

EASTLANE

Coach Becomes Certified

Saturday, September 24, 2011, was a turning point in my Masters coaching career. This was the day I headed into Asphalt Green Aquatics to become an ASCA Level 1 Certified Coach for United States Masters Swimming. The ASCA Level 1 certification course focused on coaching basics; i.e. knowing the adult learner, safety/risk management, writing better workouts, integrating triathletes and open water swimmers, and basic business practices and marketing for a swim program. Never would I have imagined that I would be provided with such an array of support, leadership, patience, and guidance throughout the certification process.

As I entered the room in which the course was being held, I was greeted by Lisa Baumann, Metro LMSC Chair, Mel Goldstein, Club Development/Club & Coach Services Northeast, and Craig Keller, Chair of the USMS Coach Committee. As I took my seat I was amazed with the amount of people that were continually entering the conference. I don't have specific numbers, but I am guessing there must have been over 40 people sitting, waiting to become certified Level 1 Masters coaches. This not only excited me, but allowed me to think about the growth Masters swimming must be enjoying to have that many people wanting to improve their coaching abilities.

From the beginning of the Certification Course Craig Keller and Mel Goldstein made everyone feel excited and energized. They began with introductions, but then dove in to (no pun intended) how each one of us were an integral part of the Masters community, and how we, as Masters coaches, can make a significant difference in each of the lives of our swimmers. Through video, power-point, direct instruction, and an open-forum discussion period, Craig, Lisa, and Mel made the conference enjoyable, educational, and exactly what I needed to become a better coach. In the end, the test to become certified was made easy because of the great instruction by Craig, Lisa, and Mel.

It is my hope that, in the very near future, United States Masters swimming teams up again with ASCA to provide more certification courses in the New Jersey area. Opportunities such as these courses will improve coach's technical abilities and provide for a better swimming experience for all those he or she may help throughout their coaching careers.

Swim Fast and Have Fun!

~~By Peter Hockmeyer

“Go the Distance” Going Strong!

January 1, 2012 - The NJ LMSC closed out 2011 with another strong performance in the USMS "Go the Distance" program. New Jersey finished the year with the 5th highest swimmer participation (1 more than 6th place Illinois) and the 7th highest total posted miles out of 52 LMSCs! New Jersey was a mere 143 miles behind 6th place Oregon!) The Colonies Zone continues its dominance by holding on to the #1 spot among the 8 zones with 138,731 miles and 692 participants. New Jersey, with 122 registered swimmers logged almost 25,000 miles and is very proud to have 3 swimmers (Sandy Carosi, Dave Juchniewicz, Meaghan Murphy and Bridget Hobart) in the top 101 (out of 2,815 total participants)! Anyone can sign up for 2012! 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

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Calendar 2012

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. Online entries are now open.

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

New Jersey Events

February 12 Unofficial Team Championships Ocean County YMCA, Toms River, NJ.

March 10 Drew Rangers Aquatics March Madness Meet, Drew University, Madison. More info soon.

Banquet Date Set

The 6th Annual NJ Masters Swimming Awards Banquet and Social will be held on Saturday evening, May 12. The event promises to be an enjoyable evening with great food and wonderful camaraderie and perhaps, a new location. Also, any recipient(s) of the Lou Abel Distinguished Service Award (see pages 6 and 7) will receive their award(s) at this banquet.

Watch your email for an upcoming membership email blast with more details We hope to see many of you there!

NEW RECORDS

New Records

Congratulations to the following NJ LMSC swimmers who recently broke NJ SCM records at the **SCM Fall Classic** at the Nassau Aquatic Center on November 20, 2011 and at the **New England SCM Championships** at Boston University on December 9-11, 2011.

Nassau:

Men 45-49

Steve Hiltabiddle, 45

200 Fly 2:30.78

Scott Yeomans, 47

200 Back 2:32.78

New England:

Women 30-34

Lyndsay McMeen, 31

50 Breast 37.43

Men 45-49

Steve Hiltabiddle, 45

50 Free 24.86

50 Fly 25.96

100 IM 1:04.57

200 IM 2:22.47

Congratulations to the following NJ LMSC swimmers who set new NJ SCY records at the **Hoboken Masters Swim Meet** on December 10, 2011 at the Stevens Insti-



tute of Technology in Hoboken. New Jersey:

Women 18-24

Priscilla Modrov, 23

50 Free 25.62

200 Fly 2:12.03

Megan Mongan, 23

200 Free 2:00.14

Gabrielle Czernik, 23

50 Fly 28.57

Women 45-49

Laurie DiTommaso, 49

50 Breast 34.77

Men 18-24

Nicholas Walulik, 22

100 IM 56.26

Men 65-69

Jack Zakim, 66

200 Free 2:12.12

Mixed 200 Medley Relay 18+

Hoboken 1:47.29

Jennifer Finotti, 34

Brad Thornton, 25

Priscilla Modrov, 23

Nicholas Walulik, 22



Solid Winter Workout

Thanks to Coach Beth Cinkewicz from the Perth Amboy Raritan Bay YMCA for this meaty workout that you can really sink your teeth into.

Warm~Up

300 swim

200 pull

100 kick

8x100 swim (4 @ 2:00, 4 @ 1:50)

8x100 pull (4 @ 1:55, 4 @ 1:45)

50 easy

8x100 swim w/fins (4 @ 1:45, 4 @ 1:40)

50 easy

300 smooth 3x (50 non-free, 50 free)

100 cool down

3500 Total

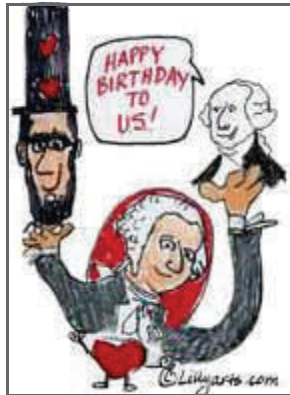


A member of a local winter swimming club takes a swim in the Yenisei River, with the air temperature at about minus four degrees Fahrenheit in Russia's Siberian city of Krasnoyarsk December 18, 2011.

Light Those Candles

Happy birthday to the following 136 swimmers who celebrate their birthdays in January and February.

Anna S Haselmann 45-49	Phillip J Sherratt 35-39	John P Szabo 50-54	Diane J Lynch 45-49
Susan Rardin 60-64	Allison L Goldstein 25-29	Curtis Miller 50-54	Merrill M Simpson 40-44
Joseph F Donohue 65-69	Michael Raynes 25-29	Janire Hernandez 30-34	Joan E Szabo 65-69
Sarah T Clark 40-44	Jens Volker 45-49	Roy Ben-Hur 40-44	Christine Echols 35-39
Viktor Chebotarev 55-59	Judy Lee 60-64	Edward R Goracy 55-59	Erica Rauch 30-34
Gregory Fernicola 55-59	Susan M Thiel 40-44	Fay Bizub 55-59	Eric R Becher 40-44
Cande J Olsen 60-64	Kimberly A Plewa 25-29	Joanne M Jaeger 50-54	Neil Flynn 40-44
Mark Snensky 40-44	Leigh G Segal 45-49	Jeanne K Perantoni 55-59	Jason F Orlando 35-39
Nancy R Goering 55-59	Alen Fischer 35-39	Heidi Remak-Ziff 60-64	William McCoy 50-54
Heather Guthrie 40-44		Julia Buccini 25-29	Paul B Cheek 50-54
Katie L Reilly 25-29		Barbara Maguire 45-49	John R Menninger 45-49
Baron S Lonner 45-49		Priscilla A Modrov 20-24	Keith Tamboer 35-39
Grace Lin 30-34		Frank C Goldstein 60-64	Janet B Estenes 60-64
Annie P Lillard 25-29		Chrysa A Lawson 50-54	Terry L Hoyt 45-49
Darek L Hahn 45-49		Megan A Wiseman 30-34	Maureen Doherty 40-44
Kathy Kelly 60-64		Mirek A Kita 55-59	Kurt Matheson 35-39
Mingi Kim 25-29		Matthew Putts 25-29	William Sullivan 50-54
Kathryn Ciallella 25-29		Richard D Carlson Jr 55-59	Erika Maresca 35-39
Andrew D Richardi 30-34	Gregory Blessing 65-69	Christopher M Esnes 35-39	Lorenz A Muller 45-49
Andrew Kaiser 50-54	Cherylann T Dorsey 40-44	Jacqueline Treszza 40-44	Frank Fitzgerald 55-59
Brahm Goldstein 55-59	Jane Fisher 75-79	Beth Cinkewicz 35-39	Sigfredo Torres Jr 50-54
Alison Akintade 40-44	Kevin C Yao 40-44	Lesley Eicher 35-39	Sally A Kleeman 55-59
Peter A Hempel 65-69	Terry Christie 55-59	Erin Sears 25-29	Laura Thornley 25-29
Amanda E Maxwell 30-34	Ann E Mancuso 50-54	Meaghan I Murphy 30-34	Rosemarie B Froeder 80-84
Nicky C Wiesmann 40-44	Nadine A Vasilakis 45-49	Jeff J Jotz 40-44	Thomas J Miller 50-54
Nancy M Shapiro 50-54	Isabelle Vandenbroucke 20-24	Murray Simon 65-69	Katerina Bubnovsky 25-29
Tom Stearns 60-64	Joscelin S Burrer 40-44	Drew Moll 50-54	Denise E Carlson 50-54
Michael P May 30-34	Julio L Figueroa 60-64	Beverly Peterson 55-59	Deborah R Cipriano 55-59
Joy Tsuzuki 80-84	Rhonda Hospendales 40-44	Erica Dunckley 55-59	Larry Salvador 35-39
Irwin Mittleman 55-59	Mike W Betts 30-34	Darren R Ankosko 20-24	Russ Ball 55-59
Greg Romano 55-59	Chris E Freund 18-24	Thea D Skanes 45-49	Robert H Greene 65-69
Charles E Williamson 45-49	Jacqueline Glasser 70-74	Patrick J Kennedy 30-34	Andrew J Servis 25-29
Steven J Waskow 50-54	Victoria J Elbrecht 40-44	Brenda S Hershberger 50-54	Gina A Troise 25-29
Mikhail Golbin 40-44	Richard Truche 50-54	Steven W Treble 60-64	Shivani Malik 30-34
Andrew M Royster 20-24	Richard S Hungerford 45-49	Michael O Lavitt 50-54	
Bill Fallon 45-49	Donald A Fink 50-54	Jackie L Whitty 25-29	
Norman B Noe 40-44			
Bill Reichle 60-64			
Stephani L Carroll 40-44			



Pool chlorine tied to lung damage in elite swimmers

Lindsey Konkel, Reuters and chicagotribune.com, January 11, 2012

NEW YORK (Reuters Health) - Competitive swimmers who train at indoor chlorinated swimming pools may have lung changes similar to those seen in people with mild asthma, a new study has found.

Researchers from France and Canada compared lung tissue and breathing tests from twenty-three elite Canadian swimmers, whose average age was 21, to ten mild asthmatics and 10 healthy, non-allergic people of the same age. Tissue samples and tests were taken during the off-season when swimmers were not competing.

The team, led by Valérie Bougault at the Lille 2 University of Health and Law in France, found that tissue samples taken from swimmers' lungs had nearly six times as many immune cells associated with asthma and allergies as the lung tissue of healthy subjects -- a similar amount to what was found in the group with mild asthma.

Swimmers and asthmatics also showed evidence of scar tissue in the lungs, while healthy non-swimmers did not.

"This study is the first to show direct evidence of airway damage associated with swimming in chlorinated pools," Alfred Bernard, a toxicologist at the Catholic University of Louvain in Brussels, Belgium, noted in an email to Reuters Health. Bernard was not involved in the study.

What these changes may mean remains unclear. "There's currently no evidence to suggest that these changes will lead to asthma down the line," Dr. Sally Wenzel, a pulmonologist at the University of Pittsburgh, told Reuters Health.

Lung tissue inflammation was not associated with actual asthma symptoms, such as coughing and wheezing, or with difficulty breathing during a medical test used to determine lung function.

However, previous research has linked exposure to swimming pool chemicals through water and air to respiratory allergies and asthma.

While acting as a disinfectant, chlorine reacts with a wide range of chemicals from human sweat, urine and hair, for example, to form chlorine byproducts -- some of which are hazardous to human health.

These byproducts are very volatile and can escape into the air above the water, according to Ernest Blatchley, an environmental engineer from Purdue University in West Lafayette, Indiana who specializes in water chemistry.

Competitive swimmers are known to inhale large amounts of these chlorine byproducts while doing strenuous exercise in the pool. Exposure to the chlorine compounds in indoor pools may make swimmers more sensitive to allergens such as pet dander, pollen and dust, wrote Bernard.

Indeed, roughly 50 to 65 percent of competitive swimmers are sensitized to common allergens, compared to 29 to 36 percent of people in the general population, wrote Bougault in an email to Reuters Health.

In the current study, published in the *Journal of Allergy and Clinical Immunology*, 18 of the 23 swimmers had at least one allergy. While exposure to allergens can cause changes to the lung tissue, "we found changes in the lung tissue of non-allergic swimmers as well," wrote Bougault.

This suggests that exposure to the chlorine byproducts themselves may be causing tissue damage, according to Bougault, who serves on the advisory boards for several major pharmaceutical companies, including GlaxoSmithKline and MerckFrosst, makers of the asthma medications Advair and Singulair.

The researchers cannot say for sure whether repeated exposure to swimming pool chemicals caused damage to the lung tissue. A previous study in elite cross-country skiers showed that the stress placed on lungs during high-level endurance sport training itself might be enough to induce airway changes.

While the effects of exposure to chlorine byproducts on the lungs remains unclear, it's likely the benefits of exercise outweigh potential risks posed by swimming in chlorinated pools, in those with or without asthma, according to Wenzel.

However, there are certain precautions that all swimmers can take at the pool to limit exposure to harmful chemicals, according to Bernard.

He suggested avoiding pools with a strong chlorine smell in the air -- a sign the chemicals in the pool are poorly managed.

One of the best things people can do to reduce exposure to harmful chlorine byproducts is to practice better hygiene, said Blatchley, even in so-called saltwater pools (which are not actually chlorine-free).

"Always taking a shower before entering a pool and not using it as a urinal can cut down on toxic byproducts," he said.

SOURCE: <http://bit.ly/zqLLDT> *Journal of Allergy and Clinical Immunology*, online December 26, 2011.

Quote:

"Cheers to a new year and another chance for us to get it right."
— Oprah Winfrey



Lou Abel Distinguished Service Award

The Lou Abel Distinguished Service Award, established in 2011, has been created in memory of Lou Abel (1936-2010), who as a 25-year continuous New Jersey USMS member, had a strong role in the creation of Masters swimming in NJ and who remained a constant presence in the NJ Masters swimming community for the rest of his life. Lou served in many capacities as a local leader and it was his dedication and enthusiasm that inspired many adults to remain active and fit through swimming.

The award is intended to honor current or past, long-term members of the NJ LMSC swimming community who, like Lou, have contributed significantly to the growth and activities of Masters swimming in New Jersey. The award will be presented annually at the NJ LMSC Continuous Membership Awards Banquet if any recipients are selected (if none, it will not be presented that year).

Any current member of the NJ LMSC may nominate any current or past NJ LMSC member for this award.

The nomination deadline is March 31.

The official nomination form is attached and is also available on the NJ LMSC web site at www.njmasters.org. Nominations may be completed on a computer or by hand but electronic submissions are preferred. All nominations should be emailed to Chris Swenson at chrsswen4@hotmail.com or mailed to him at: 215 East 95th St, Apt 3G, New York, NY 10128.

The award recipient(s) will be selected from the nominations by the NJ LMSC Board by April 15 and, if any recipients have been selected, the award winner(s) will be honored at the NJ LMSC Annual Continuous Membership Awards Banquet.



Lou Abel Distinguished Service Award Nomination

Your Name _____ Date _____

Your Address _____

Your email _____ Your phone _____

Your USMS Member ID _____

Name of Nominee _____

Nominee's Address _____

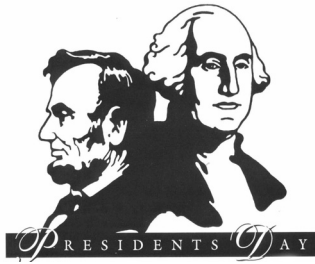
Nominee's email _____ Nominee's phone _____

Description of the nominee's NJ LMSC Masters service (including approximate timeframe, impact and scope):

(continue on additional pages as needed)



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100 X 100s



Swimmers strike a pose before the full-to-capacity 100 X 100's began on February 5 at Rutgers University