Mixing It Up" Workout

Thanks to Lisa LaMarca, Co-Coach at the Masters team at HealthQuest of Hunterdon in Flemington, for this workout that offers something for everyone, whatever your stroke of choice.

Warm up:

200 free, 200 pull, 200 kick (with board or on back)

4 X 75's: (IM order: fly, back, breast/, back, brst., free/, brst, free, fly/, free, fly, back)...15 sec. rest between each

Main Set:

12 X 100: Do first 100 free, second 100 pull (breathing every 5th stroke), third 100 IM, fourth 100 kick. Repeat this 3 more times for a total of 12 X 100's. Time interval will vary depending of swimmer but generally on 2:00-2:30

8 X 50 Sprint Free on 1:00

Cool down:

300 Choice

Total: 2,800

One in NJ Takes on the Brute Squad

Garden State Master swimmer, Barry Bachenheimer, was one of 131 swimmers from 19 states, and the only swimmer from NJ, to complete the Brute Squad postal swim in December 2009.

This tough event involves swimming the 1650 free, 200 butterfly and 400 IM! Barry completed the free in 30:01:00, the fly in 4:09:00 and the IM in 7:34:00 for an overall time of 41:44.00 which earned him a 3rd place in his 35-39 year age group. Way to go!

Light Those Candles!

Happy birthday to the
following 50 March babies:

Lou Abel 70-74	Tom Brunson 65-59
Frank McElroy 60-64	James Sullivan 55-59
Sue Freeman-Patterson 55-59	Glen Fries 55-59
Mary Teel 55-59	Libby Lennox 55-59
Donald Asay 55-59	Sheryl Walsh 55-59
Ken Niemi 50-54	Peter Christopher 50-54
Kathy Laurent 50-54	Nancy Conroy Leib 50-54
Heidi Pffeferkorn 45-49	Nancy Wagner 45-49
Tom Lawson 45-49	Kathleen Godfrey 45-49
Siochain Hughes 45-40	Rosanne Lemongello 45-49
Suzanne Ceravolo 45-49	Jeffrey Gould 45-49
Pedro Moreno 45-49	Sandy Carosi 40-44
Chris McGiffin 40-44	Bob Townley 40-44
Jon Briggs 40-44	Eric Schiebler 40-44
Heather Bravo 40-44	Laura Linenberg 40-44
Edward O'Connor 40-44	David Magnone 35-39
Denis O'Dwyer 35-39	Bridget Sherratt 35-39
Martin Kraus 35-39	Shawn Melley 35-39
Robert Hassett 30-34	Monish Dhalwani 30-34
Ryan MacGregor 30-34	Meaghan Fritz 30-34
Lyndsay McMeen 25-29	Matt Hanley 25-29
Kameron Shahid 25-29	Paul Julich 25-29
Marissa Mitchell 25-29	Lauren Twombly-Seavy 25-29
Stephanie Lynn Ridilla 20-24	Annie Ferguson 20-24
Jackie Fanielli 20-24	Brett Billenstein 20-24

New Records

Congratulations to the following NJLMSC swimmers who set new NJLMSC SCY records at the Unofficial Team Championships held at the Ocean County YMCA on Valentine's Day, 2010.

Women

55-59

Nancy Steadman-Martin, 55

100 Free 1:00.54

500 Free 5:39.24

1000 Free 11:30.25

200 Back 2:33.88 (breaking mom Doris' record from 1984!)

200 Fly 2:26.06

60-64

June Carson, 61

1000 Free 15:41.56

Men

30-34

Mike Betts, 31

100 Free 46.95

45-49

Bill Segal, 45

200 Free 1:51.57

50-54

Ron Borchers, 50

500 Free 5:41.76

60-64

Frank McElroy, 61

200 Back 2:35.75





Jersey Area Multisport Presents:
**APRIL ANTICS SCY SWIM MEET
WITH APRIL ANTICS RELAYS**

Saturday, April 10, 2010
The John Witherspoon School, Princeton, NJ
217 Walnut Lane, Princeton, NJ 08540-3494

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc.: #070-S02

- Facility:** To be held at the John Witherspoon School Pool in Princeton (directions can be found at <http://www.swimppst.org/PDF%20Docs/Directions/Witherspoon%20Directions.pdf>) The 25-yard pool is 8 lanes with ample spectator seating and locker rooms. Timing will be handled by a brand new 8 lane readout Colorado Timing System.
- Schedule:** 7:00am warmup for 1,650 swimmers. 8:00am start for four heats of the 1,650. 10:00am general warm-up. 11:00am start.
- Warm-ups:** **No diving is permitted during warm-up**, except in the designated one-way sprint lane(s). Depending on the size of the meet the pool may be set up as a six lane pool to allow for one lane of continuous warm-up/warm-down (or two breaks will be taken). This decision will be made by the meet director after all entries have been received and a note regarding the pool set up will be posted with the heat sheets, see Seeding below.
- Entry Limit:** Swimmers may register for a maximum of 5 events, not including relays. The 1,650 Freestyle, 500 Freestyle and 400 IM will be limited to the first 24 entries; there will be no refund for those registering for distance events and not being allowed to swim due to limit being reached. **Register Early!!**
- Relays:** Relay Cards will be available at the scorer's desk. The 200 Medley Relays must be submitted by 10:30am. **April Antics Relays** cards will also be available at the scorer's table; rules for these relays will be announced during the meet. 200 Free Relay entries will be due at the end of the 400 IM's.
- Check-in:** The 500 Freestyle and 400 IM require positive check-in by **11:00am**. Those not checked in by the deadline will be scratched.
- Seeding:** All 50-100-200 yard events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with "No Times" will be seeded in the slowest heat. Heat sheets (and results after the meet) will be posted at www.jerseyareamultisport.com and www.njmasters.org, the Wednesday prior to the meet. Distance event heat sheets will be posted around the pool before the event.
- Age Groups:** Individuals: 19-24, 25-29, 30-34, etc. through 90+. Relays: age of the youngest swimmer in the relay: 25+, 35+, 45+, 55+, etc. All male or all female relays are permitted. Mixed relays must consist of two men and two women.
- Eligibility:** Open to all USMS registered swimmers. Swimmers must be 18 years of age on the date of the meet and must include a copy of their USMS card with their registration. **Swimmers not registered with USMS may pay the \$12 one-day registration; the one-day forms will be available at registration.**
- Awards:** Monies typically spent on awards will be donated to a local charity. Times will be distributed for your records shortly following each event.
- Registration:** **All entries must be received by Friday, April 2, 2010. Absolutely no deck entries!**
- Timing:** In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers. If the possibility of a national or world record exists please notify the head official in advance of your race so back up timers can be in place.
- Entry Fees:**
- | | |
|--------------------|--|
| Pool Surcharge: | \$15 per swimmer (Including relay only swimmers) |
| Individual Events: | \$10 for the 1,650, \$5 per each other event |
| Legal Relays: | \$10 per relay (April Antics Relays are Free) |
- April Antics Relays:** **Bring your friends, bring your family, this is going to be a fun event. We will be having two breaks in the swimming action to have some fun relays. You won't know until you get to the blocks, what the relay is. If you have an idea for a great "Antic Relay" send the meet director a note and maybe yours will be used!! There will be special awards for these two relays. Don't miss out. This is a great chance to bring a friend and show them how much fun Masters Swimming can be!!!**
- Questions:** Meet Director: Jeff Gould, 609-947-0167 or by e-mail at jgould@jerseyareamultisport.com

JERSEY AREA MULTISPORT PRESENTS

APRIL ANTICS SCY SWIM MEET W/ANTICS RELAY CHALLENGES

Saturday April 10, 2010

The John Witherspoon School Pool, Princeton, NJ

1,650 Warm-up: 7:00am

1,650 Meet Starts: 8:00am

Warm-up: 10:00am

Meet Starts: 11:00am



Individual Meet Entry Form

Deadline:

Received by Friday, April 2, 2010

(A copy of your USMS card must be included with your entry)

Mail Entries to:

Jeff Gould, Registration
7 Prairie Dunes Court
Skillman, NJ 08558
609-947-0167

Make Checks Payable to:

Jeffrey R. Gould

Do not forget to attach a copy of your USMS card!

Name (as it appears on USMS card):			Please Supply the following information in case there is a problem with your entries:		
Address:			Daytime Phone:		
USMS number:		Team:	Evening Phone:		
Birth date:	Age:	Sex:	E-mail address:		

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)

Signature: _____ Date: _____

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

#:	Event:	Entry Time:	#:	Event:	Entry Time:
1.	1,650 Free	_____	14.	200 Back	_____
2.	Men's 200 Medley Relay	Deck Entered	15.	200 IM	_____
3.	Women's 200 Medley Relay	Deck Entered	16.	500 Free	_____
4.	Mixed 200 Medley Relay	Deck Entered	17.	ANTICS RELAY #2	Deck Entered
5.	100 Breast	_____	18.	50 Fly	_____
6.	200 Fly	_____	19.	200 Breast	_____
7.	200 Free	_____	20.	50 Back	_____
8.	100 Back	_____	21.	100 IM	_____
9.	400 IM	_____	22.	100 Free	_____
10.	ANTICS RELAY #1	Deck Entered	23.	Men's 200 Free Relay	Deck Entered
11.	50 Breast	_____	24.	Women's 200 Free Relay	Deck Entered
12.	100 Fly	_____	25.	Mixed 200 Free Relay	Deck Entered
13.	50 Free	_____			



NEW JERSEY MASTERS SWIMMING



VS



Tuesday, March 30, 2010 - 7:00PM

 Prudential Center

Cost \$49

Includes a \$10 food voucher

Limited Seating Available - Purchase your tickets today!

Questions?

Bridgette Hobart-Janeczko - bhobart@ptcllc.com

Mail-in order form (clip and mail)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL _____

Make checks payable to NJ LMSC

Orders must be received by March 20th

Tickets _____ x \$49 = \$ _____

Mail to: NJ Masters Swimming
c/o Bridgette Hobart
8 Lorettacong Drive
Lake Hopatcong, NJ 07849



NJ LMSC

451 Sweet Hollow Road

Bloomsbury, NJ 08804

Stroke, Spin, and Stride Triathlon Clinic

Coach Greg Wriede, head of the Peddie Boys and Girls Swim Program, along with Christopher Bright and Tristram Wood are holding a clinic for triathletes at the Peddie School in Hightstown on April 17th and 18th. The swimming portion will be geared to open water. Find additional information and the entry form at http://www.peddie.org/ftpimages/34/misc/misc_60322.pdf . Another clinic is planned in July. Details to come.

Masters Open Water Swim Clinic in June

Jeff Jotz will run an open water swimming clinic in Lake Hopatcong, NJ on Saturday, June 19. More information and a registration form will be available soon.

For questions, get in touch with Jeff at jjotz@yahoo.com or evenings at 732/382-9419

“Thank you Apolo Ohno, for winning an American record number of Winter Olympic medals and for being to frozen water what Michael Phelps is to regular water.”

--Jimmy Fallon,,,, (You can see them all Fallon’s funny thank yous at <http://www.nbcolympics.com/video/assetid=41827fe5-44f1-472f-bbdf-195c35c093bb.html>)