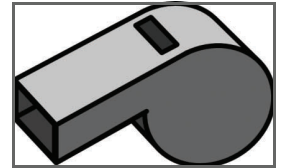


October 2012

EASTLANE

New Masters Coaches!

This photo was taken by Bill Reichle after the USMS Masters ASCA Level I and II Coach Certification Course on Saturday, October 13. Thirty-four smiling, newly minted Level I & II coaches, each armed with a new batch of knowledge and skills who will now go back to their swimming communities to impart that wisdom to many more people. Very inspiring.



The smiles say a lot. To me, they say that people enjoyed the day spent listening and learning from two excellent presenters - Bill Brenner and Mel Goldstein. They are also smiles of appreciation, much of which surely is directed to the organizational efforts of our own NJ Masters Coaches Chair, Bill Reichle. Many thanks, Bill!

Bill Brenner is already talking about a return trip to NJ for Level 3! Stay tuned.

--Chris McGiffin

Annual Meeting 'Round the Bend

Sunday, December 2nd is the date for the NJ LMSC Annual Board meeting and 2013 Officer elections, open to all NJ LMSC Masters Swimming members. The time and place of the meeting will be determined soon and we'll let you know.

We'd love to see both new and old faces at the meeting. Our organization is run by volunteers so the more volunteers we have the more we can do for our members! Nominations are currently 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 [descriptions](#) of the officer positions can be found on the [NJ LMSC website](#). Please submit your nominations to Susan Kirk at sqkirk@gmail.com.

NJ LMSC VOLUNTEERS

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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

November 10-11 2nd Annual Thanksgiving Classic (SCM) Meet at The College of New Jersey, Ewing, NJ. Online event information and registration form at https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=4199&test_mode or click [here](#).

Questions, contact: Michael Randazzo at michael.randazzo87@gmail.com or 908/448-8476.

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

February 3 Save the date for the 2013 NJ Masters Swimming Annual 100 x 100s. Registration will open mid-January.

February 10 Hold this date for the OCY Unofficial Team Championship SCY meet hosted by the Ocean County YMCA. More info coming soon.

Quote:

"Nobody who ever gave his best regretted it."

--George Halas



Fresh Records

Compiled by Ed Tsuzuki

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the **NJ Senior Olympics** meet at the Woodbridge Community Center on September 8-9 2012.



Women

70-74

Barbara Rosenbaum, 70
200 Breast 4:34.07

80-84

Rosemarie Froeder, 82
100 IM 3:25.46

Men

70-74

Bob Hopkins, 70
100 Back 1:20.82
200 IM 3:05.46

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the **Octoberfest II meet** at Drew University on October 6, 2012.

Women

60-64

Heidi Remak Ziff, 60
50 Free 31.28
100 Free 1:10.61
200 Free 2:38.66

75-79

Janet Moeller, 77
100 Fly 2:11.06

Men

55-59

Christopher Gibson, 56
1650 Free 19:39.51

70-74

Bob Hopkins, 70
200 Free 2:33.16
500 Free 7:20.27
100 IM 1:21.26



Freestyle Workout — Heavy on the Drills

This workout comes courtesy of Coach Bob Hopkins who has also provided his freestyle stroke analysis (see Swims-mart Freestyle Evaluator). If a swimmer does not have a particular skill, the designated skill drills will fix the problem if those drills are done correctly and over hundreds of pool lengths over many months.

Warm Up, 200 Yards

Skill Drills-Do Slowly and Correctly

*100 Catch Up

*100 Side Balance with Roll

Main Set, 2600 Yards

*Ten 100 Free on two minutes

Holding What You Can #

*Twenty 50 Free on one minute

Holding What You Can #

*Twelve 50 Kick on back on two minutes

Holding What You Can #

Warm Down, 200 Yards

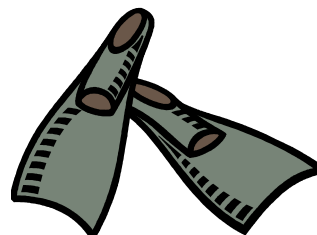
Skill Drills-Do Slowly and Correctly

*100 Single Arm Breathe to Stroking Side

*100 Single Arm Breathe to Non Stroking Side

Total: 3,000 yards

Means you should do the repeat so that you are breathing hard when you touch the wall but are breathing near normal at next push off



SWIMSMART FREESTYLE EVALUATOR

Skills Needed

Horizontal body position
Rotate body from side to side
Rotate at correct time (early in arm stroke)
Grab water in front with early vertical forearm (EVF)
Glide on opposite side after arm stroke
Kick fast and shallow (this controls arm turnover rate)
Kick with toes pointed

Drills Needed

1, 2, 3
2, 3, 4, 5
1, 3
6
1, 2, 3
7
7

Any questions, contact Bob Hopkins swimsmart@yahoo.com; 973-729-3686

SWIMSMART FREESTYLE SKILL DRILLS

1. **Catch up**-lay on the surface of the water and kick gently with both arms extended overhead; stroke with your right arm and breathe to the right very early in your arm stroke, as your stroking hand is at eye level; leave your non stroking left hand in front of you until your right arm finishes its stroke and recovery and touches the top of your left hand; repeat the previous movement with your left arm being sure to breathe to your left side early in the arm stroke; this drill will teach you to lean on your buoyancy (chest), keep your arms in front of you for balance and rotate your body and breathe at the correct time in the arm stroke (e.g. early in the arm cycle when your stroking hand is at eye level).

2. **Side Balance**- lie on your side with your downside arm extended overhead and your ear on your bicep with the topside arm resting on your side; look at the bottom of the pool; kick gently on your side maintaining horizontal balance in the water by pressing/leaning on your armpit; monitor your horizontal position by feeling where the water is on the arm that is on your top side; it should be completely out of the water; if the water level is at your elbow, you need to press more on the armpit of your extended arm to regain the horizontal balanced position needed for streamlining; swim one length on your right side and the next length on your left side; when you need to breathe, roll your whole body so that your face is out of the water and breathe; do not raise your head at all; keep your ear on your shoulder as you roll; return immediately to the face down position and make sure you have not lost your balanced position.

3. **Side Balance with Roll**-same as **Side Balance** except that you will incorporate a roll from one side to the other side and take a breath; start the same way as in **Side Balance** but recover your arm that is on your top side; as the recovering arm is even with your ear, grab the water with the arm that is extended and roll to your other side as you continue to recover your arm; as your recovering arm enters the water your face should be out of the water on the opposite side so you can breathe; after you breathe, rotate you head to a face down position and hold that position and regain your horizontal balance; repeat continuously being sure to breathe each time you switch sides.

4. **Single Arm, Breathe to Stroking Side**-with non stroking arm at side, stroke with the other arm and breathe to the side you are stroking with at the completion (push phase) of the stroke; at the completion of the stroke, the shoulder of your stroking arm should be out of the water via body rotation; upon entry of the stroking arm, the shoulder of your non stroking arm should be out of the water via body rotation; each shoulder should go near vertical as you balance on your other side; maintain horizontal balance by pressing on your buoyancy (armpit/chest/armpit line)

Continued bottom of page 5

Light Those Candles

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

Yuri Mekhanik 50-54	Luke G Cunningham 50-54	Tara Nunn 35-39
Julie Soltys 30-34	Janice M Petroustos 50-54	Jennifer Homa 30-34
Paula M Pycrz 65-69	Jeffrey M Enright 35-39	Nicholas M Fieldhouse 25-29
Michael C Haskell 40-44	Steve Glassman 60-64	Susan Dasch 55-59
Philip H Robbins 35-39	Sally Strasser 50-54	Alan D Sawyer 55-59
Martino Caretto 60-64	Chuck Warmer 55-59	Jeremy P Beer 25-29
Beth Maloney 60-64	Bridgete A Hobart 50-54	Paul J Rodgers 55-59
Catherine Maloney Falcon 60-64	Thomas R Yakowenko 40-44	Dan Fabrizio 50-54
William F Ruthrauff 55-59	Soren Hastrup 40-44	Adele M Morgan 45-49
Nicole A Ludwig 25-29	John P Balasic 45-49	Heather E Negley 40-44
Patrick R Scanion 50-54	Peter Lupfer 55-59	Brendan M Gallagher 30-34
Debra F Lepore 45-49	Jay Muldoon 55-59	Lisa D Rivera 30-34
Amy E Kolman 40-44	Brian J Glenn 30-34	Joel E Stein 60-64
Deirdre Omara 40-44	Carol A Buckwalter 60-64	Jeffrey P Hibbitt 60-64
Joyce E Schelling 75-79	Roberta Geist 60-64	Lauren H Tharaud 30-34
Lawrence B Seidman 65-69	Ann S Monaghan 35-39	Jennifer Geronimo 25-29
Elizabeth M Broos 55-59	Timothy P Melinson 35-39	Nancy Fareundilch 55-59
Caroline Dickey 30-34	Julie A Stewart 50-54	George O'Rourke 50-54
Diane E Dinsmore 55-59	Jonathan Stone 40-44	Christine Menville 40-44
Raymond J Campeau 50-54	Jane M Gardner 35-39	Elizabeth K Stiiles 30-34
Jenny M Fowler 30-34	Erin Cooper 30-34	Paul J Kiell 80-84
Colleen B Conway 25-29	Carol R Morman 55-59	Robert W McAdams 60-64
Sandra M Franc 50-54	Doug Clark 40-44	Gita Roy 40-44
John P Kehoe 60-64	Kevin W Ott 20-24	Erica S Berman 30-34
Fred H Allen 60-64	Kenneth J Bireta 40-44	Min Chi 30-34
Bill Tesar 60-64	Robert M Henry 55-59	Alfred L Ferguson 75-79
Jeffrey L Webb 55-59	Carolyn B Capodicasa 50-54	Aaron Bonilla 25-29
William C Beaton 50-54	Kenneth Abramowitz 45-49	

Continued from page 4

5. **Single Arm, Breathe to Non Stroking Side**-same as above except you breathe to the side of your non stroking arm; as your stroking arm enters the water, you should be on your side breathing with the shoulder of your non stroking arm out of the water; as you complete your stroke, the shoulder of your stroking arm should be out of the water since you have rolled to the other side during the stroke cycle; maintain balance during the entire movement.

6. **Fist Drill**-swim freestyle with your hands closed in a fist and grab the water in front of you with your forearm after bending your arm at the elbow so that your fist points to the bottom of the pool

7. **Kick on Back**-lay on back with arms overhead and looking straight up at the ceiling; practice kicking with a fast, shallow kick keeping your leg straight and toes pointed; if you have trouble keep kick shallow, use kick restraint around your ankles which will not allow your feet to separate more than six inches

Impressions of My First Convention

By Marie Vellucci



When I was appointed to be the New Jersey at large delegate this past summer to the U.S. Masters Swimming 2012 Convention in Greensboro, North Carolina I knew my work was cut out for me. I prepared for the convention by studying the pre-convention package and the Masters rulebook. I decided that I would attend all the convention meetings and workshops that I was interested in. I felt like I would be going back to school and had to pay attention and listen carefully to the material presented. I was definitely overwhelmed but I felt I really fit in since I was with people like me who were passionate about swimming.

The convention journey started Wednesday, September 12, at the Newark airport waiting for the plane. I ran into two coaches from New Jersey USA swimming – Lou Petto and Tristan Forman, and two swimmer representatives - Nick Smagula and Katie Paris, who were going Greensboro for the convention. I passed the time by talking to these USA swimming representatives. How great is this that I was having fun before I even got to North Carolina? The next fun thing was Wednesday night when we, the New Jersey Masters delegation, went out to eat at the Mellow Mushroom and ate all different types of pizza.

Thursday started out with a workout for Masters and USA swimmers at the Greensboro Aquatic Center at 6:00 a.m. sharp. We learned some interesting drills with a tennis ball of all things. After this we had to get back to the hotel for meetings.

The first meeting was the Colonies Zone meeting, and here I learned that a team from Nassau County Aquatic Center will be submitting a bid to host the SCM Zones on November 16 - 17, 2013. This will be good since it is close to my home. After this meeting we all went to the House of Delegates Meeting #1 and the insurance workshop. Here I learned that Chubb is our 3rd party insurance company. After this meeting I decided that I would go to the Meet with the President session to meet our USMS President, Nadine Day.

Since I was a new delegate, I went to lunch with the new delegates group. My mentor was Hugh Moore, and he took our small group to the food court at the Four Seasons Mall where we discussed our experiences so far at the convention.

In the afternoon I went to the Long Distance and Open Water committee meetings. At these meetings I learned that [CIBBOWS](#) got the bid for > six mile National Championships in 2014 in the Hudson River. After this I attended the Rules & Long Distance open forum and the Sports Medicine presentation.

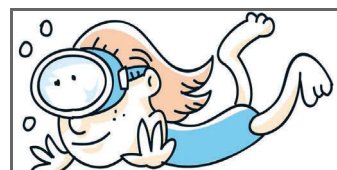
The best part of Thursday was the LMSC social where the North Carolina LMSC hosted a barbecue. It was not the food but the interesting conversations that I had with some of the Master swimmers there that made it so good. For instance, I learned that it took Christian V from Metropolitan-CIBBOWS three tries to complete the English Channel swim. There was also a young woman in the conversation with Christian and me that said that she made one attempt and swam about 75% before quitting. She was from Minnesota and was in her late 20's.

The next day we had another practice at 6:00 a.m. sharp, and this time we did a fitness workout. We had to hurry back to the hotel for the House of Delegates meeting and the Meet the Candidates forum. After this I went to two workshops: Practice Safe Swimming and Partnering with USA Swimming. Following lunch I went to the Long Distance committee and House of Delegates Meeting #3. Friday was an easier day than Thursday.

On the last day (Saturday) we did not have an early swim practice. The first meeting was open water. After this I went to the workshop, LMSC standards, where the group was divided into smaller groups with different topics. I was assigned to open water swimming. Here we did a brain writing exercise on problems of open water swimming. This exercise was extremely interesting. After this workshop we had a lunch break. Some swimmers went to practice at the Greensboro Aquatic Center. I decided to swim in the hotel pool instead.

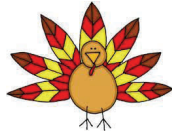
The most important meeting was the House of Delegates meeting #4 where the elections and the voting took place. New Jersey LMSC did very well here. Chris McGiffin was re-elected the At-Large Director of the Colonies Zone. Susan Kirk won the Dorothy Donnelly Award and Ed Tsuzuki won the Staff Award.

We all went to the Aquatic Awards Banquet that evening in the Guliford Ballroom. Over 1,200 people attended this banquet. USA Swimming had a video presentation and USMS did a funny skit. The night concluded with Missy Franklin being named USA swimmer of the year. Hopefully I can represent NJLMSC at the convention next year since this convention was an experience that I will never forget!!!



NJ LMSC's seven delegates (a record number) pose at the USMS Convention Banquet in Greensboro on September 15th. They are: Chris McGiffin, Linda Brown-Kuhn, Alben Fischer, Jim Sheerin, Susan Kirk, Ed Tsuzuki, Marie Vellucci (L-R)

FASTLANE



NJ LMSC

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