

April 2012

# EASTLANE

## Becoming a Certified Masters Coach by Ed Tsuzuki

I was very fortunate to attend the USMS conducted American Swimming Coaches Association (ASCA) Masters Level 1 and Level 2 certification class offered in New York City on September 24 and 25, 2011. It was held at the Asphalt Green facility on the Upper East Side and was taught by USMS's very own Mel Goldstein (Director of Club and Coach Services) and Craig Keller, who was the coach of the AGUA Masters swim team.

We have long known that one of the most important factors in maintaining a regular and effective fitness regimen is to be encouraged, guided, and pushed by a knowledgeable coach. USMS is committed to developing and providing resources to our coaches and has partnered with ASCA to develop a training program geared specifically for Masters. The clinic was extremely well attended (over 50 people) including several coaches from NJ and covered topics from safety and risk management to stroke technique as well as special considerations for the "adult learner." This program has received new energy with the addition of Bill Brenner to the USMS staff and there are 11 confirmed teaching weekends in 2012 already and an additional 7 in the pipeline.

I would strongly encourage all of the Masters swim coaches we have in NJ to try to attend one of these sessions when it is offered in a convenient location for you. -- The 2012 schedule will be maintained at <http://www.usms.org/content/coachcertsched>.



This is a pin that all certified coaches will receive soon.

## NJ Masters Swimming Awards Banquet

There's still time to sign up for the 6th Annual NJ Masters Swimming Awards Banquet and Social on Saturday evening, May 12. In fact, you can even show up at the door that night but why cut it that close?

This year the banquet is at a new venue in Perth Amboy with a new caterer and with a pre-event practice at the wonderful, nearby Raritan Bay Area YMCA pool. Swimmer, psychiatrist, and author, Paul Kiell, will be our featured guest speaker. The evening promises to be a fun social gathering for NJ Masters swimmers. The registration form is [here](#) and at <http://www.njmasters.org/documents/2012/2012%20Awards%20Banquet%20Flyer.pdf>

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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 .

**April 26-29 2012** USMS Spring National Championships, Greensboro Aquatic Center, Greensboro NC. [Online entries](#) are now open.

**July 5-8** 2012 USMS Summer National Championships, Qwest Center, Omaha, NE. [Meet information](#) is available.

## New Jersey Events

**September 9** 2012 Lake Hopatcong Open Water Swim Festival featuring the USMS 2 Mile Open Water National Championship. [Online entries](#) and [paper entry form](#) are ready. Questions? Contact Event Director, Bridgette Hobart at [bhobart@ptcllc.com](mailto:bhobart@ptcllc.com)

**October 20** Sussex County YMCA Adult Mini-Meet, Hardyston. Information to come.

Quote:

"The water is your friend.....you don't have to fight with water, just share the same spirit as the water, and it will help you move".

Alexander Popov  
*former Olympic gold medal winner*

## *Light Those Candles*

***Happy birthday to the following 74 swimmers who celebrate their birthdays in April.***

|                          |                               |                                 |
|--------------------------|-------------------------------|---------------------------------|
| James O'Doyle 60-64      | Cedric H Druce 55-59          | Stephanie L Bartolotta<br>20-24 |
| Brent Matheson 45-49     | Karen M Shearly 50-54         | Nicholas L Walulik 20-24        |
| Daniel Repetti 35-39     | Michele Siegrist 50-54        | Ken Fitch 45-49                 |
| Kendra Laguzzi 25-29     | Robert Scott 45-49            | David S Stapley 40-44           |
| Peter Gruntfest 60-64    | Mary Livingston 60-64         | Chiara Galbusera 40-44          |
| Scott Burns 40-44        | Barry A Bachenheimer<br>40-44 | Edward J Eyring 60-64           |
| William F Howarth 55-59  | Daniel D Kaufman 35-39        | Chris Remetz 50-54              |
| Claudia S Thornton 50-54 | George M Russ 60-64           | Candida St. John 55-59          |
| Deborah J Fennelly 50-54 | Mark S Hoffman 50-54          | Don L Sumada 50-54              |
| Laura J Patrick 50-54    | Geoff Schenkel 45-49          | Maria Wedgeworth 35-39          |
| Kathy Kibby 40-44        | Matthew Mustich 30-34         | Nora Neustadt 25-29             |
| Lauren Griewski 25-29    | Nickolas P Demas 80-84        | Jardena DiGiorgio 40-44         |
| Martin Scheidl 45-49     | Richard P Bohan 60-64         | Ivan R Cartagena 30-34          |
| Anthony Robinson 35-39   | Gayle Fitzpatrick 55-59       | Dougin A Walker 45-49           |
| Julia Inagaki 40-44      | Scott Duprex 40-44            | Denise Salvatore 40-44          |
| Sue Sierke 50-54         | Jerry P DeRosa 30-34          | Christine M Grywalski<br>25-29  |
| Ilse Wolfe 45-49         | Lance Rashford 25-29          | Nancy G Moore 55-59             |
| Zachary J Coppa 25-29    | Sandy A Bluhm 30-34           | Sharon B Friedman 50-54         |
| Rich Johnston 45-49      | Meghan R Hagberg 30-34        | Alexandr Roll 20-24             |
| Marie H Vellucci 60-62   | Kathleen B Carolyn 50-54      | Daisy G DeSimone 20-24          |
| Rita A Nannini 55-59     | Barbara Warner 60-64          | Brian J Jankowsky 50-54         |
| Michael H Esnes 40-44    | Stacey Jones 35-39            | Julia Franco 40-44              |
| Tom Borwn 30-34          | Scott M Okal 45-49            | Brandon Vandegrift 20-24        |
| Steve Sedmak 30-34       | Scott Yeomans 45-49           |                                 |
| Joe Van Dyke 25-29       | Jonathan E Levitt 40-44       |                                 |
| Robert M Hardgrove 55-59 |                               |                                 |



## 2012 NJ Masters Swimming Open Water Swim Clinic

The ever popular New Jersey Masters Swimming open water swim clinic will take place at Lake Hopatcong on Sunday, May 20 from 1:00 to 4:00 pm.

USMS Long Distance All American Jeff Jotz and other experienced open water swimmers will prepare you for swimming in everything from a backyard pond to the English Channel. The clinic will consist of dryland instruction as well as swimming in the shallow, calm waters of Lake Hopatcong. 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. Participants can also look forward to refreshments.

The registration and information form will be out soon but if you have a question that just can't wait you can contact Jeff Jotz [jjotz@yahoo.com](mailto:jjotz@yahoo.com) or evenings 732.382.9419.

### Customized NJ Masters Swimming Merchandise

Now through [mylocker.net](http://mylocker.net) you can customize a range of apparel and merchandise including towels, backpacks, and hats using a variety of NJ Masters Swimming templates. You choose the design, pick your colors, and create a unique shirt, jersey, pair of pants or shorts to mention just a few options. Your order is shipped directly to you. It's that simple!

If you have any questions, please contact Susan Kirk at [sqkirk@gmail.com](mailto:sqkirk@gmail.com)

### Discount at Ultimate Swim Shop

Registered NJ Masters swimmers can now save 10% when shopping at Ultimate Swim Shop on Main Street in Metuchen. In order to qualify for the discount members must show their membership ID card when making a purchase in the store. For all [online orders](#) members can email their membership number to [SWIMUSA1@aol.com](mailto:SWIMUSA1@aol.com) along with their order number and they will deduct the 10% from your order.

## Thinking Swimmer's Workout



Thanks to Pete Hockmeyer, the Masters Coach at Berkeley Aquatics, for this great workout that makes you think about body position, stroke count, and swimming fast!

### Warm Up:

300 swim, 300 drill your choice, 200 kick

### First set:

8 X 50 on :50. Slide hands in quietly, focus on hips staying balanced, big kick, do not lie flat in the water.

### Main set:

12 X 100s on 1:40 (adjust to your speed but you should have approximately 10 seconds rest). Swim 75 free building by 25. Must roll and reach forwards. Count strokes per lap. Then 10 seconds rest and 25 sprint free. Maintain stroke count. Focus on powerful legs.

8 X 75 on 1:30 choice kick. Fast for 25, EZ for 25, Fast for 25.

### Cool down:

200 easy swim

**Total:** 3,200

Congratulations to Priscilla Modrov, 24 for setting the following new NJ LMSC SCY records at the 2012 **New England Short Course Yards Championships** in Boston, MA on March 16-18, 2012 in the women's 18-24 age group.

50 Free 25.28  
100 Free 54.48  
200 Free 1:56.70  
50 Fly 26.79  
100 Fly 58.74  
200 Fly 2:07.61  
100 IM 1:01.35  
400 IM 4:36.01

Congratulations also to Janet Moeller, 77 for setting the following new NJ LMSC SCY records in the women's 75-79 age group.

At the **Boyertown Area YMCA New Year meet** on January 15, 2012:

50 Breast 54.09  
100 Breast 2:02.85  
50 Fly 55.53

And from the **NJ Senior Olympics** at the Woodbridge Community Center on September 10-11, 2011 (when Janet was 76):

100 Fly 2:11.09  
100 IM 1:54.79

Check correct relay listing in email from 3/21.

Congratulations to the following swimmers who set new NJ LMSC SCY records at the **Ocean County YMCA Unofficial Masters Championships** on February 12, 2012.

Women

18-24

Margaret Molloy, 23  
200 Free 1:59.09  
500 Free 5:09.11  
1000 Free 10:43.93  
100 Fly 1:02.30  
55-59

## Records Topple

Nancy Steadman-Martin, 57  
200 IM 2:34.26

70-74

Carol Motyka-Miller, 70  
100 IM 1:49.16

75-79

Janet Moeller, 77  
500 Free 10:05.15  
50 Breast 54.77  
200 Breast 4:30.36

Men

40-44

Gene Imbamba, 41  
200 Back 2:08.96

45-49

William Segal, 47  
50 Back 27.68

50-54

Ted Chappell, 50  
500 Free 5:17.74

Relays

55+ Mixed 200 Free Relay  
Garden State Masters 2:27.40

Carol Malone, 57  
Carol Motyka-Miller, 70.

Thomas Bores, 57

Mirek Kita, 58

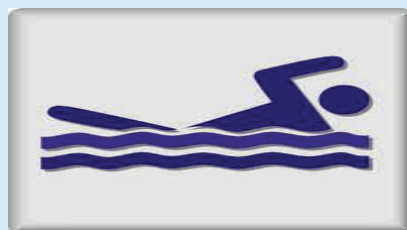
55+ Mixed 200 Medley Relay  
Garden State Masters 2:35.95

Carol Malone, 57

Bill Eickelberg, 58

Chet Klope, 56

Carol Motyka-Miller, 70



# Ask The Swim Doctor - Swim Faster Sprints

Written By: Dr. Paul Huntinger

**Question:** How can I sprint faster?

**Answer:** I was asked this question at a recent Masters meet. She and other Masters need to follow the principle, "Train fast to swim fast."

The average Masters swimmer cannot do sets performed by the Australian Olympians Thorpe and Klim. They do sets of 30 X 100 @1:30 with a pace of 1:00 and heart rates of 150. However, you can use the concept of race pace in your training, whatever your speed, and learn to train to improve your 50 and 100 sprints.

Sets to include in your workouts would be 16 X 25 (race pace @ 45-60 sec). A good work/rest ratio would be 4:1 (15 sec. swim ! 1:15). Include fast all-out kicking, too. Every practice do 4 X 25, your stroke. Once a week, swim a test set -- 5 X 50 all out @ 2:00. Take more rest if you need, in order to hold your time. Your anaerobic energy system will be enhanced with this type of training and give you better performances at meets.

Use swim fins for part of your swimming, not just kicking. These will give you the sensation of speed and how your stroke feels when you swim fast, plus improve your streamlining.

Tethered swimming, 25 yards with surgical tubing, will help you increase strength specific to each stroke, with resistance. Swimming on the return phase will again give you the feeling of swimming fast. These two stroke enhancers will provide variety and excellent training in your search for speed.

Specificity is principle to maximize your potential. Race pace should be done for events you are planning to swim in your next important meet.

The Masters swimmer will do better, overall, by training for three or four meets a year. The elite swimmers train for one big meet a year and swim through their other meets.

Set realistic goals for times you'd like to achieve -- national or world records, Top Ten times, Florida records, Florida Top 5 times, team records, or your personal bests. Design your own training program or have your coach help you in order to achieve your specific goals.

*Taken from Florida LMSC's website at [www.floridalmcsc.org](http://www.floridalmcsc.org)*

## The Secret Life of Swimmers...

We all have our swimming life and the rest of our life. You've got to check out the fascinating way that one swimmer portrayed what her swimming life means to her. Judy Starkman, who is a photographer and director when she's not swimming, also created a wonderful photographic portfolio of swimmers in and out of the pool. Her work is so good that it is a public art project she completed for the City of Culver City, California. Take a look at her video, portfolio, and more at [www.thesecretlifeofswimmers.com](http://www.thesecretlifeofswimmers.com). You may also want to read a [story](#) that CNN wrote about the project.

(Thanks to Gail Seelig for bringing this to my attention).



# Breaststroke Rule Change

USA Swimming has issued an updated interpretation of the initiation of the breaststroke arm pull to conform to the FINA interpretation. USMS Swimming Rules: Part 1 of the USMS Rule Book are based in part upon article 101, "Individual Strokes and Relays", of the USA Swimming Technical Rules which includes the breaststroke rule. **The updated interpretation will apply to USMS competition (USMS article 101.2.3).** See the following text published by Dan McAllen, Chair of the USA Swimming Rules & Regulations Committee, March 14, 2012:

## **Text from USA Swimming:**

"On March 7, 2012, FINA issued an interpretation of the breaststroke rule covering the initiation of the arm pull. Obviously, this interpretation also applies to correctly judging the timing of the single butterfly kick which may follow initiation of the arm pull.

## **Breaststroke Interpretation**

**SW 7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

### ***Interpretation***

*The first arm stroke begins with the separation of the hands.*

**SW 7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

### ***Interpretation***

*A pause after the separation of the hands is not a violation of the rule.*

1. This interpretation is substituted for breaststroke interpretations issued on December 8, 2008 and April 14, which are hereby expressly revoked.
2. This interpretation requires "observable separation" to initiate the arm pull. No other action will initiate the arm pull.
3. This interpretation requires additional separation if the swimmer starts or leaves the wall after a turn with the hands already separated."

The previous interpretation (any lateral or downward movement of the hands or arms was the initiation of the first arm pull) is no longer in effect and now requires observable separation of the hands to initiate the first arm pull.

For any questions about the interpretation of the initiation of the first arm pull contact:

Kathy Casey, Chair  
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