

April 2013

# EASTLANE



Please join us as we honor  
This year's USMS NJ Masters Swimming  
Continuous Membership Recognition Awards  
Recipients

## 2013 Annual Awards Banquet

Saturday, May 4, 2013

6:00pm - 10:00pm

DOLCE Basking Ridge Hotel  
300 North Maple Ave., Basking Ridge, NJ 07920

Costs: Award Recipient Complimentary  
Members/Guests \$25 if paid by 4/4/13, \$35 after 4/4/13, \$40 at door

Enjoy our beautiful new venue.

Buffet Dinner – Cash Bar – Guest Speaker – Door Prizes –  
Time To Socialize With Your Master Swimming Friends.  
Please see enclosed registration card.

We look forward to seeing you at the Dolce Hotel!

## NJ Masters Swimming Annual Banquet May 4

This year's event will take place at the beautiful Dolce Hotels and Resorts in Basking Ridge, NJ. New venue, new location! We are so excited to welcome you to a well deserved, great night of fabulous food, fun and camaraderie with fellow masters swimmers.

You can look forward to the presentation of the Lou Abel Distinguished Service award for 2013, the Continuous Membership recognition Awards and a fun and inspiring guest speaker!

**There is a block of rooms reserved for those wishing to spend the night, just mention the event.**

### *Dolce Hotels and Resorts*

300 North Maple Avenue, Basking Ridge  
07920

[www.dolcebaskingridge.com](http://www.dolcebaskingridge.com)

## Lou Abel Distinguished Service Award for Nominations for 2013

The Lou Abel Distinguished Service Award, established in 2011, has been created in memory of Lou Abel (1936-2010), who as a 25YR 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 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 official nomination form is available on the NJ LMSC web site at [www.njmasters.org](http://www.njmasters.org).

**See page 8 for speaker profile, award recipient list & registration card.**

# Calendar 2013

## **NJ LMSC VOLUNTEERS**

### **Chair/Secretary**

Susan Kirk  
908.313.6785  
[sqkirk@gmail.com](mailto:sqkirk@gmail.com)

### **Vice Chair**

Chris McGiffin  
908.630.0166  
[CMcGiff@aol.com](mailto:CMcGiff@aol.com)

### **Treasurer**

Bill Reichle  
908.587.2053  
[ReichsSwim@aol.com](mailto:ReichsSwim@aol.com)

### **Co-Registrars**

Tom Brunson  
973.279.7153  
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Chris McGiffin  
908.630.0166  
[CMcGiff@aol.com](mailto:CMcGiff@aol.com)

### **Sanctions & Safety Chairman**

Jen Bauman  
973-219-9404  
[swimmerj@optonline.net](mailto:swimmerj@optonline.net)

### **Top Ten Records**

Ed Tsuzuki  
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### **Newsletter Editor/Design**

Sara Harrison Johnston  
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### **Open Water Co-Chairs**

Alben Fischer  
908.884.1120

### **AFischer1**

[@lifetimefitness.com](mailto:@lifetimefitness.com)  
Marie Vellucci  
646.641.4236  
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### **Event Coordinator**

Lynn Ascione  
201.825.0328

[lynnascione@optonline.net](mailto:lynnascione@optonline.net)

### **Coaches Co-Chairs:**

Bill Reichle  
908.587.2053  
[ReichsSwim@aol.com](mailto:ReichsSwim@aol.com)  
Julie Schoenlank  
[JSchoenlank@lifetimefitness.com](mailto:JSchoenlank@lifetimefitness.com)

### **Fitness Chair:**

Linda Brown-Kuhn  
908.479.1038  
[lindabk11@gmail.com](mailto:lindabk11@gmail.com)

### **Webmasters**

Bridgette Hobart  
[bhobart@ptcllc.com](mailto:bhobart@ptcllc.com)  
Jason Pintinalli  
[jpintinalli@ptcllc.com](mailto:jpintinalli@ptcllc.com)

## **Events**

**January 1 - December 31** USMS Go The Distance 2013 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 2013 calendar year. Information includes online and paper entry .

**May 9 - 12** 2013 USMS Spring (SCY) Nationals Indianapolis, IN. For more info go to <http://www.usms.org/comp/scnats13/> .

## **New Jersey Events**

**Saturday May 4** NJ Masters Swimming Annual Banquet, *Dolce Hotels and Resorts, Basking Ridge.*

**Saturday, October 19** Sussex County YMCA Fall Adult Mini-Meet.

## **Dermatologist needed**

Fitness Chair, Linda Kuhn, is looking for a dermatologist willing to donate a couple hours of their time to offer skin cancer screening at a summer meet or open water event. Please contact her at [lindabk11@gmail.com](mailto:lindabk11@gmail.com) if you can help.

“It’s hard to beat a person who never gives up. Heroes get remembered, but legends never die.”

- ***Babe Ruth*** (*Arguably The Best MLB Player Of All Time*)

# **LIGHT THOSE CANDLES**

## **HAPPY BIRTHDAY APRIL BIRTHDAYS!**

# **Aloha Workout**

## **from Karlyn Pipes-Neilsen**



Barry Bachenheimer  
Beth Bigham  
Sandy Bluhm  
Richard Bohan  
Benedicte Callan  
Kathleen Carlyon  
Stephano Castro  
Louisa Clayton  
Yami Cocchio  
Nickolas Demas

Kathy Kibby  
Mary Livingston  
Peter Madley  
Alan Miller  
Nancy Moore  
Rita Nannini  
Scott Okal  
Laura Patrick  
Chris Remetz  
Lynne Rider  
Jonathan Rohl  
Arturo Ruiz  
George Russ  
Denise Salvatore  
Martin Scheidl  
Geoff Schenkel  
Steve Sedmak  
Karen Shearly  
Michele Siegrist  
Sue Sierke  
Aaron Smith  
Jess Starosielec  
Don Sumada  
Nadine Treon  
Marie Vellucci  
Douglin Walker  
Maria Wedgeworth  
Ilse Wolfe  
Fred Yawger  
Scott Yeomans  
Jerry Yoo



Jardena DiGiorgio  
Cedric Druce  
Scott Duprex  
Peter Economou  
Michael Esnes  
Edward Eyring  
Jose Faria  
Sharon Friedman  
Peter Gruntfest  
Meghan Hagberg-Kutuk  
Mark Hoffman  
William Howarth  
Julia Inagaki  
Daniel Kaufman

Warm up 100 free, 100 non-free, 50 kick continuous and NOT on the clock

Rev-up set  
2 x 50 kick  
2x 50 pull 25 fly/25 back  
2 x 50 swim 25 breast/25 free  
Repeat

Main set...  
300 free at an all day pace but not too easy or  
2 x 150 50 free/50 back/50 free  
3 x 100 choice descend 1-3  
Ez 100

300 free all day pace, but not too easy or hard  
3 x 100 choice descend 1-3  
6 x 50 odd easy even fast...make sure you get rest so your fast is FAST!

Swim down with a gratitude 300. On every length think gratefully about something (the water, good health, your blessings) or someone (your coach, your family, masters swimming etc.)

How can you not have an awesome day after that?!?!  
Total...3,300



## Sally Kleeman: Cranford Masters/Fitness Program

Sally Kleeman is the head coach of the Cranford Masters/Fitness program which practices at the Cranford Pool & Fitness Center. The facility includes an indoor 6 lane 25 yard pool and an outdoor 8 lane 50 meter pool. Presently there are 25-30 members participating in the various workouts.



Sally found her love of swimming in 1971 at Franklin and Marshall College in Lancaster, PA as a freshman recruited to the college's first women's swim team by Coach George McGinniss. Two years later, the club achieved varsity status, and Sally lettered in both her junior and senior years. As a senior, she captained the team, performed in the new synchronized swimming club in the off-season, and at graduation received the Physical Education Department's achievement award for her dedication in organizing and promoting women's swimming.

After moving back to New Jersey, Sally joined US Masters Swimming, and continued teaching swimming and water safety classes at both the Westfield YMCA and the Cranford Pool. In 1982, she took a position as Head Coach for Cranford's high school swim team, holding that position until 1993. Hired as an adjunct instructor at Kean College in 1987, Sally incorporated those competitive training principles into her Fitness Swimming class. She introduced that class at the Cranford Pool, eventually extending it to encompass Master swimmers. When NJ Masters organized, she registered the Cranford program as a workout group of the Garden State Masters team. The group continues to grow, and draws both fitness and competitive swimmers, as well as triathletes. After 40 years as a Swimming and Water Safety Instructor for Red Cross, Sally still enjoys teaching and coaching swimming skills on all levels, but especially adults. They are very motivated to learn new techniques, improve their skills, and maintain fitness levels. She loves to see her students improve and try new challenges.

Sally tries to maintain her knowledge base to keep up with her students. She feels that her training and experience as a Physical Therapist Assistant has been very helpful for improving body mechanics and strengthening at all age levels. She earned her ASCA/USMS coaching certifications Levels 1 and 2 in 2011, and attends stroke clinics whenever possible. She is very grateful for the active role that the NJ LMSC has taken in providing these clinics, making them easily accessible and affordable. She occasionally finds time to compete in pool and open water events, but finds training more fun and less stressful than competing. Sally believes swimming is the best lifetime sport. No one is too old to learn. And the more we know, the better we get!



***For information on the Cranford Masters/  
Fitness, contact Sally at [nereid225@comcast.net](mailto:nereid225@comcast.net)  
or (908) 709-7260 ext 4***

## Stroke of Luck *by Lynn Ascione*



There is no better way to celebrate the “Luck of the Irish” than in the pool and that’s just what two NJ Masters Swim teams did this year on St. Patrick’s Day. On March 17<sup>th</sup>, Wyckoff YMCA invited Berkeley Aquatics to their facility for a Stroke of Luck Relay meet. Each team was required to bring 24 swimmers and all entry fees were donated to the Wyckoff YMCA Strong Kids’ Campaign. Prior to the first race, each team was given a numbered bathing cap. Berkeley Aquatics had a team of 12 in purple caps and a team of 12 in green. Wyckoff had a team of 12 in White caps and a team of 12 in yellow. Each color had their own lane and the number on your cap determined what relays you swam. No pre-race jitters at this meet, because you didn’t know what you would be swimming until a few minutes before the meet began!

My events consisted of a 200 in the 800 free relay,, a 100 IM in the 4X 100 IM relay and a 50 fly in the any stroke but free 200 relay. Some “lucky “ swimmers even got to swim a 400 or a 300 in the 400, 300, 200 and 100 relay. Although there were a variety of standard and creative events, I think the most fun was the grand finale...all 12 members of each team raced in a 12 X 50 relay.

You could just feel the excitement as we cheered for our teams and supported our swimmers. For some, it was their first time racing, and for others, it was a fun reprieve from the stresses you might feel at a championship meet. I’ve always loved relays as a kid, but I think I like them even better as a big kid.

## Swimming in a pool of goop

Do you ever have a sluggish practice where you feel like you’re swimming in syrup? Well, believe it or not, several years ago at the University of Minnesota, researchers ran an experiment to test if people swim faster in water or a syrupy mixture. The results may surprise you.



The idea for the experiment came from a University of Minnesota student named Brian Gettelfinger, a competitive swimmer who almost made it into the summer Olympic Games in Athens.

He worked with professor Edward Cussler, and they took 300 kilograms of guar gum, an edible thickening agent found in salad dressings, shampoo and ice cream, and dumped it into a 25-meter swimming pool. The result --a gloopy liquid twice as thick as water that looked like snot.

They recruited 16 brave volunteers, a mix of both competitive and recreational swimmers, to swim in a regular pool and in the guar syrup. When it was all over, whatever strokes they swam, the swimmers' times varied by no more than 4%. Neither water nor syrup produced consistently faster times.

Cussler explained the outcome stating that the “viscous drag” experienced as the water gets thicker is cancelled out by the greater forwards force generated from every stroke. But he added that those results require a certain level of speed and size and below that threshold, swimming in syrup would be much slower. So for instance, swimming bacteria would move more slowly in syrup vs. water.

Cussler mused that for human swimmers, body shape matters because of ‘form drag.’ He said, “The best swimmer should have the body of a snake and the arms of a gorilla.”

--Thanks to Gail Seelig for the idea which came from the September 20, 2004 issue of Nature.

# KUDOS KUDOS KUDOS KUDOS KUDOS



## **FSPY Master's swimmer Arlene Caban-Pocai finishes her first 100 fly ever!**

FSPY (Fanwood Scotch Plains) Masters, under the guidance of coaches Amy Carow, Heather Negley, John Baliko and Gertie Sloan, are attempting the "Check Off Challenge" in 2013. As Coach Carow says "As a team, we also completed the 1000 free on March 3 and the 400 IM on March 10th. We've got 3 events left to do: 1650 Free, 200 Breast, and the dreaded 200 Fly, which will be the biggest challenge for most people. We are not necessarily going for the fastest times, just to finish each event legally. I think that doing this challenge as a team has really motivated our members to try events that they otherwise would not have considered. It's so inspiring to see people swim the 100 fly or 400 IM for the first time and to finish the event successfully!"

Congratulations to Kip Gibson, 57, for setting a new NJ LMSC SCY record in the 500 yard free at the 2013 New England SCY Championships at Harvard University on March 23, 2013.

Kip swam a 5:33.74, which also placed first for his age group. Kip also won the 200 free in 2:03.14.

Ed Tsuzuki

## **The Responsibility of Leading the Lane**

Posted on Go Swim by [Glenn Mills](#) on Sep 21, 2012

**You go first! No way... you're always on my feet. YOU GO!**

Way too often there's an argument about who is going to lead, rather than a fight over who's going to be the leader. In developing a culture of champions, or people who are striving to elevate themselves as athletes, developing lane leaders is much more than about who's going to go first.

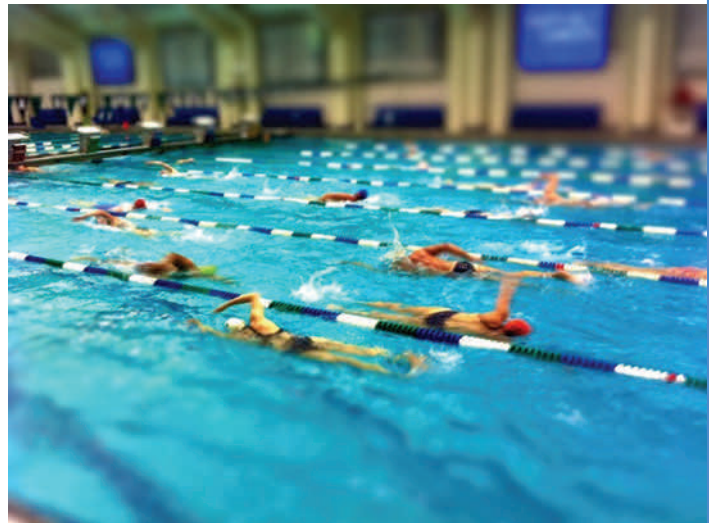
There are many responsibilities when you take charge and go first, and you have to have a few key qualities to manage these responsibilities. Here's a short list, certainly not all inclusive:

### **1. ATTENTION**

The lane leader must be able to hear the set as described by the coach. He/she must listen to the details of the set and the intervals. If nearby swimmers are talking, it's the lane leader's responsibility to get the others to be quiet so they're able to hear these details. Since many of the other swimmers will be relegated to "followers" in the lane, the first person **MUST** get these details correct.

### **2. MEMORY**

The lane leader must **REMEMBER** all details of the set. Is it descend? Do the strokes switch? Is the interval the same the whole way through, or does it change? When is the drill? What is the



[Continued next page](#)

drill? How far apart should we go if the lane is crowded? This list gets longer with a more complex set, but unless the lane leader understands the MEANING and purpose of the set, the entire lane may as well swim for 30 minutes straight. Basically that's what ends up happening anyway.

### **3. ABILITY TO READ THE CLOCK**

The lane leader MUST have an understanding of the 60-based math required to be an athlete. Years ago, we had clocks with round faces, and hands sweeping around. In my opinion those analog pace clocks made it MUCH easier to keep track of when you were supposed to go. Today, in the digital age, you have to understand NUMBERS. If you've read some of my other articles, I believe in testing swimmers with math, especially as fatigue sets in. By assigning 50s on the :37 rather than on the :40, you require athletes to think, and to become engaged in the process. The lane leader must take pride in the responsibility of leaving on time... all the time.

### **4. COMMITMENT TO THE PRACTICE**

This simply means... not getting out. If you're in practice, you stay in practice until it's over. No getting out to go to the bathroom. No stopping in the middle of the set to fix your goggles. Whatever happens, the lane leader must set the example that nothing will stand in the way of completing the task at hand. Commitment also means that the lane leader must embrace the set or sets that the coach has given, even if a particular set isn't their favorite thing to do.

### **5. PRIDE**

Being a leader means taking pride in being a leader. You don't have to be loud, or yell. This type of leader is simply organized and committed to being better. They lead by example and by all of the traits listed above. They'll bring their lanemates UP to a new level, rather than push that job off to the coaches. They'll take pride in their team, in their swimming, and in the FACT that when they're in the pool, they are indeed focusing on THEIR career.

Swimmers, and all athletes, must remember that the time they spend in the pool is ALL ABOUT THEM. When a coach asks or demands that you do something better, it's to make THE SWIMMER better. When lanes are disorganized, when people don't know when to go, when people don't know what to do... the time spent at the pool is simply unproductive. Nobody wins.

Also remember: If the most important job for a coach is to yell "READY HUP" for each group of swimmers, they can't do their real job. Swimmers / athletes need to take responsibility for what they do in practice, and since not all swimmers will... a lane leader MUST emerge to accept that responsibility.

While I'd love to be able to offer a check list of ideas on how to develop leaders, it's never that easy. In the immortal words of Forest Gump, "life is like a box of chocolates," which is just like a group of swimmers. You never know what you're going to get, or what it's going to take to inspire athlete "A" vs. athlete "B." Each answer will be different, and each hot button to inspire that athlete will also be different.

For coaches, just imagine how productive a season you would have if you could develop lane leaders at the beginning of the season. Imagine having to explain a set only once... and then telling the group when to leave. Your job at that point would be to... well... COACH! Sitting back with watchful eyes seeing who needs technical help, or inspiration.

Finally, from my "*back in the old days*" perspective on this. I was SO lucky to be surrounded by people who cared so much about being the best. My practices were filled with lane leaders. Our coach would give the set, and then watch as 40-50 swimmers, in unison, progressed through it. These were brutal sets. But... as with every school of fish, there would always be one injured fish that stood out like a sore thumb. Like a SHARK, the coach's eyes would immediately be drawn to the break in the rhythm and know something was wrong. That's when the real "coaching" began.

**2012  
NJ MASTERS SWIMMING**  
Continuous Membership Recognition  
Award Recipients

**25 Years**

Judith Lee, Richard Wallace

**20 Years**

Richard Hungerford, Matthew Sweeney, Scott Yeomans, Jack Zakim

**15 Years**

Robert Barrish, Edward Breisacher, Elizabeth Bromley, Stephanie Carroll (Carey), Doug Clark, Don Denny, Peggy DeRosa, Glen Fries, Jacqueline Glasser, Kathleen Hurley, Ray Hurst, Rebecca Kalibat, Ronald Loria, Florence Melick, George Melick, Paul Mucciarone, Gail Seelig, Steven Treble, Dougin Walker

**10 Years**

Donald Asay, Yves Baeyens, Jonathan Briggs, Karen Charen, Laurie Ditommaso, Dan Drury, Jane Fisher, Steven Levine, Frank McElroy, Craig Prince, Patricia Quinlan, Greg Romano, Barbara Rosenbaum, Joel Stein, William Sullivan

**5 Years**

Russ Ball, Mike Betts, Simon Bintley, Amy Campbell, Andrew Capers, June Carson, Timothy Christian, Sarah Clark, Todd Clear, Tim Clewell, Alexandrah Deffaa, Monica Dobbin, John Esser, Alben Fischer, Neil Flynn, Jenny Fowler, Laura Graham, Mary Hesselgrave, Bridgette Ann Hobart, Stacey Jones, Denis Kallish, Gregory Kelly, William Kosakowski, Martin Kraus, Susan Lawson, Thomas Lawson, Drew Moll, Kevin Nervi, Laura Patrick, Heidi Pfefferkorn, Beth Poore, Anthony Robinson, Todd Schaper, Martin Scheidl, Robert Scott, James Sheerin, John Szabo, Elise Tatham, Peter Van Nuis, Nancy Wagner, Steven Waskow, Jeffrey Webb

**NEW JERSEY LMSC PRESENTS**  
**2013 ANNUAL AWARDS BANQUET**

**Buffet Dinner | Photo Slide Show | Door Prizes | Cash Bar**

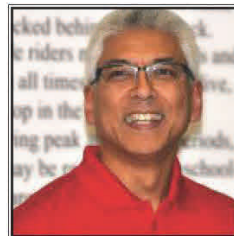
**Saturday, May 4, 2013**

6:00pm - 10:00pm

DOLCE Basking Ridge Hotel

300 North Maple Ave | Basking Ridge, NJ 07920

**Featured Speaker**



**ED TSUZUKI**, a resident of Neshanic Station, was a late starter to the sport of swimming.

This could be why, at the age of 54, he is still passionate about the sport and is involved at many levels - as a coach, competitor and volunteer. Ed's main swimming event in high school (in Bridgewater, NJ) was holding the false start rope but he persevered, swam at

Cornell University, and succeeded through the

years in becoming an accomplished sprinter. His United States Masters Swimming accomplishments include 8 individual and 28 relay Top 10 Achievements and 5 All-American Honors for relay swims. Ed currently serves on the USMS Board of Directors as Vice President of Local Operations and is also the New Jersey LMSC Top 10 and Records Chair. In 2012, Ed was honored with the Ted Haartz US Masters Swimming Staff Appreciation Award. Coaching and teaching is Ed's true passion. He particularly enjoys coaching swimming and has been coaching for the past 34 years and has been the head coach of the Bernards High School swim team for the last 25 years. Ed also loves to teach people about photography, music and math. So, what does Ed do when he's not in or around a pool? Anyone who follows Ed on Facebook knows that he loves to eat! His travels around the world make for great places to swim and even better places to dine!

For further information please contact Lynn Ascione at [lynnascione@optonline.net](mailto:lynnascione@optonline.net)

**REGISTRATION CARD**

**Cost: Award Recipient Complimentary | Members/Guests \$25 if paid by 4/4/12, \$35 after 4/4/12, \$40 at door**

NAME \_\_\_\_\_ NUMBER ATTENDING: \_\_\_\_\_ USMS MEMBER \_\_\_\_\_ GUESTS \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ USMS NUMBER: \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Mail completed form to: Lynn Ascione 35 Joshua Drive, Ramsey, NJ 07446 | Email Inquires to [lynnascione@optonline.net](mailto:lynnascione@optonline.net)