

EASTLANE

NJ Masters Swimmers Help Others

Four of our NJ Masters Swimming members are involved with bringing the benefits of movement in water to adults who cannot exercise on land due to the effects of Parkinson's Disease, MS, ALS, RA, stroke, joint replacement surgery, fibromyalgia and other causes. Joy Tsuzuki, Paul Kiell, Bill Haas and Bob Hopkins are all volunteers for a New Jersey non profit organization called SWIM, Inc. which provides free water exercise at 13 locations from Sussex County to Cape May County. Joy helps with the program at Somerset Valley YMCA, Paul at Somerset Hills YMCA and Bill and Bob at Sussex County YMCA.

As a Masters swimmer, you know how good getting in the water makes you feel. Imagine if you were not able to get exercise on land and water exercise was your only option but you had no affordable program convenient to you that catered to your specific needs. What would you do? SWIM, Inc. has answered this question for hundreds adults in New Jersey since its inception in 1975.

There are hundreds or even thousands more people who would benefit from a SWIM, Inc. program if they knew about it. Please spread the word. You can also



Masters swimmer Joy Tsuzuki (third from right in front row with white hair and blue noodles) with a SWIM Inc. group at Somerset Valley Y

help out by volunteering at one of the existing programs, one of which may be at the pool at which you now swim. Or you may want to take the initiative to start a new SWIM, Inc. program at your local pool.

You can learn more about SWIM, Inc., including the locations of the 13 existing programs, by visiting their website at www.swim-inc.org or by contacting Bob Hopkins at 973-729-3686 or swismart@yahoo.com

Thanks for your help in spreading the word about this program which improves the quality of life of participants, volunteers and care givers.



Bob Hopkins (on left) with SWIM, Inc. participant Boris completing Miles for Smiles (similar to Go the Distance) water walk session at Sussex County Y SWIM, Inc.

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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 .

July 5-8 012 USMS Summer National Championships, Qwest Center, Omaha, NE. Meet information is available.

New Jersey Events

August 4 Lavallette 1 mile Ocean Swim

August 5 Jason Nessel Memorial Invitational 2012 LCM Meet, Rahway River Park Pool, Rahway. Entry and info coming soon. For questions, contact Jeff Jotz, jjotz@yahoo.com, 732/382-9419

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

October 20 Sussex County YMCA Adult Mini-Meet, Hardyston. say Entry at http://www.njmasters.org/forms/Entry%20Forms/2012/2012_SCYMCAMiniMeetOctober.pdf .

Date Change -- 2012 NJ Masters Swimming Open Water Swim Clinic

The New Jersey Masters Swimming Open Water Swim Clinic will be held in Lake Hopatcong on Saturday, July 21 from 10 am to 1 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 in order to take part in this clinic. There will be refreshments for the participants.

The registration and info form are at http://www.njmasters.org/forms/Entry%20Forms/2012/OpenWaterclinic7-21_2012.pdf .For questions you can contact Jeff Jotz at jjotz@yahoo.com or evenings at 732.382.9419

Light Those Candles

Happy birthday to the following 132 swimmers who celebrate their birthdays in May/June.

Ralph Hemecker 75-79	William D Mackolin 75-79	Aaron T Moore 45-49	Tim Christian 45-49
Bonnie Brienza 45-49	Andrew F Maggion 55-59	Katie O'Gorman 20-24	Katherine Winters 20-24
Madeline Greene 70-74	Julie McLaughlin 45-49	Matthew A Gilotti 20-24	Florence B Melick 90-94
Roslyn Paine 35-39	Sara H Johnston 45-49	Patric C Mills 65-69	David DeSimone 55-59
Andrew Shore 25-29	Douglas S Miller 35-39	Sarah E Larson 25-29	William N Segal 45-49
William F Haynes 85-89	Ken Roma 50-54	Gail F Seelig 60-64	Julie A Sheaffer 45-49
Jiaming Yu 35-39	Jodi L Barrish 40-44	Joanne Forster 55-59	Matthew M Gately 20-24
Gregory A Kelly 50-54	Bill Eickelberg 55-59	Neil A Hattangadi 30-34	Patricia C Spencer 35-39
Steve Hiltabiddle 45-49	Rob Mathis 25-29	Lydia D Chambers 50-54	Braden A Ferrari 35-39
Dave Siconolfi 60-64	David S Goldberg 60-64	Michael S irkin 45-49	Deirdre G Embree 35-39
Gail Stevancsecz 55-59	Lan Ge 45-49	Gerri Callahan 50-54	Jared Tootell 30-34
Susan Olesky 55-59	Andrea Luallen-Egg 45-49	David M Fabian 50-54	Genevieve R Jeuck 25-29
Regina T Papini 40-44	Penny P Boorman 75-79	John P Esser 45-49	Miles Cava 25-29
Erik J Donohue 25-29	John A Baliko 50-54	Monica Dobbins 45-49	Thomas J Alne 20-24
Gertie L Sloan 55-59	Matthew P Donovan 35-39	Andrew L Capers 25-29	Ray L Hurst 70-74
Tilak Samaranyake 50-54	Erica L Picatagi 20-24	Linda Brown-Kuhn 50-54	Ellen M Pease 60-64
Martin L Marks 45-49	Arthur M Wein 60-64	Michelle L Davidson 40-44	Alan Voorhees 50-54
Bob Hopkins 65-69	Janice E Baker 50-54	Donald Walsh 65-69	Marc Silberman 40-44
Jonathan Norton 50-54	Amanda E Drewes 20-24	Erling J Hoie 40-44	Robert E Franks 50-54
Dylan Cohen 35-39	Arnold M Alday 45-49	Matthew G Ellis 45-49	Susan Kirk 50-54
Jennifer A Applebee 35-37	Lynn Ascione 40-44	Jane Riff 55-59	Richard C Callaghan 45-49
Erik Werfel 45-49	Kevin Nervi 25-29	Guy Dorgan 50-54	Stacey A Kalambakas 45-49
Rocco Celentano 40-44	MaryAnn Lawrence 50-54	Chris Lowe 50-54	Beth B Alemy 40-44
Alex Hemida 35-37	Michael Cialdella 45-49	Simon Bintley 45-49	Robert A Hengeveld 65-69
Martin P Skolnick 35-37	David W Lillard 25-29	Leslie A Frost 40-44	June F Carson 60-64
Emily D Woo 20-24	David Calabrese 35-39	Janet L Livingston 55-59	Kevin J McGee 45-49
Jeffrey R Schobel 50-54	Barbara W Burton 55-59	Laurel Reilly 45-49	Wendy A VanDeVeen 45-49
Richard Alexander 65-69	Arnold DeGarcia 40-44	James Turney 40-44	Dieter Wunderlich 70-74
Patty A Lennox 40-44	Jim Dragon 65-69	James W Curd 45-49	Peter B Hockmeyer 35-39
Andi G Sawin 35-39	Michael J Gallucci 35-39	Gaye E McVeigh 50-54	Tim Rogers 35-39
Deborah T Deffaa 25-29	Kris Ohleth 30-34	Mike Llerandi 45-49	David Schmitt 50-54
Brad Thornton 25-29	Christopher Swenson 25-29	Kari Clayton 35-39	Michael J Keltos 55-59
Tink Bolster 80-84	Yves Baeyens 40-44	Jonathan Hong 35-39	D. Lindsay Conner 80-84

GTD Update

Ed Tsuzuki

May 1, 2012 - The NJ LMSC maintains one of the highest member participation rates in the country with better than 1 out of every 8 members logging miles in the USMS "Go the Distance" program. NJ actually has the highest participation rate of all the LMSCs with more than 5,000 miles logged. However, the NJ LMSC has slipped a bit in the last month - dropping from the 6th highest swimmer participation to 7th as Oregon moved up one spot. In total miles posted, NJ fell back to 8th behind Potomac Valley. The Colonies Zone is holding on to the #1 spot among the 8 zones with 58,521 miles and 699 participants. Let's go NJ swimmers! Sign up and don't forget to log your miles! 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.

USMS Masters ASCA Level I and II Coach Certification Course

The NJ LMSC will be hosting a USMS Masters Coach Certification Course in Cranford this fall on Saturday, October 13. Level 1 and Level 2 classes will be offered to registrants.

Details and instructions about how to register online will be sent out to all NJ LMSC members & coaches soon.

Summer outdoor program

Outdoor summer Long Course Meters workouts will be held at the Ulrich Pool Rahway River Park in Rahway, starting on Monday, June 25th running until mid-August. Practices will be held Monday through Friday from 6:00 to 7:30am. Cost per workout is \$8 for currently registered USMS members.

For more information, contact Jeff Jotz at jjotz@yahoo.com or 732/382-9419.

Summer Prep Workout

Here's a workout from Coach Sally Kleeman of the Cranford Masters that she uses to get ready for open water season. It works on strength and balance in the beginning, builds toward speed, and ends with a hard set to build stamina. Times should be adjusted as needed to allow 5-10 sec. rest on the 50's and 15 sec. on the 150's. Happy swimming!

Warm-up: 100yds. each of crawl, back, and brst.

500 swim: Alternate 25 yds. stroke drill and 25 yds. swim, 250 crawl and 250 back.

(In both strokes, drill 3 of the 25's using fist swimming, and 2 of the 25's one arm pull with the non-swimming arm at your side. In the crawl, breathe to the non-swimming arm.) .

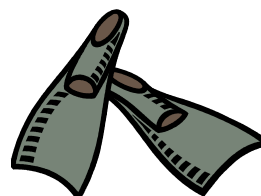
500 Kick with fins: 100 Kick easy
6 x 50 kick on
1:05
100 kick easy

14 x 50 swim on 1:05 - Cycle through IM's either by 25's or 50's, or swim any stroke but crawl.

6 x 150 swim on 2:45 - all crawl.

Cool-down: 300

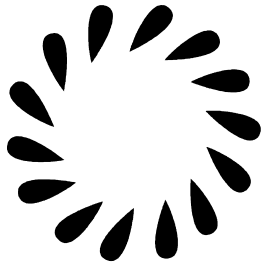
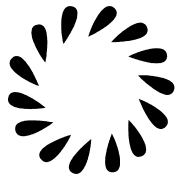
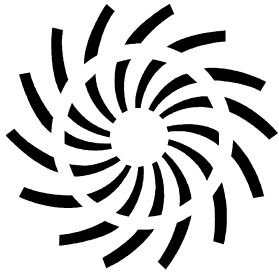
3,200 yds.



6th Annual NJ LMSC Awards Banquet



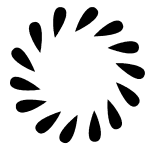
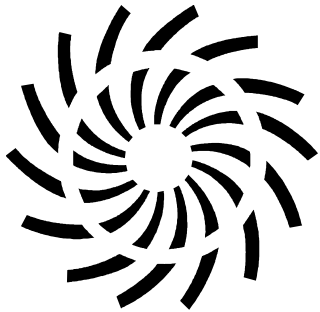
Featured speaker, Paul Kiell, with his wife Benita and Phyllis Caretto.



Rick Alexander (l) and Michael Leddy (r)



Tink Bolster, our first winner of the Lou Abel Distinguished Service Award with her daughter, Martha and husband, Joe.



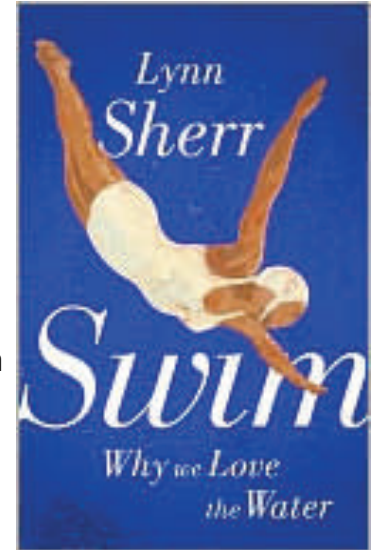
Why She Swims

Linda Brown-Kuhn

I never knew that broadcast journalist, Lynn Sherr, was a swimmer but apparently she is passionate about the sport. This accomplished journalist, best known for her work on ABC's 20/20, has written a book called "Swim: Why We Love the Water." I haven't read her book yet (it's on my list) but I did peruse a recent article she wrote in *Parade* about her long-standing love with moving herself through the water.

She calls swimming her salvation and writes that it's "as close to flying as I'll ever get; the opportunity to reach, if not for the stars, then at least for the starfish." And she knows she's not alone. The 70-year-old Sherr mentioned results from a poll that show when Americans are asked what sport they would like to participate in, almost every age group ranked swimming for fitness first or second.

She has talked to devotees of the sport like ourselves and she reports: "Swimmer after swimmer tells me it restores their sanity and provides an escape – from the world, from their kids, from themselves." I think she's got that right and I plan on reading her book.



Quote:

"Swimming is, in short, an obsession, benign but obstinate. But unlike most addictions, it's good for us. Water heals every ache, soothes every muscle. It's also the world's cheapest anti-depressant, and the second best way I know to fall asleep."

--Lynn Sherr



Yoga For Swimmers

By Amy Annis

(posted 4/23/12 at Athleta Chi)

Women athletes inspire me, but there is a whole new level of admiration for the competitive swimmer. My husband swam competitively for years and my admiration runs deep for the discipline, gracefulness, and strength that it takes to participate. When my children were younger they competed also and I remember specifically delighting in their fearlessness in water and their little triangle-shaped sternums with sinewy back muscles on dry land. To this day, I have to fight my fear watching them



leap in and out of Lake Superior's waves like dolphins, and trust that their good training and instinctual love of the water is a skill that they will appreciate for their entire life.

But, like any sport, the swimmer does best when she incorporates cross-training. The importance of a strong core, lengthened and flexible spine, and mobility of the shoulders are all critical allies in the swimmer's performance. Bottom line: yoga translates into improvements in water.

Before I get into some of the poses that are so beneficial for the technical aspects of swimming, it is worth mentioning some of the less thought of rewards that a swimmer yogini will reap.

A focus on breath. Now... any swimmer will jokingly tell you that air is overrated as they have trained their bodies to control breath better than any other athlete. And yet, yoga brings consistent awareness to the patterns of breath, which translates into a better usage of limited opportunities for air in the water.

Injury prevention. The repetitive usage of the rotator cuff can provide a serious strain on the shoulder for the swimmer. Sometimes the shoulders are so muscle-bound that they become stiff and immobile. Yoga is both a great tool to prevent the common injuries of swimmers as well as an opportunity to increase flexibility and provide relief.

A stronger core. This translates into better performance for every athlete, and swimming is no exception. A good yoga class will sequence you from poses that fire up the abs and build heat within your frame to stretches that will lengthen the front of your body and stretch out those same muscles.

Yoga teaches the swimmer unique movement patterns. Like a runner who only moves in a linear direction, a swimmer only works certain muscle groups in one consistent motion. Yoga literally asks your body to move in completely different ways, expanding the flexibility of fascia (that connective tissue that weaves throughout our body covering everything from bones to muscles to organs), the muscles, and even contributing to the suppleness of our joints.

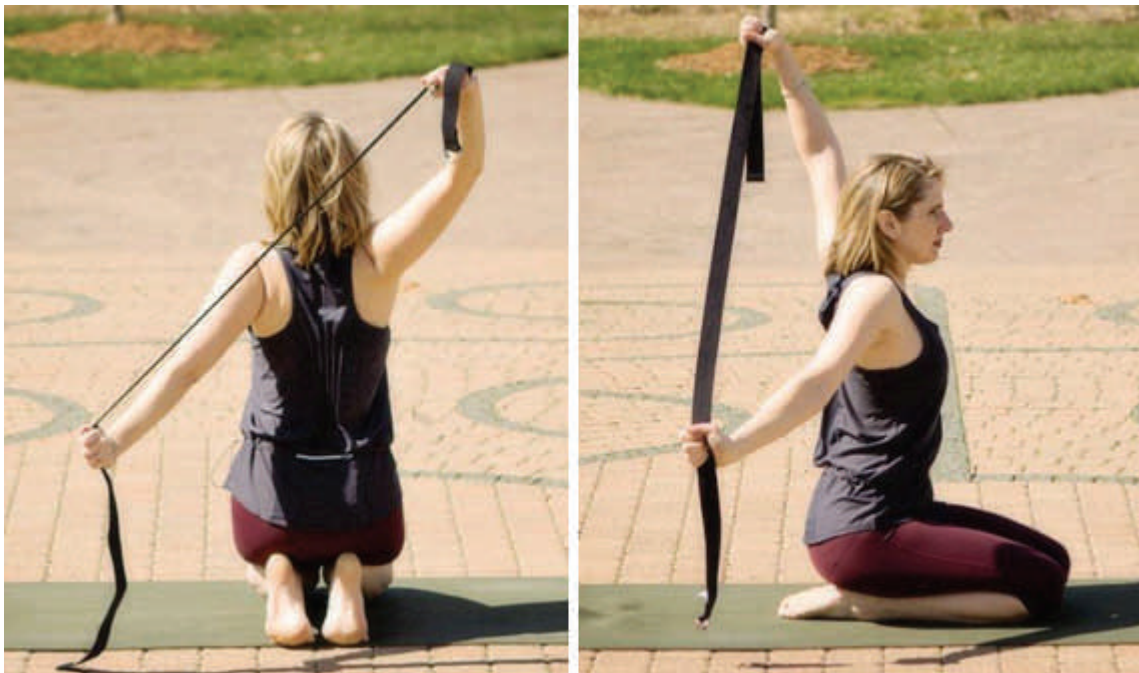
Swimmers tend to be muscle-bound in the shoulders, and although some of the following poses

may seem simple, practicing them over a period of several weeks will provide great benefits.

Strap Stretch



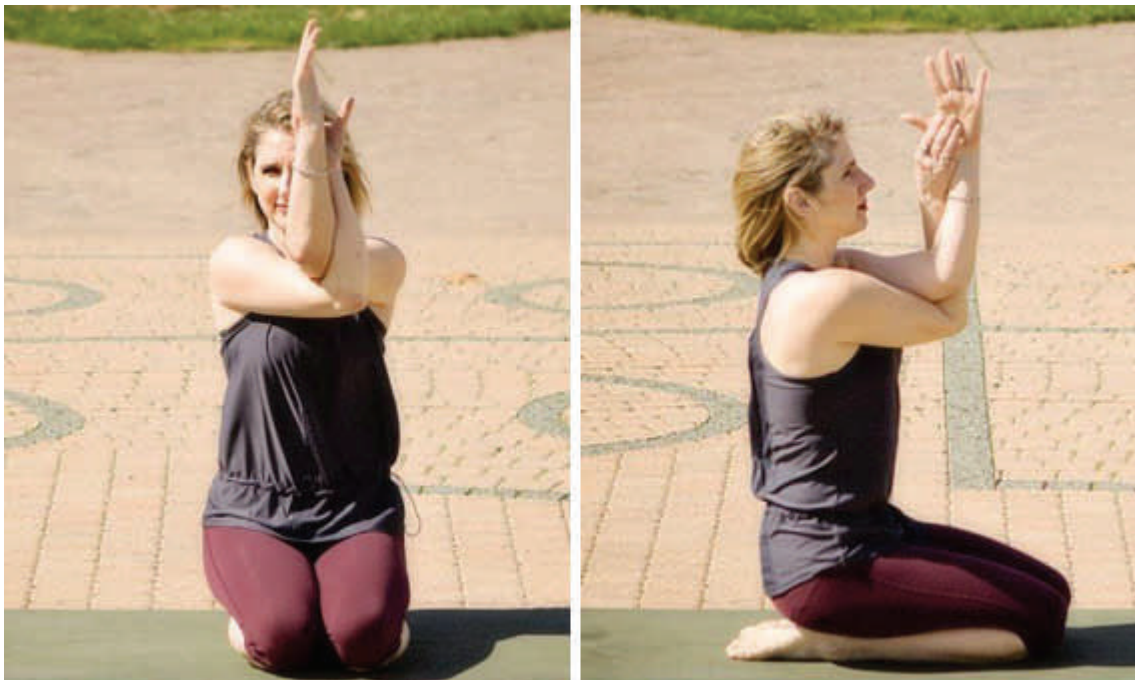
Sit back comfortably on your knees or cross-legged if it is more comfortable. Maintain an erect and tall spine. Take a strap in your hands and inhale as you raise it above your head. As you exhale, lower the strap behind your back, keeping your arms straight (loosen the strap if you cannot). Move the strap up and over for a cycle of 5-7 breaths. Focus on keeping your chest expanded.



After a few rounds of moving the strap above and behind, take the right arm and direct it up towards your ear as the other drops down behind you. Hold for a for a cycle of 5-7 breaths, then repeat on the other side.

Notice the variations of the stretch and where you feel the most sensation (Reminder: yoga is always about connecting the mind and body!). These are subtle but amazing stretches and it is worth noting that they are beneficial for everyone, especially considering the shoulders rolling forward society that we live in (think of your computer desk posture).

Eagle or Garudasana Arms



This is an excellent stretch for the top of your back. Sitting tall and comfortably, intertwine your arms keeping your fingers pointing towards the sky. Press the tops of your right fingers into the palm of your left hand. Draw your elbows outward away from your torso and broaden your shoulders without squeezing your trapezoid muscles. Keep your neck long.

Find the full story at <http://www.athleta.net/2012/04/23/yoga-for-swimmers/> to see three additional poses.

AMY ANNIS has taught yoga while raising a small army, understanding that her practice not only gave her balance in a hectic life but also spoke to her children about the connection of a healthy mind and body. After a bout with **crazy cancer** in 2009, she decided to take her dreams to the next level and developed her **yoga retreat concept on beautiful Madeline Island, WI**. You can find her on Twitter ([@amymiyr](https://twitter.com/amymiyr)) and **Facebook**. Photo Credit: Jennifer Plante

Record Breakers!

Congratulations to the following NJ swimmers who set new NJ LMSC SCY records at the March Madness III Meet at Drew University on March 24, 2012.

Women

60-64

June Carson, 63

1650 Free 25:28.28

70-74

Barbara Rosenbaum, 70

50 Breast 50.33

100 Breast 1:56.85

Men

45-49

Steve Hiltabiddle, 45

100 IM 58.16

Swimmer's Itch - Topic Overview

What is swimmer's itch?



Swimmer's itch is a rash caused by an allergic reaction to the larvae of certain parasites. The parasites can get under your skin when you swim in freshwater (such as lakes and ponds) and sometimes salt water. But you can't get swimmer's itch from swimming pools that are treated with chlorine.

The tiny parasites infect birds or mammals and lay eggs. Bird and mammal droppings that contain the eggs get into lakes and ponds. The eggs hatch into larvae, which then infect snails. The snails in turn release the larvae into the water, where the larvae look for a host. If they come in contact with people, the parasites can burrow under the skin. This causes an allergic reaction and a rash.

But the larvae can't survive in humans, so the parasites die. As a result, the rash usually goes away on its own and doesn't need treatment. The rash can't be spread from person to person.

What are the symptoms?

- A rash that usually goes away in about a week.
- An itching or burning feeling on your skin.
- Pimples that show up several hours after you were in the water. The pimples may later turn into blisters.

How is swimmer's itch diagnosed?

A doctor can diagnose swimmer's itch by looking at your skin and asking if you've been swimming in ponds or lakes.

How is it treated?

In most cases, swimmer's itch goes away on its own, so you don't need to see a doctor. To treat the itching at home, you can:

- Put cool wet cloths (compresses) on your skin.
- Use anti-itch creams that you can buy without a prescription in a grocery store or drug-store.
- Put calamine lotion on your skin.
- Try an oatmeal bath: Wrap 1 cup of oatmeal in a cotton cloth and boil as you would to cook it. Use this as a sponge and bathe in tepid water without soap.
- You may also try a commercial product, such as Aveeno Colloidal Oatmeal bath.



Try not to scratch the rash. This could lead to an infection. Call your doctor if you still have a rash after 1 week or if you have signs of infection, such as: Increased pain, swelling, warmth, or redness. Red streaks leading from the area. Pus draining from the area. A fever.

Can you prevent swimmer's itch?

- To lower your chance of getting swimmer's itch:
- Don't go near lakes or ponds that are known to have outbreaks of swimmer's itch.
- Shower or dry yourself off with a towel as soon as you get out of a lake or pond.

From WebMD at <http://www.webmd.com/skin-problems-and-treatments/tc/swimmers-itch-topic-overview>

Key Principles of Open Water Drafting

By Steven Munatones

Cyclists, race car drivers and open water swimmers all know the benefits of drafting and positioning. As swimmers take off in an open water race or triathlon and go from buoy to buoy, they create a conga line with seemingly everyone chasing after the person in front of them. Where ideally should you position yourself? It helps to know a bit about water movement.

The Ideal Draft

A swimmer in the open water is essentially a displacement vessel. The bow wave created by a swimmer has forward and lateral movement. These waves move at an angle relative to the direction of the swimmer and are based on the swimmer's speed and size. There are three key facts to keep in mind:

1. The faster the lead swimmer, the better your draft will be with all other things equal.
2. The physically larger the lead swimmer, the more beneficial the draft is for those behind.
3. The closer you are to the lead swimmer, the better your draft.

The Perfect Position

In a fact known by world-class swimmers, drafting between the ankles and hips is more beneficial than drafting directly behind the lead swimmer's feet for various reasons:

1. When the drafting swimmer reaches near mid-body of the lead swimmer, the lead swimmer's wake (i.e., spreading of the bow wave) has moved laterally, so the drafting swimmer can take maximum advantage of the bow wave. That is, the drafting swimmer has reached the center of the complete wave created by the lead swimmer. Basically, the drafting swimmer is surfing a bow wave.
2. The bow wave cannot extend beyond the length of the swimmer who creates it. The bow wave lifts up at the end of the swimmer's body. The most efficient swimming is when a drafting swimmer cruises in that wave. The most efficient drafting is achieved if you cruise at the same speed in the wake of the lead swimmer off to the side—but away from the eddies caused by their kick.
3. In the middle of a race, when the kick of most swimmers is less than the end of the race when they are sprinting, the optimal drafting position is slightly different. At the end of the race when the kick increases, swimmers create swirls by their kick. The more swirls, the more drag. So if your opponent's kick increases, move up higher alongside their body to utilize their bow wave, but far enough away from the swirls and eddies caused by their kick.
4. Combine your speed with the speed of the lead swimmer. If they speed up, you speed up. If they slow down, you slow down. If you are directly behind them, lead swimmers make the water smoother, but you are not efficiently utilizing their bow wave.
5. If you swim alongside a lead swimmer, you do not have to lift your head so often to navigate. This saves energy that can be utilized at the end of the race. If you swim directly behind a swimmer, you must often lift your head to confirm your direction and position behind the lead swimmer.
6. Even if the water is clear and you can easily see the lead swimmer under the surface of the water, your head is in a sub-optimal position. The most optimal head position is when you are looking straight down. This creates a more streamlined and efficient body position, saving you energy and creating less drag.
7. When you swim parallel to the lead swimmer, you can effectively navigate off them when you breathe. The need to lift up your head to sight is significantly reduced and your head is positioned in the most streamlined position.

There are many other factors that come into play when drafting and positioning as world-class athletes do, but these basic factors are enough to get started.

Steven Munatones is a multi-time USA Swimming national open water swim team coach, NBC Olympics marathon swimming commentator, International Marathon Swimming Hall of Fame inductee and 1982 world 25K swimming champion. He created the Open Water Swimming Dictionary, and conducts race analysis and research on open water swimming—from drafting to stroke technique—for the website The Daily News of Open Water Swimming.

Taken from *The Wet Gazette*, April 15, 2012 issue, VA LMSC, www.vaswim.org/newsletters/2012/Apr12_Final.pdf

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