

September 2012

EASTLANE

2012 Lake Hopatcong Open Water Swim Festival Featuring the USMS 2 Mile Open Water National Championship

Some 140 swimmers swam in Lake Hopatcong on a sunny September 9th morning.

Here are a few photos from the festival...



Wonderful Video

I just got back from the USMS Convention in Greensboro and wanted to pass along news of an excellent new YouTube video for swimmers. It is the FINA Sports Medicine Video – Prevention of Shoulder Injuries in Aquatics Sports. Dr. Jim Miller, who wears many hats in the swimming world but who is a member of the Sports Medicine Committee for USMS, put this video together. Note that this is intended for people who currently do not have shoulder issues.

The video starts with an explanation of shoulder anatomy. Then the exercises are divided into three parts: core exercises, scapular exercises, and rotator cuff exercises. Take the 14 minutes to watch it and then try them out. Go to www.fina.org, click on the sports medicine tab and there it is or click [here](#). The exercises seem well worth the effort to prevent future shoulder injuries and they might even help you to swim faster!

--Linda Brown-Kuhn

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Calendar 2012

Events

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 .

New Jersey Events

October 6 Drew Octoberfest Meet, Drew University, Madison, NJ. Details to follow. Entry on pages 6 and 7.

October 20 Sussex County YMCA Adult Mini-Meet, Hardyston. Entry is [here](#).

November 18 2012 NY/NJ Duel in the Pool, hosted by Metro LMSC. More info to follow.

A Few Spots Left in Coach Certification Course

A USMS Masters ASCA Level I and II Coach Certification Course will be hosted by the NJ LMSC on October 13th at the Cranford Community Center.

The NJ LMSC will be offering 'grants' to cover the registration fee upon successful completion of the course. If interested, please contact Bill Reichle the NJ LMSC Coaches Chair at reichsswim@aol.com for an application.

Online registration and event information is now available at <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=54460>

Summer Records

from Ed Tsuzuki

Congratulations to Bob Hopkins, 70 who set new NJ LMSC LCM records at the **Ithaca Masters Long Course meet** held at the Ithaca College A&E Center on July 14, 2012. Bob posted the following times:

800 free 13:50.17

200 IM 3:35.73

400 IM 7:53.28

Congratulations to Christopher Gibson, 56 who set a new NJ LMSC LCM record in the men's 55-59 age group at the **12th Annual Wilton Wahoo Summer Sizzler** on July 22, 2012 in Wilton, CT. Chris swam a 4:55.81 in the 400 meter free.

Congratulations to the following NJ LMSC swimmers who set new NJ LCM records at the **2012 USMS Marriott Summer Nationals** at the Century Link Center in Omaha, Nebraska on July 5-8, 2012.

Women 70-74

Barbara Rosenbaum, 71

50 Breast 54.83

200 Breast 5:02.94

Men 55-59

Ken Niemi, 57

200 Back 2:51.50

Congratulations to the following NJ LMSC swimmers who set new NJ LCM records at the **Jason Nessel Memorial Invitational Meet** at the Ulrich Memorial Pool in Rahway, New Jersey on August 5, 2012.

Women 70-74

Barbara Rosenbaum, 71

200 IM 5:04.07

Men

35-39

Patrick Kesler, 37

50 Breast 30.95

65-69

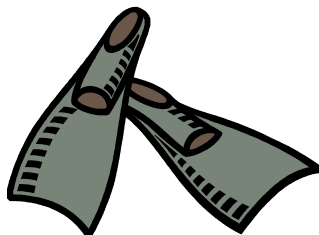
Jack Zakim, 67

200 Free 2:38.28

Bob Hopkins, 70

400 Free 6:40.09

200 Fly 4:47.70



Autumn Mix it Up Workout

This workout has something for everyone, free-style and stroke. Thanks for this workout goes to Judy Lee, longtime coach of the girl's swimteam at Pingry and member of the Berkeley Aquatic Club Masters.

Warm-up: 200 swim/ 200 drill/ 200 kick

Main Set:

5 x (1 x 100 freestyle drill, 4 x 25 stroke drill in IM order)

5 x (1 x 100 IM swim, 4 x 25 freestyle swim)

5 x (1 x 100 freestyle swim, 4 x 25 IM order)

Warm down: 200 choice

Total: 3,800

Masters Coach Needed

Somerset Valley YMCA in Bridgewater is looking for a Masters coach for their team.

Interested persons should contact Matthew P. Donovan, Director Of Competitive Swimming, Somerset Valley YMCA at (908) 526-0688 or coachmatt76@yahoo.com .

Quote:

“You have to stay in shape. My grandmother started walking 5 miles a day when she was 60. She’s 97 today and we don’t know where the hell she is.”

~~Ellen DeGeneres

Perspective and Managing Expectations: The Measure of Success

by Coach Chris Campbell, Mountain View Masters

August 17, 2012

At the end of February, I had a conversation with an old friend who is now the head men's swimming coach at a Division I university. His team had just finished up its conference meet. I dropped him a line, congratulating him for all of the season's best times that I saw.

His reply surprised me. He noted that the big drops in times had come from his B- and C-level swimmers, but his A-level guys didn't perform well enough to take the team to the next level. No one made it to NCAAs this year. He was disappointed, and it was back to the drawing board for next season.

When I read that, I thought to myself, "Wow. Masters swimming is really different. It's like we're from different planets." The Olympic Trials in Omaha highlighted that difference in a big way.

It made me wonder how we, as Masters coaches, define success. Ironically, I found some input right in front of me. I have a quotation, passed to me by a colleague from my day job, tacked up at my desk. It's from two-time Oscar-winning actress Helen Hayes:

"My mother drew a distinction between achievement and success. She said that 'Achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others, and that's nice, too, but not as important or satisfying. Always aim for achievement and forget about success.'"

Achievement? Success? Well, I was headed to Summer Nationals in Omaha right after Trials, and I figured I'd ask a bunch of my Masters buddies what they thought.

Dee Haynie of The Olympic Club stopped by while I was having this conversation with USMS Club and Coaches Services Director Bill Brenner. As we were all catching up, we found ourselves lamenting the absence of some cancer-stricken friends, and we agreed that however well or poorly we swam that weekend, we were truly grateful just to be there.

Kent Westphal, a former teammate, now with Illinois Masters, echoed the sentiment, saying that he considered it a successful meet if he felt good in the water and he had the opportunity to catch up with friends he hadn't seen in a long time. Heather Howland, also of Illinois Masters, met head-on the exciting challenge of trying an event way out her comfort zone (we'll make a miler out of you yet, Heather!).

I had the opportunity to turn the tables on roving reporter and 2000 Olympic gold medalist Misty Hyman. Obviously, she'd heard this one before. She answered, "Number one, HAVE FUN! Number two, do the best that you can, and number three, and this one is way down the list, swim some good times." Then she noted, with a bit of a chuckle, that with her background, she was always "kind of itchy to know" what her splits were.

Writer Jeff Commings was one of several swimmers at the meet who had swum in the Trials the previous week, and his goal is to swim his race the way he trains for it. The ability to prepare for that, to embrace that, to act upon that, is what gives him peace of mind as he steps up on the blocks. After a long eight days in the crucible of the US Olympic Trials, he decompressed for two days and was rarin' to go for Nationals. If you look at the results, he had a scintillating meet.

That aspect of preparation and confidence in your training came up again when I had a conversation with 2009 USMS Coach of the Year Nancy Kirkpatrick-Reno of Conejo Valley Multisport Masters. She found herself in the position of racing after a short buildup following a long layoff, and she confessed that perhaps her level of performance expectation was a bit too high. She was okay with her races, but she also needed to remind herself frequently that she was swimming in the light of a larger life context and to judge her performances accordingly. And that is an art form.

Certainly, both Nancy and another friend, Cheryl Kupan of Maine Masters, hit a resonant chord with me, citing the injuries, ailments, and life events we needed to overcome to be able to race in Omaha.

Yeah, I, too, had a rough year of training, missing Greensboro in the spring, and that empathy was most welcome. Sneaking past my modest goal times in my races in Omaha was quite satisfying, and, as Nancy pointed out, there is some value in the numbers as a measure of progress. While not as fast as I have been, I once again have a foundation upon which to build and improve. I also have to keep in mind that I'm not 19 years old anymore, and I haven't been for a long time.

The recurring theme through all of these conversations was a sense of perspective. Each person I asked, from Jeff and Misty to Coach Nancy, spoke of their races and training in the larger context of life events. That may well be the hallmark of the truly successful Masters swimmer—the ability to temper our expectations in light of current circumstances. As coaches, the triumphs of our swimmers are our triumphs, even more important than our own. Perhaps our biggest task in this business is helping them to manage their expectations.

Coaching Masters swimmers is a funny thing. The science of our sport is pretty well understood. There is a lot of technical expertise and empirical data that we can access. Certainly, we can learn the mechanics of swimming easily enough, and we can find all sorts of creative drills and sets online or from our fellow coaches. We can track times and yardage, we can log our records.

But then there's the art of dealing with a flesh and blood Masters swimmer, rather than a cold and soulless bunch of numbers, and there is no quick and easy way to do that. Perhaps what we do as Masters coaches is more challenging than what my college-coaching friend does. Although his stakes are much higher (win, or hit the road), working

Light Those Candles

Happy birthday to the following 71 swimmers who celebrate their birthdays in September.

Thomas S Boyer 60-64	Anne-France Saillot 45-49	Joseph B Stanger 20-24
Daniel B Moore 45-49	Diane Duelfer 55-59	Flavio Pardo 45-49
Pia Mountford 40-44	Herbert Zwartkruis 45-49	Joseph C Flanagan 45-49
Ronald J Epstein 40-44	Hanae Haouari 45-49	Jean Rutter 50-54
Ted Chappell 50-54	Sherri A Plunkett 45-49	Evan J Friedman 35-39
Iko Mikadze 18-24	Morgan A Sawin 20-24	Jennifer Neal 30-34
Gregory F March 45-49	Meredith Lyndon 55-59	Laura J Smith 40-44
Rob J DiTota 35-39	Robert C Gamer Sr 65-69	Chris Czvornyek 30-34
Robert J Barrish 40-44	Joscelin J Grizzetti 40-44	Scott Schmitt 55-59
George F Melick 85-89	Victoria Vaskov 30-34	Martin C Rothfelder 55-59
Gershen Konikow 90-94	Lisa E Gerhardt 30-34	Dillard Kirby 50-54
Jeffrey Jenkins 35-39	Curtis D Sawin 40-44	Errington R Bennett 50-54
James T Sheerin 25-29	Kevin T McDermott 40-44	Bob Koppenol 55-59
Matthew W King 25-29	Paula Coleman 55-59	Bill Beckett 50-54
Carlos R Pineiro 35-39	Paul F Mucciarone 50-54	Edward T Smith 35-39
Brian Pan 25-29	Lainey Dooman 85-89	Michael D'Imperio 30-34
Carin K Cohen 50-54	Steve Su 25-29	Ronald R Brown 45-49
David A O'Flanagan 35-39	Isaac Siskind 80-84	Bonnie Kortrey 45-49
Karla Peluso 45-49	Timothy J Hausch 30-34	Fran C McManus 55-59
Paul A Grassie 50-54	Danielle L McNamara 30-34	Linda S Twining 50-54
Dominic Malleo 35-39	Toms B Royal 70-74	Jeffrey M Dietel 40-44
Bryan McDonnell 25-29	Richard C Clew 45-49	Allison Joslyn 50-54
Griffin H McNeese 30-34	Will Price 35-39	William R Haas 75-79
Karole Fristensky 20-24	LaurieAnn Schuler 50-54	

with our swimmers is a much more subtle endeavor. There are no cut-and-dried right answers or formulae for us. Our workouts may have an Olympian in one lane, and an octogenarian in the next, a novice triathlete two lanes over, and an Ironman qualifier on the other side. They all have vastly different criteria for success, different motivations, and no one set is more valid than another. All are equally important. We have to help our swimmers level set their expectations, lest they become discouraged because their goals are too lofty, or, worse, bored because their goals aren't challenging or lack meaning. And, just to complicate things further, every swimmer comes with a unique set of life circumstances.

The solution is to get to know your swimmers on an individual basis, and to help them set goals. Work with them to find a definable target that is appropriate for them. I've borrowed a method of goal setting from my day job, and I'll write about that in a future column (or you can email me, and I'll send my column to you). Keep in mind that one size does NOT fit all when it comes to Masters swimmers. If you take the time to help your swimmers custom tailor their goals, the relationship that you build with them will give them the confidence to achieve and the motivation to persevere. Aim for achievement, and don't worry about success. That will surely follow.

Chris Campbell has been a member of Mountain View Masters since 1990, and a coach since 1998. He has swum in 21 Masters nationals and World championships, not winning much in the way of hardware. He's had lots of fun anyway. You can reach him at coachchris@mvm.org.

--Taken from the USMS's August 2012 issue of Streamlines for Coaches

Saturday, October 6th, 2012• Second Annual Octoberfest

hosted by Rangers Aquatics at Drew University

Sanctioned by the New Jersey LMSC for USMS, Inc. Sanction #072-S003

FACILITY: Drew University is located in beautiful Madison, NJ. Six short course yard competition lanes, two short course lanes used for continuous warm-up and warm down. Electronic timing with eight line scoreboard display; non-turbulent lane lines; overflow gutters. 2012 USMS rules will govern and be strictly enforced. Area map, driving directions, mass transportation options, parking, lodging and additional meet information all available online in the "Links" section of the Ranger Aquatics website www.rangeraquatics.com.

SCHEDULE: Warm-Up 8:00-8:50AM • Meet Start 9:00AM • Projected Finish Time 1:30PM. Psych sheets will be posted online at www.rangeraquatics.com two days prior to meet date.

ELIGIBILITY: *This meet is open to USMS-registered swimmers age 18 and older. A legible copy of your current 2012 USMS registration card MUST be submitted with mailed-in entry - no exceptions. If you have lost or misplaced your USMS card, simply log on to www.clubassistant.com/club/usms_member_card_request.cfm to obtain a card copy which will be delivered to your email address.*

AWARDS: Distinctive ribbons for 1st through 3rd place in all individual and relay events. Swimmers should pick up their awards promptly. NO awards will be mailed to competitors after meet conclusion.

CHECK-IN: Check-in on event day is required for all swimmers. Positive check-in required for the 500 and the 1650. If you do not check in for the distance freestyle events, you will be SCRATCHED from the event.

SEEDING: Swimmers will be seeded in heats according to entry time, not by age and gender. Heats will be contested slowest to fastest. All 50, 100, and 200 yard events will be pre-seeded before the meet. The 500 and 1650 Free will be deck-seeded on event day after positive check-in has closed.

ENTRY LIMIT: Swimmers may enter a maximum of four (4) individual events. Entries will be limited on a first-received basis to keep meet time line within 4.5-hour facility schedule restriction.

ENTRY TIMES: Enter YARD times for all events. No "NT" entry times accepted for the 500 and 1650 Freestyle events. An automated time conversion utility is available at www.swimmingworldmagazine.com/results/conversions.asp.

ENTRY FEE: \$15.00 entry fee plus a \$5.00 per individual event fee payable by check or money order to Drew University c/o Drew Swimming.

DEADLINE: Final entry RECEIPT (not postmark) deadline is 6:00PM on Tuesday, October 2, 2012, or if 4.5-hour meet time line cap is exceeded prior to this date - whichever comes first. Do not delay - mail your entry AT LEAST 7-10 days prior to entry deadline. No fax, phone, or email entries accepted – no exceptions.

LATE ENTRY FEE: Late entries will be accepted *on a space available basis* up to 11:59 PM, October 5, 2012. Late entry fees will be doubled \$30.00 entry fee plus a \$5.00 per event fee payable by check or money order to Drew University c/o Drew Swimming.

MAIL TO: Mail fully executed, signed and dated entry form with legible copy of your 2012 USMS registration card and \$15 entry fee and individual event payment to: **Ranger Aquatics, 36 Madison Ave, Madison, NJ 07940.** All forms of delivery service accepted Monday-Friday 9AM-5PM (no Saturday or Sunday delivery). We suggest you retain a copy of your meet entry and bring it to the meet. Please print clearly and include ALL contact info should we need to reach you to resolve a discrepancy.

QUESTIONS: Direct inquiries to Aquatic Director - Eric Scheingoltz via email at escheingoltz@drew.edu

October 6, 2012

INDIVIDUAL EVENT ENTRY FORM

# EVENT	DESCRIPTION	ENTRY TIME
1	Mixed 200 Yard Freestyle	_____
2	Mixed 100 Yard Butterfly	_____
3	Mixed 50 Yard Backstroke	_____
4	Mixed 50 Yard Breaststroke	_____
5	Mixed 100 Yard Freestyle	_____
6	Mixed 200 Yard IM	_____
7	Mixed 100 Yard Backstroke	_____
8	Mixed 500 Yard Freestyle	_____
9	Mixed 100 Yard Breaststroke	_____
10	Mixed 50 Yard Butterfly	_____
11	Mixed 50 Yard Freestyle	_____
12	Mixed 100 Yard IM	_____
13	Mixed 1650 Yard Freestyle	_____

OFFICIAL USE ONLY

Number of Events _____
 Gift _____
 Total Paid _____
 Check # _____

Check-in required; no "NT" entries accepted for 500 & 1650 Freestyle

=====
\$15.00 entry fee plus **\$5.00** per event payable by check or money order to **Drew University c/o Drew Swimming**. Fully executed, signed and dated entry form with fee payment and legible copy of current 2012 USMS registration card must be **RECEIVED** (not postmarked) by **6:00PM on Tuesday, October 2, 2012** (unless meet time line cap has been exceeded prior to this date). MAIL to: **Eric Scheingoltz – Ranger Aquatics, 36 Madison Ave. Madison NJ. 07940. NO Fax, Phone or Email entries accepted.**

Use of Image/Likeness: I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

USMS LIABILITY RELEASE: "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."

SIGNATURE _____ DATE _____

PRINT FIRST & LAST NAME _____
same name as indicated on your current 2012 USMS registration card

BIRTHDATE ____/____/____ AGE ____
mm / dd / yyyy (as of 10.06.12)

USMS# _____ CLUB ABBREVIATION _____
(as per USMS registration)

SEX (circle one) M F

DAY TEL (____) _____ - _____

EVE TEL (____) _____ - _____

CLEARLY PRINT E-MAIL ADDRESS _____

FASTLANE

NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804

