

EASTLANE



25

25 Years
Richard Wallace & Judy Lee

2013 NJ Masters Swimming Annual Awards Banquet a big success

On Saturday, May 4, 2013, 60 NJ Masters Swimmers and guests gathered at the lovely DOLCE Basking Ridge to celebrate and honor this year's Continuous Membership Recognition Program Award (CMRPA) Recipients for achieving their various milestone years.

It was a fun and inspirational evening of shared camaraderie as we all bonded through our passion for swimming. Check 'em out! More Banquet scoops page 5!



20

20 Year
Scott Yeomans



Thanks Jim Sheerin
For awesome pics!



15

15 Year
Gail Seelig, Rebecca Kalibat, Doug Clark, Ron Loria



10

10 Year
Joel Stein, Jane Fisher, Steve Levine



5

5 Year
Martin Scheidl, James Sheerin, Alben Fischer,
Sarah Clark, Laura Graham, Nancy Wagner

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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

Sunday August 4 Jason Nessel meet, details to follow!

Saturday October 12 Octoberfest at Drew University, details to follow!

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

Sunday, September 8 Lake Hopatcong Open Water Festival, tails coming soon!



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de-

"Either you decide to stay in the shallow end of the pool or you go out in the ocean."

~~~Christopher Reeve



# LIGHT THOSE CANDLES

## HAPPY BIRTHDAY MAY/JUNE BIRTHDAYS!

|                   |                     |                   |                     |
|-------------------|---------------------|-------------------|---------------------|
| Richard Alexander | Rob Mathis          | Tim Christian     | Susan Olesky        |
| Jennifer Applebee | Nancy Maurer        | Austin Clayton    | Amy Paglia          |
| Lynn Ascione      | Julie McLaughlin    | Kari Clayton      | Regina Papini       |
| Yves Baeyens      | Ed Meredith         | Melissa Coley     | Ellen Pease         |
| Janice Baker      | Douglas Miller      | D. Lindsay Conner | Derek Pivko         |
| John Baliko       | Mary Kate Miller    | James Curd        | Jane Riff           |
| Jodi Barrish      | Patric Mills        | Paul Daniels      | Jillian Sabine      |
| Tink Bolster      | Aaron Moore         | Michelle Davidson | Tilak Samaranayake  |
| Penny Boorman     | Cara Murphy         | Monica Dobbin     | David Schmitt       |
| Barbara Burton    | Kevin Nervi         | Guy Dorgan        | William Segal       |
| David Calabrese   | Jonathan Norton     | Kelly Eid         | Julie Sheaffer      |
| Heather Cammisa   | Jennifer Palombo    | Matt Ellis        | David Siconolfi     |
| John Cook         | Jose Saud           | John Esser        | Marc Silberman      |
| Deborah Deffaa    | Jeffrey Schobel     | David Fabian      | Gertie Sloan        |
| Susan DeFreitas   | Gail Seelig         | Braden Ferrari    | Sean Smith          |
| Arnold DeGarcia   | Patria Sullivan     | Alejandro Franco  | Gail Stevancsecz    |
| David Doherty     | Christopher Swenson | Robert Franks     | James Turney        |
| Matthew Donovan   | Brad Thornton       | Alyson Goodner    | Wendy VanDeVeen     |
| Michael Dowling   | Edward Veen         | Chuck Graf        | Neil Verano         |
| Jim Dragon        | Arthur Wein         | Madeline Greene   | Alan Voorhees       |
| Bill Eickelberg   | Erik Werfel         | William Haynes    | Christy Walls       |
| John Forrestal    | Emily Woo           | Ralph Hemecker    | Donald Walsh        |
| Joanne Forster    | Beth Alemy          | Peter Hockmeyer   | E Dieter Wunderlich |
| Lan Ge            | Philip Allocco      | Erling Hoie       |                     |
| John Giancola     | Thomas Alne         | Ray Hurst         |                     |
| David Goldberg    | Simon Bintley       | Gregory Kelly     |                     |
| Karen Gould       | Linda Brown-Kuhn    | Michael Keltos    |                     |
| Elisabeth Hilzen  | Richard Callaghan   | Susan Kirk        |                     |
| Bob Hopkins       | Gerri Callahan      | Mary Konsolaki    |                     |
| Sara Johnston     | Andrew Capers       | Brendan Lang      |                     |
| Rose Kormanyos    | Brian Carroll       | Mike Llerandi     |                     |
| MaryAnn Lawrence  | Christopher Case    | Kevin McGee       |                     |
| William Mackolin  | Bob Cashel          | Florence Melick   |                     |
| Andrew Maggion    | Miles Cava          | Richard Noxon     |                     |



# MEET THE COACH:

## Jeff Jotz: Rahway Masters Swimming

Jeff Jotz, an accomplished open water swimmer, graduated from the University of Notre Dame in 1992. While at Notre Dame, Jeff played on the varsity water polo team and prior to that he was a member of the St. Joseph's (Metuchen) high school swim team.

Jeff is a certified ASCA Level 2 Masters Coach and has coached age group, high school, and Masters swimmers. He is a former USMS Long Distance and Open Water All-American and has served as the Open Water Chairperson for the New Jersey LMSC.



Since 2005, Jeff has been running workouts at the Walter E. Ulrich Memorial Pool which is located in the Rahway River Park, as well as conducting open water clinics in New York City and New Jersey.

Masters swim workouts at the Walter E. Ulrich Memorial Pool in Rahway date back to the late 1980s under the guidance of Coach Ed Nessel. Prior to the construction of the Sonny Werblin Aquatics Center in Piscataway, this 8-lane 50 meter pool would host the Masters Swimming events for the Garden State Games.

In 2005, Jeff Jotz took over the program when Coach Nessel retired to Florida. The Masters swimmers share the pool with the Fanwood Scotch-Plains YMCA swim team. Two lanes are open to Masters swimmers: one "fast" lane and one "slow" lane. Newbies are always welcome. Daily workouts average between 3000-4000 meters and are held weekdays from late June through early August from 6:00-7:30 a.m. Stroke and sprint work are emphasized and every Wednesday is dubbed "Fin Day" (the entire workout is conducted while wearing fins) and Fridays are "Freestyle Fridays" and attract triathletes and open water swimmers. On other days, swimmers may practice vertical kicking in the diving tank.

Many of the Master swimmers who participate in the workouts hail from Union, Essex, and Middlesex Counties. On occasion, the workout groups have used the Metuchen Municipal Pool as an alternate training location if the Rahway pool is unavailable.

The first Sunday in August has traditionally been the date of the Jason Nessel Memorial Invitational Meet in Rahway. This long course meet is a USMS-sanctioned event that has often attracted swimmers who have spent many years out of the pool and are looking for a fun, laid-back excuse to resume swimming and as an avenue to socialize and compete with old friends.



For information on Masters Swimming in Rahway River Park, contact Jeff at [jjotz@yahoo.com](mailto:jjotz@yahoo.com).

Submitted by Bill Reichle

## All had a great time at this year's NJ Masters Swimming Continuous Awards Banquet

Congratulations to all our award winners. A special Thank you to Ed Tsuzuki for attending as our guest speaker and being one of the highlights of the night. It was an awesome presentation!

Thanks to all who attended! We hope to see everyone there next year!



2013 NJ Masters Swimming Board of Volunteers  
James Sheerin, Jen Bauman, Bill Reichle, Susan Kirk, Ed Tsuzuki, Linda Brown-Kuhn, Chris McGiffin, Alben Fischer, Marie Vellucci, Lynn Ascione, Julie Schoenlank



2013 NJ Masters Swimming Annual Banquet Guest Speaker Ed Tsuzuki

## Banquet Speaker

### Ed Tsuzuki's fave workout

Per Ed "I'd like to give credit to Coach Pete Hockmeyer (Berkeley Aquatic Masters coach) for giving me the basics of this set. He gave us this set in reverse order but I loved the "math" of the set and have since modified it and use it as a base for many different workouts."

The basic pattern that I love building off of is:

1 x 200

2 x 175

3 x 150

4 x 125

5 x 100

6 x 75

7 x 50

8 x 25

This totals 3000 and also breaks very nicely (as shown above) in to 3 sub-groups of 1000 each! Such beauty!

Variations on this theme include:

1. Warm up first and attack the entire set "hard" (tight intervals) as a 3000 yard set. You can make the interval **base** longer as the distances get shorter, or keep the base the same throughout, which makes the 50s and 25s at the end quite taxing.
2. Use the first (up to) 1000 as a warm up (longer intervals), the second 1000 as an aerobic set (shorter intervals), and the last 1000 as a sprint set (long intervals, high intensity).
3. All kinds of additional variations can be applied, such as kicking (with and without fins), stroke work, IMs, etc. The possibilities are virtually endless so that you can instantly create many different workouts on this very nice base. You can also quickly create mini sets knowing the "1000" subgroups above.



# KUDOS KUDOS KUDOS KUDOS KUDOS

~~~ by Ed Tsuzuki

Congratulations to Frank McElroy, 65 for setting two new NJLMSC SCY Men's 65-69 records at **the LANES Tea Party 5 Swim Meet** at the Massachusetts Institute of Technology on May 4, 2013. Frank swam the 500 free in 5:49.20 and the 200 IM in 2:29.87.

Congratulations to Priscilla Modrov, 25 and William Segal, 48 who set a new NJ LMSC Records at the **USMS Spring SCY Nationals** in Indianapolis on May 10-12, 2013. Priscilla set records in all 6 of her individual events in the women's 25-29 age group and was the national champion in the 200 fly with a 2:05.51. Priscilla also placed 2nd in the 100 fly (57.60), and 400 IM (4:30.57) and 3rd in the 500 free (5:06.31), 50 fly (26.41), and 200 IM (2:08.46). William set a new record in the Men's 45-49 50 Backstroke with a 26.54 and also finished 2nd in the 50 fly. Oleg Chebotarev, 44 placed 4th in the Men's 40-44 1650 free and Joy Tsuzuki, 83 placed 3rd in the 50 and 100 free.

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the **YMCA Masters National Championships** in Fort Lauderdale, Florida on April 11-14, 2013.

Women 50-54

Laurie Ditommaso, 50

100 Back 1:08.87 (Y National Champion)

50 Breast 34.97

100 Breast 1:21.07

50 Fly 28.52

100 IM 1:07.37 (Y National Champion)

Men 65-69

Frank McElroy, 65

200 Free 2:09.45

500 Free 5:53.14

1000 Free 12:13.29 (Y National Champion)

1650 Free 20:05.31 (Y National Champion)

200 Back 2:41.38

100 Fly 1:05.85 (Y National Champion)

200 Fly 2:31.33 (Y National Champion)

400 IM 5:23.42 (Y National Champion)

In addition to setting new NJ LMSC records, both Laurie and Frank swam faster than the existing YMCA Masters National records in the Women's 50-54 50 fly and the Men's 200 fly and 1650 Free respectively.



Kudos continued next page

Kudos continued!

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the **March Madness IV** meet at Drew University on March 23, 2013.

Women

25-29

Priscilla Modrov, 25

100 fly 58.21

50-54

Laurie DiTommaso, 50

50 Breast 36.65

Men

65-69

Richard Wallace, 65

1650 Free 24:09.40

Congratulations to Gregory Lockard, 57 and Priscilla Modrov, 25 who set new NJ LMSC SCY records in the men's 55-59 and women's 25-29 age groups at the **2013 NYC Parks and Recreation Masters** meet held at the Flushing Meadows Corona Park Aquatic Center on April 21, 2013. Greg swam a 2:29.93 in the 200 back and Priscilla swam a 54.59 in the 100 free.

Congratulations to Larry Seidman, 65 for breaking the NJ LMSC SCY record in the Men's 65-69 100 fly with a 1:20.16 at the **Ocean County YMCA Unofficial Team Championships** on February 10, 2013.

Congratulations to Lyndsay McMeen, 33 for setting a new NJ LMSC SCY record in the women's 30-34 100 yard breaststroke with a 1:11.09 at the **Colonies Zone SCY Championships** meet held at George Mason University in Fairfax, Virginia on April 19, 2013.

Congratulations to Kip Gibson, 57 for lowering his own new NJ LMSC SCY record in the 1650 yard freestyle (19:36.47) at the **South Central Zone Championships** meet held at the Texas Swim Center in Austin on April 5, 2013.

Congratulations to Priscilla Modrov for setting new NJ LMSC SCM records in the women's 18-24 age group at the **AGUA Masters SCM Sprint Classic** at the Asphalt Green Aquatic Center in NYC on December 9, 2012. Priscilla 24, swam a 36.72 in the 50 breast, 1:05.40 in the 100 fly and a 2:26.17 in the 200 IM.



May 16, 2013 – The NJ LMSC continues to have extremely high active participation in the Go The Distance fitness event with almost 14% of the NJ membership (116 swimmers) recording the Go The Distance results on line!

In total, NJ has logged the 8th highest mileage of all 52 LMSCs and along with fellow LMSCs New England (4th) and Potomac Valley (5th), has helped the Colonies Zone remain as the highest ranking zone with 800 swimmers recording almost 67,000 miles this year!

New Jersey certainly has even more swimmers working out on a regular basis so, please don't forget to register 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 DISTANCE on the USMS website.

Top (8) LMSCs for 2013:

Pacific - 35k miles, 368 swimmers (4% of LMSC membership)

Southern Pacific - 21k miles, 196 swimmers (5% of LMSC membership)

Florida - 17k miles, 163 swimmers (9% of LMSC membership)

New England - 15k miles, 161 swimmers (7% of LMSC membership)

Potomac Valley – 11.5k miles, 140 swimmers (6% of LMSC membership)

Illinois - 11k miles, 155 swimmers (8% of LMSC membership)

Oregon – 10.5k miles, 114 swimmers (12% of LMSC membership)

New Jersey - 10k miles, 116 swimmers (**14% of LMSC membership**)

Splash
from
the
past!



1978 — East Coast Long Course Championship Brown University, Providence, RI

Have archive pics?
Send 'em in!



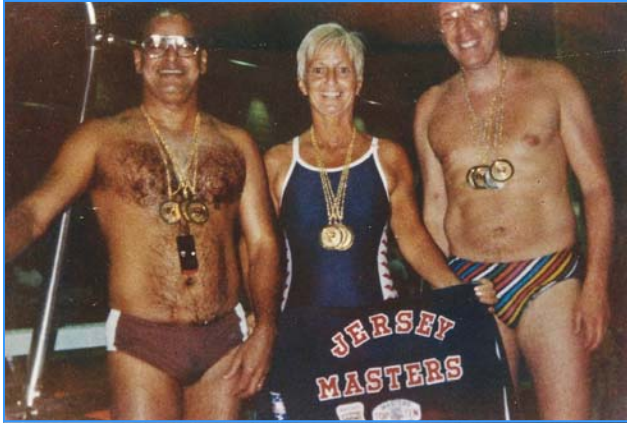
1973 — First Somerset Valley
YMCA Masters Swim Team @ Berkeley
Aquatic Center Outdoor 50 meter Pool

Send pics to:

Sara Johnston
aras33@comcast.net or
44 Forest Road
Fanwood, NJ 07023



1974 — Jersey Masters at the Y Nationals at the
ISHOF Pool in Ft. Lauderdale, FL



Jersey Masters at Senior Olympics — 80s!

Thanks
Janet Moeller
For these
terrific
archive pics!



Three Jersey Masters swimmers winners of the
Ocean County Pentathlon event — Garden
State Games circa 1980!

The Fastlane loves pics!

Send in yours!

aras33@comcast.net