

EASTLANE

An Eye-Opening Convention

By Al Fischer

Imagine this: You are sitting in the House of Delegates with 200 some odd decision makers, making motions, reporting on sub committee recommendations, setting up task forces, voting on new legislation, debating, meeting after session late into the night, networking, and basically getting the job of running a nation done. I'm not talking about Washington, D.C. - I'm talking about Jacksonville, FL and the 2011 USMS Convention. This is where the work of hundreds of volunteers over the period of a few days enables the organization known as US Masters Swimming to function. The over 50,000 registered Masters swimmers across the nation have these individuals to thank for everything that USMS has to offer. I am happy to say I was part of this process this year and after meeting the delegates of USMS I am proud to be involved.



The NJ contingent of Ed Tsuzuki, Al Fisher, Linda Brown-Kuhn, Susan Kirk and Chris McGiffin take a break from the Convention to pose in front of the St. Johns River.

Over a period of three days I went from not knowing anything at all or what even to expect, to just touching the tip of what it means to be a USMS volunteer and having a world of respect for the process. I attended House of Delegates sessions several times a day where reports from all the committees were read, issues were debated and motions were made to change legislation in the rule book. We elected new officers that spent time campaigning why they would make a good candidate for the job. (We are talking about some jobs that require up to 20 hours a week throughout the year and did I mention it was all voluntary.)

A lot of my time was spent visiting committee meetings where all the details of the busi-

See page 4

Convention Impressions From an Old Newbie

Linda Brown-Kuhn

For me, attending the US Masters Swimming Convention in Jacksonville, Florida in September was like going on a wild water ride at an amusement park – fast paced and full of thrills.

Starting with the moonlit 5:15 am workouts held at a 20-lane outdoor high school pool (wow) attended by about 80 of the 250 delegates present, the days took off in high gear. Back to back meetings divided among workshops, committee meetings that summed up efforts of the many groups representing facets of Masters swimming, and general “House of Delegate” sessions propelled us through the three days.

The highlights for me included hearing about the [USMS Swimming Saves Lives Foundation](#), a totally re-vamped charitable arm of the organization, dedicated not only to drowning prevention but to the positive health effects that swimming has on obesity, cardiovascular dis-

See page 3

NJ LMSC VOLUNTEERS

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Calendar 2011

Events

January 1 - December 31 USMS Go The Distance 2011 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 Go to <http://www.usms.org/fitness/content/checkoff> for more information or contact Nancy Brown; nancygeoff@cablespeed.com

November 10-15 2011 Pan American Masters Swimming and Open Water Championships, Rio de Janeiro, Brazil. [Meet information.](#)

New Jersey Events

November 6 New Jersey vs New York SCM Duel in the Pool, Rutgers University. [Entries](#) close on October 26th.

November 19-20 1st Annual Thanksgiving Classic SCM Meet at The College of New Jersey in Ewing. [Online entry](#) is preferred but [paper entry](#) is also available. Entries must be received by 11/13.

December 10 Hoboken Masters December Swim Meet at the Debaun Aquatics Center. [Online entry](#) is preferred, paper entry on pages 8 and 9.



Quote:

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

Elizabeth Lawrence



ease, diabetes and other conditions. The theme of the convention in fact was “Swimming Saves Lives” and

we’ll all probably be hearing more about the work of this fund as the volunteers connected with it strive to raise \$10 million.

I attended a great brass tacks workshop by Jim Matysek, the USMS webmaster, outlining a bunch of do’s and don’ts for LMSC websites to best serve their current Masters swimmers and to entice new swimmers to join.

I was also struck by an inspirational presentation about a [Masters swimmer](#) in San Francisco who is in her 9th year of bringing in small groups of Native Americans from the Pine Ridge Reservation in South Dakota. In two weeks time, she and a cadre of volunteers train these basically non-swimming young men and women to complete a chilly, difficult swim from Alcatraz to the San Francisco Bay. They also learn about good nutrition and the positive impact that diet and exercise can have on their lives. Those individuals go back and become agents for change in their communities.

Though Al and I both had yellow “Help Me! I’m New” stickers on our badges my experience differed from his in some respects because I’ve been a long time volunteer in the NJ LMSC. I’ve read convention reports from years past when my NJ colleagues Susan Kirk, Ed Tsuzuki and Chris McGiffin and other board members told of their experiences. I’ve read about the accomplishments year after year of many dedicated volunteers nationwide. But there’s nothing like firsthand experience, so seeing names turn into flesh and blood and meeting many of these people was exciting. And to witness the level of commitment and the length of service from so many surprised and impressed me.

Another revelation came during the House of Delegate sessions each day when we cast votes for members of the national executive committee, heard heated debates on proposed legislative changes and then voted for or against them. People became very impassioned about what to me seemed like small changes to legislation. I interpreted this as a commendable level of concern about steering Masters swimming soundly and with great care into the future.

I learned a heck of a lot but frankly, for a first timer, there was an overload of information. Talking to Executive Director, Rob Butcher, one night in the hospitality suite I said, “I bet I absorbed about 75% of what I heard.” He said, “That’s great, I think I took in about 7.5% at my first convention.” I doubt that’s true but whatever the case he is sharp as a razor now.

Even if I didn’t soak up all of the information presented, I was left with a strong feeling that on the local and national levels, Masters swimming is in capable hands. The blend of volunteers with years of experience combined with the fresh ideas and energy of young members simply can’t be beat. Why don’t you consider getting involved? (Find convention [meeting minutes](#), and some [workshop videos](#)).

NJ LMSC Annual Board Meeting and Officer Elections

Sunday, December 4th is the date of the next NJ LMSC Annual Board meeting, which includes the 2012 Officer elections. We welcome everyone to come and see how this all-volunteer organization operates. The more volunteers we have, the more we can do for our growing membership.

Nominations are being accepted for the positions of Chair, Vice Chair, Secretary, Treasurer, Registrar, Sanctions & Safety Chair, Top Ten/Records Chair, and Newsletter Editor. More information and a [description](#) of the officer positions can be found on the NJ LMSC website. Please submit your nominations to Susan Kirk at sqkirk@gmail.com. The time and place of the meeting are yet to be determined. Watch for your next NJ LMSC Masters Swimming e-news for an update.

Eye opening continued

ness got done. There are around 17 different committees so I could not attend them all. I saw the Records Committee where they were trying to find articles of past swim meets so they could update the archives. Awards committee presented awards to volunteers for years of service and dedication which for many was measured in decades. Open Water committee dealt with how to keep our swimmers safe and organized in the fastest growing and in some states largest part of our membership. Other committees included – Finance, Championship, Rules, Investments, and a host of others.

When the day was over and session was adjourned the focused and business-like atmosphere of the day turned into a friendly, easy going, let's enjoy this time together attitude that was shared by all. Even though it was my first year I was accepted and treated like I had known everyone for years. The generosity and sportsmanship exhibited in the sport of swimming was carried over to every part of the event. True to form there was a huge daily turnout at the 5:15am swim practice held at the local high school. What would a USMS event be without a workout? To top off the event there was a massive-banquet where all 5 of the USAS (United States Aquatics Sports) groups joined in celebration of the sport of swimming. The night was filled with food, drink, light hearted skits, speeches and awards. It was amazing to see so many people dedicated to the sport in one place.

In all the experience was as rewarding as it was educational for me. I volunteered for committees to be more involved next year and I realized very soon that the work doesn't stop at the convention. These people that gather for those 3 days spend many hours during the year communicating through email and phone continuing the work of USMS. I have never experienced anything quite so structured or people so passionate as the USMS annual convention and the volunteers who make it all work.

Cameras are Rolling IM Challenge

Thanks to Coach Daniel Roth from the Somerset Valley YMCA for this super workout that is all about combining great technique with as much speed as you can add in ... without sacrificing stroke efficiency. Swim like you're on national television and everyone's watching!

Warm-up

400 CH, 300 Kick on Back, 200 IM, 100 FR at 90% effort

Main Set

10 x 75's Odds Freeless IM on 1:20 (As fast as you can go while holding PERFECT technique) Evens FR (focus on six-beat kick, let the legs drive the stroke)

8 x 50's IM Order on 1:00 (25 Build/25 FAST, focus on transferring your momentum out of the wall)

4 x [4 x 25's IM order on :40] odd rounds ALL OUT, even rounds PERFECT technique

200 IM ALL OUT off the blocks (swim like the cameras are rolling – PERFECT swim!)

Post

12 x 25's IM order :40. No speed, focus on stroke efficiency. Long and stroke on each stroke

Warm-down

200 CH

Total: 3250 yards

New Jersey Masters Swimming on Facebook and Twitter!

'Like' us on our new Facebook page and follow us on Twitter @NJMastersSwim for some of the latest swimming news in New Jersey. Also, once you 'Like' the New Jersey Masters Swimming Facebook page, you can post announcements on the wall and share swimming pictures and videos with your fellow New Jersey Masters Swimmers.

–Susan Kirk

Light Those Candles

Happy birthday to the following 83 swimmers who celebrate their birthday in October.

Dennis Friedman 55-59
David Brundage 45-49
Julie Soltys 30-34
Suely Cassiano 45-49
James Yu 30-34
Bridgette Ann Hobart 45-49
Chuck Warner 55-59
Yuri V Mekhanik 50-54
Nicole M McLean 30-34
Kenneth Abramowitz 45-49
Carolyn B Capodicasa 50-54
Darlene Clovis 30-34
Christopher Hernandez 40-44
Lisa Rivera 25-29
Brendan M Gallagher 30-34
Heather E Negley 35-39
Joel E Stein 60-64
Lauren H Tharaud 30-34
Jeffrey P Hibbitt 60-64
Kenneth C Nochols 50-54
Nancy Freundlich 55-59
Eric M Kopchinski 35-39
Paul J Kiell 80-84
Gita Roy 35-39
Aaron Bonilla 25-29
Stephen M Fisher 35-39
Alfred L Ferguson 75-79
Paula M Pycz 65-69
Philip H Robbins 35-39



William F Ruthrauff 50-54
Beth Maloney 60-64
Martino Caretto 60-64
Catherine Maloney Falcon 60-64
Deirdre Omara 40-44
Amy E Kolman 40-44
Patrick R Scanlon 50-54
Lawrence B Seidman 60-64
Joyce E Schelling 70-74
Tom M Trainor 60-64
Elizabeth M Broos 55-59
Tom Blackburne 55-59
Patrick J McCullough 45-49
Jenny M Fowler 25-29
Diane E Dinsmore 55-59
Amy D High 35-39
Sandra M Franc 45-49
Jeffrey L Webb 55-59
Jane Weeks 55-59
Bill Tesar 55-59
John P Kehoe Jr 60-64
Sally Strasser 50-54
Soren Hastrup 40-44

Steve Glassman 60-64
John P Balasic 45-49
Jay Muldoon 55-59
Peter Lupfer 55-59
Derek Szot 40-44
Ann S Monaghan 45-49
Roberta Geist 60-64
Carol A Buckwalter 60-64
Julie A Stewart 50-54
Jane M Gardner 35-39
Erin Cooper 30-34
Jonathan Stone 40-44
Ronald A Medhurst 65-69
Mark S Chiusano 55-59
Sara W Friedman 35-39
Amanda E Brody 20-24
Doug Clark 40-44
Carol R Morman 55-59
Kenneth J Bireta 40-44
Don Robles Jr 55-59
Robert M Henry 55-59
Jennifer A Higgins 35-39
William A Stern 80-84
Alan D Sawyer 55-59
Bronwyn H Glor 50-54
Dan Fabrizio 50-54
Blair C Fromm 25-29
Susan Dasch 55-59
Paul J Rodgers 55-59
Jamie Tejada 40-44
Michelle Lupkin 40-44

A Chilly But Rewarding Experience

By Peter McCoy

I feel most at home swimming in the controlled temperatures of a pool, but I've done a few ocean swims and thought I'd try the Tom Wear Memorial Swim on September 10th at Lake Hopatcong. I've heard good things about the swim and with rain the past two years I hoped they'd see sun this year. And indeed, the sun popped out periodically and the air was warm.

The water, however, felt quite cold, especially near the shore. The two-mile swim began on time at 9 a.m., and just before the race, I offered a swimmer \$100.00 for his wetsuit top. My wife had smeared me with baby oil, which made me warm instantly, but upon entering into the water, my body went into a mild shock, and would only allow me to do breast stroke. I hadn't swam breast stroke for two months due to a knee injury but because the water was so cold, I was instantly healed --- that alone made the race worthwhile.

I tried intermittently to do freestyle, and upon leaving the shore area, the water was warm enough to allow my body to stretch out more and do freestyle. On the second mile, I developed a three right, three left pattern where I breathed on each side three times and then looked up to correct my direction in the water. I became a machine in the water, almost everyone had passed me, but I finished at the back of the pack.

After leaving the water, I began shivering mightily. My loving wife took me straight home where I jumped in the warm shower and drank some hot tea. I slowly recovered and still felt rewarded by the effort. I hope to swim it again next year, with that wet suit top!

(Race director Bridgette Hobart reports the lake had been warmer before drenching rains arrived a few days before the event. The water temperature at that time of the year usually falls between 68-75 degrees. Next year, wet suit options with separate awards will be available. Plus a benefit of the cooler water is that many swimmers can use this as a qualifying swim for events needing 1 hour under 70 degrees. She adds, "This is open water swimming and isn't open water swimming about handling the elements thrown at you? It is part of the beauty and challenge of the event. ")

Your Turn

Just a reminder that stories like Peter McCoy's that review an event, tell a swimming story, or even reveal a great photo are always welcome. We'd love to see what you've got and share it with others in the Fast Lane. Feel free to contact editor Linda Brown-Kuhn at lindabk11@gmail.com.



Swimmer Wins Award

Congratulations to Linda Brown-Kuhn! She was awarded the prestigious Colonies Zone Dorothy "Dot" Donnelly Award at the USMS convention in Jacksonville, Florida on September 17, 2011. The purpose of this award is to recognize and honor swimmers in the Colonies Zone who exemplify the spirit of Dorothy Donnelly in their love of participation in the sport and their work to further Masters Swimming in their LMSC. Linda Brown-Kuhn is by far New Jersey's longest standing board member, having served in a volunteer capacity for 24 consecutive years (and counting!). Linda has been our newsletter (*The Fastlane*) editor since December 1987 and has produced every issue since (started out as a monthly newsletter, but is now published 8 times a year), for an approximate total of 280 issues! In doing so, she has maintained a tremendous history of USMS swimming in New Jersey and has helped keep our membership (now approaching 900 members) well-informed.



Free 2011/2012 NJ LMSC Masters Swimming Sponsored Clinics/Workouts

Two free clinic/workouts will be held at the Cranford Pool & Fitness Center – the first on Sunday, November 20 and the second on February 19.

The first clinic, scheduled for Sunday evening, November 20 from 6pm - 8pm at the Cranford Pool & Fitness Center (Centennial Avenue Pool) in Cranford, NJ is NOW FULL. The one-hour clinic session will focus on swimming technique of the long axis strokes ~~ freestyle and backstroke ~~ with the remaining one-hour allotted for a workout.

If you'd like to get yourself on a waiting list for the first clinic, email your name, your 2011 USMS number, and your contact information to Bill Reichle at BRSWIM@comcast.net. Registration for the second clinic will start in January. If you have any questions, please email Bill at BRSWIM@comcast.net

Hoboken Masters December Swim Meet

Saturday, December 10th, 2011

Sanctioned by the NJLMSC for USMS, Inc. Sanction # 071-S10

Warm-Up 11:00 AM • Meet Start 12:00 Noon

Facility: Debaun Aquatics Center, 1 Castle Point on Hudson, Hoboken NJ 07030

The Debaun Aquatics Center pool is a six lane, 25 yard pool.

The meet will be run using 5 lanes, with 1 lane designated as a warm-up/warm-down lane.

Warm-up: Diving IS NOT permitted during the general warm-up. The starting blocks will be available when lanes are opened up to one-way sprints at 11:45 AM.

Eligibility: Open to all USMS-registered swimmers ages 18 and older (2011 or 2012 members). Age determination date for this meet is December 10th, 2011.

Schedule: Warm-up 11:00 A.M. meet will start at 12:00 Noon

Check-in: Positive check in is required for event #21 Mixed 500 yard Freestyle.

Seeding: Events will be run in heats, slowest to fastest, regardless of age or gender.

Awards: No awards will be given.

Entry limit: Swimmers are permitted to enter Five (5) individual events & two (2) relays. There is a MAXIMUM of seven (7) events.

Entry times: Times should be entered in short course yards (SCY) format for all events.

Relays: All relays will be deck entered at the meet by 11:45AM.

Entry fees: \$28.00 flat fee per person, regardless of number of events entered. Online entries pay by Visa, MC, or Discover. Credit card statements will show a charge by "ClubAssistant.com Event Billing". Entry fees are Non-refundable.

Online Registration: https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=3431

Entry deadline: Online entries are preferred. Online entries must be completed by Midnight Eastern Time on December 9, 2011. Mailed entries must be RECEIVED (not postmarked) by Wednesday, December 7, 2011. No telephone, fax or late entries will be accepted.

Questions: All inquiries should be forwarded to Brad Thornton, Meet Director – brad.thornton@stevens.edu – 914-844-2911

Directions: The Debaun Aquatic Center is located in the Schaefer Athletic Building on the campus at Stevens Institute of Technology. It is Building 16 on the [campus map](#).

The entrance to the Schaefer Athletic Building is closest to the intersection of 6th and Hudson Streets in Hoboken, NJ. Once at this intersection, walk up 6th street onto campus. Make a left through the castle gates and stay right at the fork in the road. The entrance to the Schaefer Center will be on your left, the pool is located on the lower level.

[Click Here](#) for driving directions

[Click Here](#) for public transportation directions **recommended way to get here**

THERE IS NO CAMPUS PARKING AVAILABLE. Four hour street parking is available along city Streets (Frank Sinatra Drive usually has parking). Alternatively, there are paid parking lots throughout Hoboken.

Meet Entry Form

Mail to: Brad Thornton - Swim Coach
1 Castle Point on Hudson
Hoboken, NJ 07030

Print Name _____
(as indicated on your 2011 or 2012 USMS registration card)

USMS Reg# _____
(include copy of 2011 or 2012 card with registration form)

Daytime Tel _____

Gender (circle one) MALE FEMALE

Evening Tel _____

Email _____

Date of Birth _____

Club Abbreviation _____

Age (as of 12/10/11) _____

EVENTS

Please enter "x" for available relays and SCY times for individual events

1. Women's 200 Medley Relay _____
2. Men's 200 Medley Relay _____
3. Mixed 200 Medley Relay _____
- 5 Minute Break-
4. Mixed 200 Yard Freestyle _____
5. Mixed 50 Yard Breaststroke _____
6. Mixed 100 Yard Butterfly _____
7. Mixed 200 Yard Individual Medley _____
8. Mixed 50 Yard Freestyle _____
9. Mixed 100 Yard Backstroke _____
10. Mixed 200 Yard Breaststroke _____
11. Mixed 50 Yard Butterfly _____
12. Mixed 100 Yard Individual Medley _____
13. Mixed 200 Yard Butterfly _____
14. Women's 200 Free Relay _____
15. Men's 200 Free Relay _____
16. Mixed 200 Free Relay _____
- 5 Minute Break-
17. Mixed 200 Yard Backstroke _____
18. Mixed 100 Yard Breaststroke _____
19. Mixed 50 Yard Backstroke _____
20. Mixed 100 Yard Freestyle _____
21. Mixed 500 Yard Freestyle _____

RELEASE FROM LIABILITY

"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 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, OR 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."

SIGNATURE: _____ DATE: _____

*****A copy of your 2011 or 2012 USMS registration card must be included with meet entry*****

FASTLANE

NJ LMSC

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Bloomsbury, NJ 08804

