

EASTLANE

Profile in Courage... by Jen Bauman

HARDYSTON—For many Masters swimmers, getting on the blocks for the start of a race may be the most frightening aspect of competitive swimming.

For Noga Nir-Kestler, a sense of trepidation would be understandable. After all, she has to maneuver out of her wheelchair onto the block. But if she feels nervous, she doesn't show it. What she does do is sit on the front of the block, curling her body into a tight ball. When the race starts, she uses her considerable upper-body strength to rocket herself off the block, entering the water nearly even with her able-bodied competitors.

Nir-Kestler, who has been a paraplegic for the past 11 years, was one of the competitors at last month's "Adult Mini-Meet" at the Sussex County YMCA. It was just one step in her quest to gain the competitive experience to qualify for the 2012 Paralympic Games in London.

Nir-Kestler, 32, who lives in Allentown, Pennsylvania, swam competitively while growing up in her native Israel. But after the accident that left her without the use of her legs, fear kept her away from the water. "I did not know what it would be like, to swim as a paraplegic," she said. With the encouragement and support of her husband, Nir-Kestler got back in the pool about a year ago. Now, she says, "I am enjoying every second of the training process and competitions."

Continued on page 6

Where Does Your \$ Go?

When you renew your membership as a NJ Masters swimmer, \$10 of your \$41 fee comes to NJ while the rest goes to maintain the national USMS structure and programs. And of course when you donate to NJ LMSC on your renewal form it all goes to the NJ LMSC.

What happens to those dollars? Some of them go towards holding free events for our members such as the 100 X 100s swim in February, the brand new 50 X 50s swim in January (see page 9) and the free swim clinics. Part of the money also goes toward running the Annual NJ Masters Swimming Awards Banquet and Social, always a fun event where awards for continuous membership are handed out. A chunk of the money goes toward paying for delegates from New Jersey to attend the national USMS conventions each year, where they bring back valuable information to use in our state. And the funds also help support NJ Masters swim coaches who attend coaching clinics and certification courses.

At all times the NJ LMSC Executive Committee is careful to spend the money wisely so that our members get the biggest bang for their buck. The Committee also continuously strives to enhance services to our membership. Thank you for your support!

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Calendar 2011/12

Events

January 1 – January 31 2012 USMS Speedo One Hour Postal National Championship, Swim as far as possible in one hour, in any pool you choose that is 25 yards or longer. Send your event results in electronically or by mail. Must have a 2012 USMS registration.

January 1 - December 31 USMS Go The Distance 2012 Fitness Event. Go to <http://www.usms.org/fitness/content/gothedistance> to enter this free event.

January 1 - December 31 USMS "Check-Off Challenge" National Fitness Event Postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2012 calendar year. Information includes online and paper entry .

April 26-29 2012 USMS Spring National Championships, Greensboro Aquatic Center, Greensboro, NC. Meet information is available.

July 5-8 2012 USMS Summer National Championships, Qwest Center, Omaha, NE. Meet information is available.

New Jersey Events

January 22 Inaugural Fitness 50 x 50s at Raritan Bay YMCA, Perth Amboy. See flyer on page 9.

Save the Date

Sunday, February 5 (Super Bowl Sunday) is slated to be the date of the Annual NJ Masters 100 x 100s Swim at Rutgers University. More info will be forthcoming. This year we are also offering an Inaugural Fitness 50 X 50 swim on January 22 at the Raritan Bay YMCA in Perth Amboy from 9 am to 11 am.

See the flyer on page 9. Decide which one you'd like to do. To allow the largest number of people to take advantage of these events you can only participate in one of them.



RECORDS

Tabulated by Ed Tsuzuki

Congratulations to Janet Moeller, 77 for setting a new NJ LMSC SCM record at the **1st Annual Thanks-giving Classic meet** at The College of New Jersey on November 20, 2011. Janet swam the 800 meter free in 18:44.76.

Congratulations to the following NJ swimmers who set new NJ LMSC SCM records at the **NJ vs. NY Duel in the Pool** at Rutgers University on November 6, 2011.

Women

60-6

Marie Velucci, 62

200 Fly 4:10.01

70-74

Barbara Rosenbaum, 70

50 Breast 55.90

100 Breast 2:10.62

80-84

Joy Tsuzuki, 81

200 Free 6:24.20

Men

45-49

Steve Hiltabiddle, 45

50 Back 31.02

100 Back 1:09.65

200 Back 2:38.17

Mixed 200 Medley Relays

160-199

GSM 2:11.51

Heather Negley, 39

Jeff Jotz, 41

Laurie DiTommaso, 49

Scott Yeomans, 47

200-239

GSM 2:29.74

Sally Kleeman, 58

Benn Doyle, 53

Beth Alemy, 40

Ed Tsuzuki, 53

240-279

BERK 2:55.76

Martino Caretto, 61

Susan Kirk, 51

Heidi Remak-Ziff, 59

Dieter Wunderlich, 74

Congratulations to Janet Moeller, 77 for setting 3 new NJ LMSC LCM records at the **11th Annual Wilton Wahoo Summer Sizzler** at the Wilton Family (CT)YMCA on July 10, 2011. Janet established new NJ standards in the 50 fly (1:01.62), 100 fly (2:26.01) and 200 fly (6:00.29). Janet Moeller, 77 also set two new NJ LMSC SCM records at the **Albatross Open** in North Bethesda, MD on March 19, 2011. She set new records in the 75-79 age group in the 100 (2:21.10) and 200 (5:37.97) butterfly.

“Go the Distance” Going Strong!

The NJ LMSC nears the end of 2011 with an extremely strong performance in the USMS "Go the Distance" program. New Jersey still maintains the 5th highest swimmer participation and the 7th highest total posted miles out of 52 LMSCs! The Colonies Zone continues its dominance by holding on to the #1 spot among the 8 zones with 127,500 miles and 680 participants. New Jersey, with 121 registered swimmers has logged over 22,000 miles and is very proud to have 3 swimmers (Sandy Carosi, Dave Juchniewicz, and Meaghan Murphy) in the top 100 (out of 2,750 total participants)! Anyone can sign up, swim and log their miles. To participate, simply submit your total yardage in your on-line FLOG (under [MyUSMS](#)). For more details about this fitness event, go to [GO THE DISTANCE](#) on the [USMS](#) website. Congratulations to ALL of the participants who continue to make this program such a huge success within our LMSC!! Every member counts!!

--Ed Tsuzuki

Free February Clinic

Thank you to the coaches and 21 swimmers who participated in the FREE--2011/2012 NJ LMSC Masters Swimming Sponsored Clinics/Practice on November 20 in Cranford. A second clinic will be held on Sunday, February 19, 2012 from 6 - 8 p.m. at the Cranford Pool & Fitness Center (Centennial Avenue Pool) in Cranford. The clinic is open to any 2012 registered NJ Masters Swimmer at no cost (yes...FREE!!), but limited to the first (30) swimmers who register. The one-hour clinic session will be focusing on stroke technique with the remaining one-hour allocated towards a practice. If you are interested in attending the clinic/practice, please register by emailing your name, your 2012 USMS number, and your contact information to Bill Reichle at BRSWIM@comcast.net by February 12, 2012. Don't delay....these clinics filled up quickly last year! If you have any questions, please email Bill at BRSWIM@comcast.net.

“Swim off those holiday goodies” Workout

Thanks to Coach Mel Fink from JCC of MetroWest in West Orange for this workout that's sure to burn off lots of calories -- needed for holiday damage control.

Warm Up: 300 (Choice)

Drills w/ Fins: 4 x 100 – Catchup w/ PB@ ankles (50)/ 2-stroke w/ PB(50) on 1:50

Main Set: 2X THRU

4 x 150 Pull on 2:05

100 IM on 1:25, 75 FR on 1:05, 50 Fly/BK on :45, 25 FR on :30

4 x 150 FR on 2:05

75 BK/BR/FR on 1:00, 50 BK/BR on :40, 25 FR on :25

Cool Down: 100 (Choice)

Total: 3,700

Photo:

Coach

Ed Tsuzuki
offers his best
coaching tips.





Light Those Candles



**Happy birthday to the following 127 swimmers
who celebrate their birthday in November/December.**

Michael Caravaglio 50-54	Helen Leung 40-44	Ed Tsuzuki 50-54
Jennifer McTighe 35-39	Jennifer Bauman 35-39	John S Lemmo 60-64
Jeanne Gaffney 45-49	Elisabeth Staehle 50-54	Ruby A Manalo 40-44
Phil C DeRita 25-29	Michele Faul 45-49	Carol Motyka-Miller 70-75
Edward Breisacher 75-79	Lindsay Diehl 55-59	Ashley Pertsemliadis 40-44
Zeev Bieder 55-59	John A Sabatino 45-49	Bill O'Brien 80-84
Denis Kallish 50-54	Marianne E Eybye 40-44	Ellen N Kranefuss 50-54
Craig Leisher 45-49	Ana Maria Mascenik 55-59	Frank A Kraljic 35-39
Kristin Hespos 35-39	Carol M Mateo 50-54	Brian Shea 25-29
Lisa MacDonald 20-24	Katherine E O'Brien 25-29	Eric P Marquard 45-49
Patricia I Encinas 50-54	Steven M Levine 55-59	Sean T Cercone 35-39
Jeffrey M Gold 40-44	Andrew F Strobert 50-54	Janet R DeBiase 55-59
Kimberly Savage 40-44	KyungHo Kim 30-34	Carol A Martyniuk 55-59
Cynthia Orinski 55-59	Michael Goldberg 30-34	David L Feldman 50-54
Mary Hesselgrave 65-59	Lori Freeland-Morris 50-54	Amy M Duncan 40-44
Barbara Rosenbaum 70-74	Alexandra Lopez 40-44	Jennifer Cadwallader 35-39
David F Allred 60-64	Clarence Tomsen 55-59	Anthony Bonura 55-59
Maribeth C Bowen 50-54	Irene Ayers 50-54	Alisa R Gellis 40-44
Amy Campbell 50-54	David Powar 45-49	Kurtis S Baker 50-54
Kirsten A Pantalena 35-39	Norma G Fallon 45-49	Richard J Wallace 60-64
Maureen Jende 40-44	Laura J Rush 55-59	Patricia F Quinlan 50-54
Leslie A Trott 60-64	Uttam Mukherjee 25-29	Robert H Stricker 80-84
Barry J Lass 45-49	Christopher S Wilcox 50-54	Allen B Bachenheimer 70-74
Mark C Kolman 40-44	Joseph A Petrone 55-59	Nicholas B Armstrong 40-44
Amanda Barnes 25-29	Robert Comello 40-44	Nancy Finn 50-54
Madeleine J Lange 25-29	Maira McCullough 45-49	Meg M Caddeau 45-49
David L Richards 45-49	Selena Davis 20-24	Nicole Schock 30-34
Gregory R Greene 45-49	Don Denny 55-59	Joshua J Raymond 45-49
Elise M Tatham 60-64	Cristina Judge 40-44	James Julich 30-34
Barbara J Strauss 65-69	Ron Sabo 65-69	Todd Schaper 45-49
Sue Lawson 50-54	Thomas MacNabb 45-49	Oscar J Gonzalez 50-54
Paul C Gondek 55-59	Andre H Stephens 35-39	Ron A Loria 55-59

Birthdays Continued...



Michael Ciolino 55-59
Mary Guilfoyle 45-49
Bobby J Heim 45-49
Connie Chen 50-54
Monica A Sanchez 35-39
Matthew J Bach 25-29
Anne Clewell 45-49
Robert J Fetter 30-34
Annie M Bonner 30-34
Brian G Combias 20-24
Brian P Fagan 60-64
Glenn Saunders 50-54
Patrick N Kesler 35-39
Robert Aung 40-44
Rick Schluter 55-59
Ellen Marcus-Azzolini 45-49
Brenda L Ziegler 50-54
Andrew S Wallace 45-49
Janet H Moeller 75-79
Cathy L Deats 60-64
Thomas E Nagy 60-64
Rich Bean 30-34
William Scheeler 70-74
Daniel E Nemeth 50-54
Carlos Garcia 45-49
Peter Rouillard 50-54
Gregory D Eggert 55-59
Carina Chambarry 40-44
Elizabeth H Bromley 45-49
Peter L Van Nuis 55-59
Carolyn M Colonna 40-44

Continued from cover

Last January, Nir-Kestler participated in her first meet in 14 years. Three months later, she participated in her second meet, the U.S. Paralympics Spring Swimming Nationals, held at the University of Minnesota Aquatic Center. There, she found that her times had improved from her first meet. And she found other ways to improve her swimming. Like so many swimmers, she learned from her competition.

It was at the Paralympics Nationals, Nir-Kestler says, that she first saw a paraplegic dive off the block. She had never seen anything like it. She came home and told her coach, Jon Larson, that she wanted to try it. "I think the first time I tried it, I sat on the block for at least five minutes before I got the courage to actually do it," she says. "It took some experimenting to figure out what works best for me."

Nir-Kestler also expanded her swimming repertoire after the national meet. While she initially swam only freestyle and backstroke, she now swims breaststroke and butterfly as well. At the Sussex County meet, she swam the 50-yard freestyle, and 100 yards each of freestyle, backstroke, and breaststroke—bettering her seed times in all events by anywhere from five to 28 seconds.

As she looks ahead to March 2012, when the U.S. Paralympic Team Trials will be held in Bismarck, North Dakota, Nir-Kestler maintains a vigorous training schedule. She trains alongside Masters swimmers at the Rodale Aquatic Center at Cedar Crest College in Allentown. With the help of her coach, Larson (who also coaches high school swimming), she swims five or six days a week, logging about 4,000 yards per workout. (She also considers her daily one-mile run—which is mostly uphill—with her dog to be part of her workout regimen.)

If Nir-Kestler does qualify for the 2012 Paralympic Games, it will not be her first trip to the Games. In 2008, she competed in the sport of table tennis at the Paralympic Games held in Beijing, China, which she describes as "one of the most amazing experiences" of her sports career. "Whether I end up making the Paralympic team or not, swimming will always be a part of my life," says Nir-Kestler. "It's a great sport to be involved in."

That sentiment is one that many Masters swimmers, no doubt, share with her.

"Do your best and forget the rest."

— Tony Horton (creator of the P90X exercise program)

How safe is your indoor swimming pool?

By **Jacque Wilson**, CNN

updated 7:14 AM EST, Thu September 22, 2011



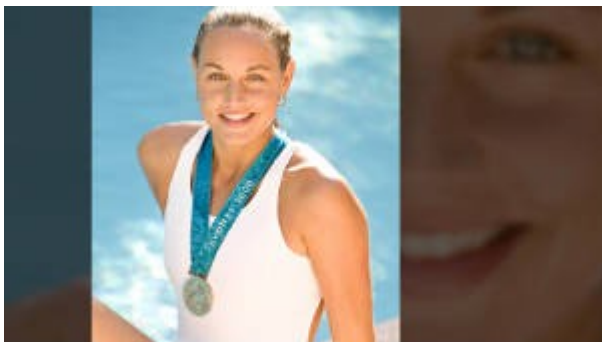
It's important for swimmers to minimize the amount of contaminants in the water by showering beforehand.

(CNN) -- Catherine Garceau doesn't go to the pool anymore. The former Olympic swimmer has trained at many fitness centers over the years that smelled strongly of chlorine. While most would assume that means the water is clean, Garceau now knows it's just the opposite.

After winning bronze in 2000 with the Canadian synchronized swimming team in Sydney, Australia, Garceau was a "mess." Her digestive system was in turmoil, she had chronic bronchitis and she suffered from frequent migraines.

Garceau retired in 2002 and began looking into holistic medicine. Experts suggested detoxifying her body to rid it of chemicals, including what fellow teammates used to jokingly refer to as "eau de chlorine -- the swimmer's perfume."

"As part of my journey to determine the factors that affected my health, I delved into the possible effects of chlorine and discovered some shocking facts," Garceau writes in the appendix of her upcoming book, "[Heart of Bronze](#)."



Catherine Garceau retired from competitive swimming in 2002 and began looking into holistic medicine.

Outdoor pool season is ending in many parts of the country, and competitive swimmers are heading indoors for their workouts and team meets. But how safe are the waters they're diving into? Researchers are examining the longterm effects of the chemicals in pool water.

Chlorine inactivates most disease-causing germs within a fraction of a second. That's why it's found in our drinking water as well as 95% of pools in the United States, said Dr. Tom Lachocki, the CEO of the [National Swimming Pool Foundation](#).

As Lachocki points out, access to clean water is what often separates first and third world countries. Without chlorine, swimmers are at risk of contracting many dangerous waterborne illnesses. But the chemical com-

pounds formed in pools have some scientists worried.

"When you open up a tap and pour yourself a glass of water, you don't normally put someone's backside in it," Lachocki said. "But in a pool there are people getting into that water. Every time a person gets in they're adding contaminants."

Those contaminants -- sweat, hair, urine, makeup, sunscreen, etc. -- combine with chlorine to form chloramines, said pool consultant and researcher Alan Lewis. Chloramines are what bathers smell when they enter a pool area; a strong smell indicates too many "disinfectant byproducts," or DBPs, in the water.

Indoor pools create an additional danger because of the enclosed atmosphere. Volatile chemicals from the water are transferred, often via vigorous activity like a swim team's kicks, to the air. Without a proper ventilation system, the chemicals can hang around to be inhaled by coaches, lifeguards or spectators.

Some DBPs, like chloroform, are known as trihalomethanes, and are considered carcinogenic, Lewis said.

They've been linked specifically to [bladder and colorectal cancer](#).

Dr. Alfred Bernard is a professor of toxicology at the Catholic University of Louvain in Brussels and one of the world's leading researchers on aquatic environments. He has published a series of studies documenting the effects of chlorine and its byproducts in swimming pools.

In June, Bernard published a study in the International Journal of Andrology linking chlorine with testicular damage. Swimming in indoor, chlorinated pools during childhood was shown to reduce levels of serum inhibin B and total testosterone, both indicators of sperm count and mobility. Bernard notes in the [study summary](#) that the "highly permeable scrotum" allows chlorine to be absorbed into the body.

Bernard has also substantiated previous studies' claims of a link between swimming in indoor chlorinated pools and the development of asthma and recurrent bronchitis in children. His [2007 study](#) showed airway and lung permeability changes in children who had participated in an infant swimming group.

Reading these studies, it's easy to forget that swimming itself is a great aerobic exercise that puts less stress on your joints than activities like running. In fact, it's a sport often recommended for children with asthma because the humid, moist environment makes it easier for athletes to inhale and the breathing techniques can improve lung function.

"There's an opportunity to throw the baby out with the bathwater," Lachocki said. "Is chlorine perfect? The answer is no. [But] it's fabulous, and if anyone comes up with something better they'll be a millionaire."

Dr. Ernest "Chip" Blatchley studies water disinfection systems with his team at Purdue University in Indiana. In their research, the team analyzes DBPs and other chemicals formed when chlorine and contaminants mix in pools. A swimmer himself, Blatchley believes the answer lies in finding a better system for water disinfection. "The fact that these chemicals are being formed is, to me, a cause for concern," Blatchley said. "A lot of this chemistry is just not known, and we need to do a better job at defining that chemistry."

Blatchley is currently studying the effects of UV radiation on pool water. Other alternatives include ozone or salt water pools. But even salt water pools contain chlorine -- the salt is used to generate chlorine in the water instead of a pool operator adding chlorine directly. While it reduces the danger of storing chemicals in the facility, the water chemistry is very similar, he said.

Perhaps the simplest solutions, Blatchley and Lachocki agree, can come from pool operators and patrons. Chlorine is effective when used in proper amounts and tested regularly. The National Swimming Pool Foundation offers training for professional and personal pool owners.

It's also important for swimmers to minimize the amount of contaminants in the water. Almost 85% of the urea found on human skin can be dispelled by showering with soap before getting in the pool.

"It's a public education thing," Blatchley said. "Swimmers and the general public need to recognize that there's a link between their hygiene habits and the health of everyone who uses the pool."

And of course, the other preventive measure is common sense (although you'd be surprised [how many people admit to doing it](#)).

"If you don't pee or poop in the pool, that's cool too," Lachocki said.

First Annual 50x50's First 60 Swimmers Only

**Sponsored by NJLMSC
Registration Opens December 15, 2011
(FREE for all registered 2012 NJ-LMSC USMS Swimmers)**



Sunday January 22, 2012

9-11 AM

**Perth Amboy Raritan Bay YMCA
357 New Brunswick Ave.
Perth Amboy, NJ 08861**

Contact: Chris Swenson chrsswen4@hotmail.com

To register, E-mail Chris with your name and 2012 USMS registration #



***Those who participate in 50x50's
will be ineligible for 100x100's
in February 2012**

NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

