

EASTLANE

2013 off to a great start with a successful freestyle clinic led by Elite Athlete Bobby Savulich

On January 6th, 21 members of the New Jersey Masters swimming community gathered at the Cranford Pool & Fitness Center to participate in the first NJ LMSC sanctioned clinic of 2013.

The swimmers had the opportunity to learn from one of New Jersey's own elite level athletes. Bobby Savulich, founder of Athlete Approved, provided stroke technique tips and motivational anecdotes in a very informative and entertaining style.



Bobby Savulich



Swimmers during the dryland portion of the clinic

The focus of the clinic was to learn the various drills and techniques skills associated with both the hip-driven and the shoulder-driven styles of freestyle. During the course of the clinic, the attendees were exposed to many new and challenging drills to help them improve their freestyle and to learn how to swim efficiently.

The swimmers were looking forward to implementing their newly learned skills that they gleaned from Bobby's unique teaching style and his insightful breakdown of the mechanics of freestyle.

**The 7th Annual NJ Masters Swimming Awards Banquet info coming soon!
Watch your email for an upcoming membership email blast with more details
We hope to see many of you there!**



NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk
908.313.6785
sqkirk@gmail.com

Vice Chair

Chris McGiffin
908.630.0166
CMcGiff@aol.com

Treasurer

Bill Reichle
908.587.2053
ReichsSwim@aol.com

Co-Registrars

Tom Brunson
973.279.7153
tombunson@optonline.net

Chris McGiffin

908.630.0166

CMcGiff@aol.com

Sanctions & Safety Chairman

Jen Bauman

973-219-9404

swimmerj@optonline.net

Top Ten Records

Ed Tsuzuki

908.371.9179

edtsuzuki@comcast.net

Newsletter Editor & Graphic Design

Sara Harrison Johnston

908.322.2449

aras33@comcast.net

Open Water Co-Chairs

Alben Fischer

908.884.1120

AFischer1@lifetimefitness.com

MarieVellucci@lifetimefitness.com

Marie Vellucci

646.641.4236

marielovestostswim@aol.com

Event Coordinator

Lynn Ascione

201.825.0328

lynnascione@optonline.net

Coaches Co-Chairs:

Bill Reichle

908.587.2053

ReichsSwim@aol.com

Julie Schoenlank

JSchoenlank@lifetimefitness.com

Fitness Chair:

Linda Brown-Kuhn

908.479.1038

lindabk11@gmail.com

Webmasters

Bridgette Hobart

bhobart@ptcllc.com

Jason Pintinalli

jpintinalli@ptcllc.com

Calendar 2013

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 .

New Jersey Events

January 19 2nd Annual 50 x 50's, Perth Amboy Raritan Bay YMCA, Perth Amboy. Limited to the first 60 people who enter with 2013 USMS registration. Check the flyer for details at:

http://www.njmasters.org/forms/EntryForms/2012/2Annual_50x50_flyer2012.pdf

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

February 10 OCY Unofficial Team Championship SCY meet, Ocean County YMCA. Register @ [Online registration](#).

February 23 Karlyn Pipes-Nielsen clinic at Perth Amboy Raritan Bay YMCA. Entry forms are on pages 8 and 9.

Saturday, March 16 - Sussex County Y "Adult Mini-Meet", entry pages 10 and 11.

Saturday, March 23 - Drew "March Madness" meet.

NJ Swimming Legend

Doris Steadman Passes

Doris Steadman age 88, passed away on Tuesday, January 8, 2013. She was currently residing in Ocean Grove, but formally lived in Monmouth Beach and Deal, New Jersey.

Doris was a champion swimmer, who had set 15 world records and 27 national records throughout her senior years. She was a record holder as a teenager, and then began swimming in masters competitions at age 58. She was ranked as an "All-American" 121 times, which meant that she had the fastest time in the country for her age during that year for a particular event. Doris specialized in the backstroke. Doris received her college degree from Temple University in Pennsylvania in 1944, and then was inducted into the Temple University Athletic Hall of Fame in 1981.



During her childhood, Doris lived in Philadelphia, PA, but moved to Deal, NJ, in 1956, and lived there for most of her years before moving to Monmouth Beach, and then Ocean Grove. Doris spent her entire adult life within sight of the ocean, with most of that time in her "pink house on the cliff" in Deal with her family.

In her professional career, she served as Administrative Assistant to her husband, Dick Steadman, the former Swimming, Diving & Water Polo Coach at Monmouth University. Throughout her years, Doris assisted thousands of children of all ages to learn to swim, at Monmouth University, the Deal Casino, and Allenhurst Beach Club.

Doris had met her husband while she was working as a lifeguard in Philadelphia and he was serving in the United States Army and stationed for a time in Philadelphia. The two of them spent their life together in or around the water - teaching swimming, promoting water safety, and instilling the love of the water and the fascination and enjoyment of the ocean in their children.

Doris is survived by her four children: Billy Steadman and his wife Linda Lines Steadman of Toms River; Nancy Steadman Martin of Oceanport, Rick Steadman of Oakhurst, and Susan Steadman LeGlise and her husband, Jack LeGlise, of Deer Mountain, Utah. She is also survived by two granddaughters, Amy Rotchford of Williamstown, and Leslie Oppenheim of Oakhurst. She was predeceased by husband of 44 years, Dick Steadman, in 1991, by her daughter-in-law Carol Oppenheim Steadman in 1998, and her son-in-law Dick Martin in 2009.

Donations can be made in Doris' memory to the International Swimming Hall of Fame, One Hall of Fame Drive, Fort Lauderdale, FL, c/o Bob Duenkel; or to Swimming Saves Lives Foundation, at

<http://www.usms.org/giving>, or call Susan Kuhlman at 800-550-7946 ext. 305 or controller@usms.org. You can visit Doris' Memorial website @ www.JohnEDayFuneralHome.com .



NEW RECORDS!



Congratulations to the following NJ LMSC swimmers who set new SCM records at the Bill Heebner Memorial Winter Freeze meet at the Phoenixville YMCA on January 29, 2012.

Men 55-59

William Ruthrauff, 55
200 back 2:42.82

Men 80-84

Nickolas Demas, 82
50 Free 37.28

Congratulations to Lyndsay McMeen, 32 who set a new NJ LMSC SCM record in the women's 30-34 100 breaststroke (1:21.13) at the 2012 New England LMSC SCM Championship meet at Boston University on December 7, 2012.

Attention all Masters Swimmers! Are you looking for an exciting new kind of fitness challenge? Do you need motivation to lose weight? Are you looking for another way to improve your life in and out of the pool?

Think fitter and faster! **Compete in ILMSA's inaugural S.W.I. M (StreamlineWeight-loss In Masters) Fitness Challenge**---a challenge unlike any other in masters swimming. All you need is a strong will, a competitive drive, a bathroom scale and a friend to weigh you in your first and last week.

TIME/DATES: The **S.W.I.M Fitness Challenge** begins on Super Bowl Sunday, February 5, 2012, and runs through April 20, 2012. (Participants may enter any time after the week of 2/5/12. There will just be less time to loose weight.) **LOCATION:** Virtual, participants may weigh in at any location of their choice, provided the same location is used for the 1st and last weigh ins. **ELILIBILITY:** Must be over 18 year of age and a USMS member.

ENTRY SUBMISSIONS: Within one week of your first weigh in, participants must complete and sign the Fitness Entry form, scan and e-mail pdf copy to weightloss@ilmsa.com or mail Entry to: AJ Block/1538 Dartmouth Ln/Deerfield, IL 60015.

ENTRY FEES: None for ILMSA members, \$5 for all other USMS members.

AWARDS: The overall female and male winners will be announced at the Illinois State Meet at UIC on Saturday, April 21. Winners will be determined by % of body weight lost. The overall female and male winners will win a personal pace clock from **PACE PAL** and a free swim power test compliments of **Global Sports Technology**. The overall female and male runners up will each win a case of **Greater Than** coconut water sports drink. The biggest losers (winners) in each age group will also be recognized. **FITNESS REFEREE and DIRECTOR:** AJ Block, weightloss@ilmsa.com. All decisions final.

“Nothing is impossible, the word itself says 'I'm possible!'”
~~~Audrey Hepburn

# Masters Workout – A little bit of everything...

Thank Amy Carow, Master Swim Coach for the  
Scotch Plains Fanwood YMCA!

**400** warm up: every 4<sup>th</sup> length breathe only to  
non-dominant side

**8 x 50 drill/swim @ :15 rest; IM order**

Fast Kick pyramid w/fins: take 5 - 10 sec rest af-  
ter each effort:

**25, 50, 75, 100 quick dolphin kick**  
**100, 75, 50, 25 fast flutter kick**

**100 swim EZ**

**4 x around:** {2 x 25 swim fly @ :10 rest  
{1 x 50 pull back @ :15 rest  
{1 x 50 pull breast @ :15 rest  
{1 x 100 pull free @ :30 rest

**100 swim EZ**

**5 x 200 @ :30 rest; good effort**  
**200 IM**  
**50 free/50 back/50 breast/50 free**  
**100 free/100 stroke**  
**150 free/50 stroke**  
**200 free**

**100 swim EZ**

**20 x 25 free on :30; ODDS: fast breakout (tight  
streamline, kick hard, no breath for first 3  
strokes), EVENS: build to a fast finish**

**200** warm down

**Total = 4,150 Yards**



## Go the Distance Update



January 1, 2013 – NJ LMSC swimmers collec-  
tively logged 26,153 miles in 2012 – a little  
more than the circumference of the earth at the  
equator! NJ, with the 18<sup>th</sup> highest total USMS  
membership (963 members), ranked 5<sup>th</sup> in GTD  
participation (122 participants) and posted the  
7<sup>th</sup> highest total mileage of all LMSCs, a mere  
400 miles behind Illinois. NJ and New England  
(4<sup>th</sup> highest total) led the charge in the Colonies  
Zone, which was the highest ranking Zone with  
816 swimmers logging 168,121 miles!

Don't forget to register for 2013 and log your  
miles! To participate, simply register and then  
submit your total yardage in your on-  
line [FLOG](#) (under [MyUSMS](#)). For more details  
about this fitness event, go to [GO THE DIS-  
TANCE](#) on the [USMS website](#).

Top (7) LMSCs for 2012:

Pacific - 89,191 miles, 379 swimmers  
Southern Pacific - 47,707 miles, 193 swim-  
mers  
Florida - 46,600 miles, 189 swimmers  
New England - 41,981 miles, 174 swimmers  
Oregon - 28,640 miles, 123 swimmers  
Illinois - 26,557 miles, 146 swimmers  
New Jersey - 26,153 miles, 122 swimmers

View the 2012 results at:

<http://www.usms.org/fitness/results12/gtd12results.php>



# My ASCA/USMS Coaching Certification Experience

by James Ryan

I knew from the moment I read the announcement that the Coaching Certification course was being offered in New Jersey that I would be registering to attend the session. Since my first coaching experience in 1967, my quest for the proper balance of swimmer satisfaction, performance balance, team recruiting and balance, and of course, understanding what would constitute success for my swimmers, and in my personal evaluation.

At first, it seems easy. Get swimmers who want to train hard with a desire and will to compete and win. Provide the workouts and stroke technique guidance to succeed. Offer challenges and encouragement. All said and done, it seemed like a formula for success.

Through the years, especially as I moved deeper into the realm of the Masters Swimmer, the formula for success became more murky. Motivations were different. Winning wasn't the primary driver for many of the swimmers I coached. Competitive swimming wasn't necessarily a main focus. Potential host organizations weren't as receptive to the idea of a Masters program, or hosting Masters meets. The time for recalibration was upon me, and the ASCA/USMS Coaching Certification class, I hoped, would provide a refined vision.

October 13, 2012, in Cranford, NJ, from the very onset, I found myself gaining new insights from Mel Goldstein and Bill Brenner, our course leaders. Specifically, I gained an understanding of how positioning my programs as competitive swimming programs for adults could turn off potential program members. Each participant comes with their own internally developed, individualized source of motivation. Turning off those with interests other than competition, reduces program participation, and host organization interest. No matter how much the traditional "fun and fitness" may be stressed, novices reflect back on their days of arduous workouts, tough competition, and of course, the stress that came with pre-meet anticipation. I learned what should have seemed obvious. Masters is a program for healthy, active adults who have chosen swimming as their fitness lifestyle. Certainly, that made more sense.

Continued on bottom of next page

## USMS Coaching Clinic Recap

*By Jeff Jotz*

On October 13, 2012, I joined a few dozen Masters swimmers and coaches for a very informative, comprehensive coaching clinic assembled through the diligence of our own Bill Reichle.

The clinic instructors were USMS Club & Coach Services Director and Club & Coach Coordinator Mel Goldstein. I have had the pleasure of dealing with Mel Goldstein for years and I was long amazed at the huge Masters swim program that he helped launch for the Indianapolis area. We were certainly privileged to have a coaching legend like Mel show us what he has learned over the decades.

The clinic first touched on some of the administrative duties of coaching: insurance, budgeting, communications and the like. It also dealt with methods of reaching Masters (and potential Masters swimmers) and what challenges adult athletes may be dealing with that coaches should be aware of. Bill & Mel also informed us of the many resources available to Masters coaches and any USMS member wishing to grow Masters swimming in their area.

The second part of our clinic dealt with the stuff you'd expect to learn at a coaching clinic: stroke development. Bill & Mel brought excellent videos of Masters swimmers doing each of the four strokes, as well as starts and turns. We were invited to critique what the swimmer was doing correctly and what he/she was doing wrong.

There has been much discussion for years on the national level to provide potential USMS coaches with an official certification program that has long been offered to age group swim coaches. This clinic was an important first step to help us promote Masters swimming at our local pools.

***Light Those Candles... Happy birthday to the following swimmers who celebrate their birthdays in January and February...***

|                    |                   |                      |
|--------------------|-------------------|----------------------|
| Ann Allen          | Rhonda Hospedales | Jeanne Perantoni     |
| Russ Ball          | Siochain Hughes   | Beverly Peterson     |
| Greg Bassett       | Joanne Jaeger     | Kimberly Plewa       |
| Mike Betts         | Richard Jibb      | Indrek Porro         |
| Fay Bizub          | Jeffrey Jotz      | Bill Reichle         |
| Denise Carlson     | Kathy Kelly       | Heidi Remak-Ziff     |
| Richard Carlson    | Mingi Kim         | Sandra Rhodes        |
| Sandra Carosi      | Marianne Kitts    | Greg Romano          |
| Dan Chamby         | Sally Kleeman     | Nicholas Russo       |
| Terry Christie     | Teila Krahn       | Kevin Schmidt        |
| Deborah Cipriano   | Michael Lavitt    | Leigh Segal          |
| Sarah Clark        | Judith Lee        | Scott Seibel         |
| Victoria Elbrecht  | Pierce Lord       | Kaitlin Shala        |
| Christopher Esnes  | Diane Lynch       | Murray Simon         |
| Janet Estenes      | Francesca Mancuso | Kathryn Smith        |
| Andrew Feldman     | Erika Maresca     | John Sowa            |
| Donald Fink        | Karen Martin      | William Usm Stafford |
| Alben Fischer      | Amanda Maxwell    | Christian Struck     |
| Jane Fisher        | William McCoy     | William Sullivan     |
| Frank Fitzgerald   | John Menninger    | John Szabo           |
| Neil Flynn         | Curtis Miller     | Keith Tamboer        |
| Jennifer Freeman   | Bari Miller       | Steven Treble        |
| Chris Freund       | Steve Miller      | Richard Truche       |
| Jacqueline Glasser | Priscilla Modrov  | Joy Tsuzuki          |
| Mikhail Golbin     | Drew Moll         | James VanBiervliet   |
| Brahm Goldstein    | Lorenz Muller     | Steven Waskow        |
| Edward Goracy      | Cande Olsen       | Jackie Whitty        |
| Darek Hahn         | Ray Ortiz         | Jeff Ziegler         |
| Atsushi Hamanaka   | Kristine Parente  |                      |

Continued from page 6

As a program, with a focus on fitness lifestyle, the door was now open for everyone. Emphasis is off competition and on fulfilling the fitness goals of individuals who might want to participate for their own interests. The welcome mat being laid out for swimmers with their own internalized goals, sets the table for triathletes, competitive swimmers, the people looking to tone up, or perhaps the people who want to blow off steam in a healthy way after a tough day of work, to take part in structured workouts. In short, Masters Swimming programs could be more successful when they appealed to a broader base of potential participants.

A broader base of participants, with a wider span of interests cultivates more interest from host organizations because more potential members can take part, and the concept of a offering a Masters Swimming program enhances what the host organization can offer the surrounding community.

The course spent time on stroke technique, marketing, practices, workout design, successful program management, insurance information, and sustainability. All of these areas were covered in sufficient depth to provide a recipe for new or experienced coaches in building and growing successful Masters Swimming programs.

At the end of the session, I came away with a realignment of the fundamentals I already practiced, a broader understanding of the swimmers I could be coaching, and a heightened confidence in growing a more successful program.



## Faster Freestyle Swim Clinic

With Masters World Record Holder Karlyn Pipes-Neilsen

Saturday, February 23rd from 9:00am - 12noon

Hosted by: New Jersey LMSC

Sanctioned by NJ LMSC for USMS, Inc #073-

Are you tired of working so hard to swim so SLOW? Wouldn't you rather...

- Swim faster with less effort?
- Relax, find your balance and not sink?
- Effectively breathe in any condition?
- Become more comfortable in the water?

Then this clinic may be JUST for you! Using easy to understand drills and techniques, Karlyn will teach you how to become a faster more efficient swimmer in just one clinic.

**Location:** Perth Amboy Raritan Bay YMCA 357 New Brunswick Ave Perth Amboy, NJ 08861

**About Karlyn:** Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 214 masters world records to date. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and informative clinic woven with personal experience.

**Cost is \$50 and space is limited. If you sign up for BOTH Faster Freestyle and the Multi-Stroke clinic, then your cost is \$75.** You can register by sending completed form with check made payable to **"NJ LMSC"** to: **Bill Reichle 2611 Orchard Ter Linden, NJ 07036**

**For any questions about the clinic email Bill Reichle: brswim@comcast.net**

**Pre-order** Karlyn's **Go Swim Instructional** DVD & pay only \$30 or purchase at clinic for \$40

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**Faster Freestyle Clinic:** Saturday, February 23rd from 9:00am-12noon at Perth Amboy YMCA

First Name: \_\_\_\_\_ Last \_\_\_\_\_ Age: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ - \_\_\_\_\_

☎ Phone: ( ) \_\_\_\_\_ Email \_\_\_\_\_ 2013 USMS # \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Please identify one goal for the clinic: \_\_\_\_\_

Cost: \$50 : \$75 (both clinics) Pre-order Karlyn's Instructional DVD for \$30 (save \$10!) Total \_\_\_\_\_

**Send check payable to "NJ LMSC" to: Bill Reichle 2611 Orchard Ter Linden, NJ 07036**

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 204.1)

Signature \_\_\_\_\_ Date \_\_\_\_\_



# Multi-Stroke (Fly, Back & Breast) Swim Clinic

With Masters World Record Holder Karlyn Pipes-Neilsen

Saturday, February 23rd from 1:00pm – 4:00pm

Hosted by: New Jersey LMSC

Sanctioned by NJ LMSC for USMS, Inc #073-

Learn the EASY way to swim BACK, BREAST, and oh-so-hard BUTTERFLY!

The benefits to taking an Aquatic Edge clinic are many:

- The teaching methods Karlyn uses are **simple**, easy to understand and fun!
- A great way to improve or even **learn the "OTHER" strokes**
- After one clinic you will know how to swim fly, back, & breast **faster w/LESS effort**

**Location:** Perth Amboy Raritan Bay YMCA 357 New Brunswick Ave Perth Amboy, NJ 08861

**About Karlyn:** Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 214 masters world records to date. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and informative clinic woven with personal experience.

**Cost is \$50 and space is limited. If you sign up for BOTH Faster Freestyle and the Multi-Stroke clinic, then your cost is \$75.** You can register by sending completed form with check made payable to **"NJ LMSC"** to: **Bill Reichle 2611 Orchard Ter Linden, NJ 07036**

For any questions about the clinic email Bill Reichle: **brswim@comcast.net**

**Pre-order** Karlyn's **Go Swim Instructional** DVD & pay only \$30 or purchase at clinic for \$40

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**Multi-Stroke Clinic:** Saturday, February 23rd from 1:00pm-4:00pm at Perth Amboy YMCA

First Name: \_\_\_\_\_ Last \_\_\_\_\_ Age: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ - \_\_\_\_\_

☎ Phone: ( ) \_\_\_\_\_ Email \_\_\_\_\_ 2013 USMS # \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Please identify one goal for the clinic: \_\_\_\_\_

Cost: \$50 : \$75 (both clinics) Pre-order Karlyn's Instructional DVD for \$30 (save \$10!) Total \_\_\_\_\_

**Send check payable to "NJ LMSC" to: Bill Reichle 2611 Orchard Ter Linden, NJ 07036**

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Signature \_\_\_\_\_

Date \_\_\_\_\_



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Sussex County YMCA "Adult Mini Meet"

Sussex County YMCA  
Hardyston, NJ

Saturday, March 16, 2013

New Swimmer Orientation Meeting 2:00-2:30 pm  
2:30 pm – Check-in

**Recognized by The New Jersey Swimming LMSC for USMS, Inc. #073-R002**

**Facility:** The Sussex County YMCA six lane 25 yard pool. Timing will be done with a Colorado Timing System with manual backup.

**Directions:**

**From Route 23:** Go to Hamburg; take Route 94 South to Wits End Road on right (approx. 2 miles). Follow Wits End Road to YMCA driveway.

**From Intersection of Routes 15 & 94:** Go North on Route 94 towards Hamburg. Follow Route 94 to Wits End Road on left (approx. 5 miles). Follow Wits End Road to YMCA driveway.

**Schedule:** 2:00 pm New Swimmer Orientation Meeting, 2:30 pm check-in, 3:00-3:30 pm Warm-up, 3:30 pm start.

**Warm-ups: No diving is permitted during warm-up,** except in the designated one-way sprint lane(s).

**Entry Limit:** Swimmers may register for a maximum of 4 events.

**Seeding:** All events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with "No Times" (NT) will be seeded in the slowest heat.

**Age Groups:** Individuals: 18-24, 25-29, 30-34, etc. through 90+.

**Eligibility:** Open to any adult interested in participating in a swim meet. Swimmers must be 18 years of age on the date of the meet. If you are a member of USMS, a copy of your USMS card needs to be submitted with your entry form.

**Awards:** Ribbons for 1<sup>st</sup> through 3<sup>rd</sup> places; all others will get a label with their official time.

**Timing:** In the unlikely event that a malfunction occurs in the automatic timing system, the meet will continue on schedule with the use of alternate (stopwatch) timers.

**Entry Fees:** \$12.00 per swimmer to register and \$5.00 per event.

**Registration: All entries must be received by Friday, March 8, 2013. NO exceptions. Any entries received after March 8th will be returned.** Any questions, please call Beth Kelly, at 973 209-9622, ext. 223.

## Entry Form -Adult Mini Meet-March 16, 2013

**Entry form must be received by Friday, March 8, 2013.**

**(In order for your results to be posted to the NJ Masters Swimming you must include a copy of your USMS card).**

Age as of 3/16/13: \_\_\_\_\_ Sex: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Day time Phone: \_\_\_\_\_

USMS number(if applicable): \_\_\_\_\_

**RELEASE OF LIABILITY BY PARTICIPANT:**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

PLEASE PLACE A COPY OF  
USMS CARD

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please enter your best short course **yard** times for each event you wish to swim (put "NT" in the blank for No Time)

| Event         | Entry Time | Event         | Entry Time |
|---------------|------------|---------------|------------|
| 1. 200 Free   | _____      | 6. 200 IM     | _____      |
| 2. 100 Fly    | _____      | 7. 100 Free   | _____      |
| 3. 100 Breast | _____      | 8. 100 Breast | _____      |
| 4. 50 Free    | _____      | 9. 500 Free*  | _____      |
| 5. 100 Back   | _____      | *9 min max    |            |

\* 500 Free MUST check in by 3:00pm or you will be scratched from the event.  
No NT's will be accepted for this event.  
9 minute maximum.

**Entry Fee**                      **\$12.00**

**# of Events x \$5.00**        \$ \_\_\_\_\_

**Total enclosed:**        \$ \_\_\_\_\_                      \_\_\_\_\_ Check (payable to Sussex County YMCA)

Credit Card (circle one)    VISA    MC    Discover    AMEX

Card # \_\_\_\_\_ Exp Date: \_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

**Sussex County YMCA**  
15 Wits End Rd  
Hardyston, NJ 07419  
Phone: 973 209-9622  
Fax: 973 209-1483  
[www.sussexcountyyymca.org](http://www.sussexcountyyymca.org)

Office Use only: Member/Non-Member    Receipt # \_\_\_\_\_ Staff Initial \_\_\_\_\_

**FASTLANE**

**NJ LMSC**

**451 Sweet Hollow Road  
Bloomsbury, NJ 08804**

