

March 2013

EASTLANE

OCEAN COUNTY YMCA TAKES FIRST PLACE IN THE OCY UNOFFICIAL TEAM MASTERS CHAMPIONSHIP



The swimmers (left to right) Rich Henninger, Colleen Conway, Kyle Marais, Dave Bedell, Amy Hrabel, Billy de Rouville, Sue Kircher, Rich Maier, Francesca Mancuso, Robert Shimchak, Jen Betts, Mike Betts, Joe Coronato, Dave Pierson and Terry Hoyt. Thanks Tony Mancuso for the photo!

NJ MASTERS ANNUAL BANQUET SLATED FOR 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.

Please mark your calendars for Saturday, May 4th from 6 pm - 10 pm. We have a block of rooms reserved for those wishing to spend the night. More details to follow!

Dolce Hotels and Resorts

300 North Maple Avenue, Basking Ridge 07920

www.dolcebaskingridge.com

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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 .

May 9 - 12 2013 USMS Spring (SCY) Nationals Indianapolis, IN.

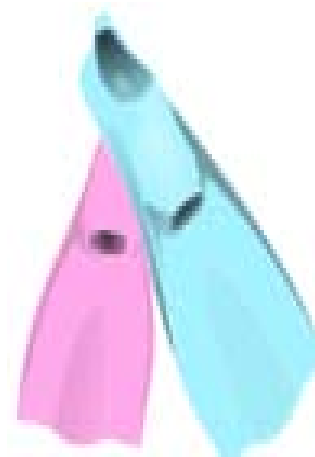
New Jersey Events

Saturday, March 16 - Sussex County Y "Adult Mini-Meet", Sussex County YMCA, Hardyston, NJ

Saturday, March 23 - 4th Annual Drew "March Madness" meet hosted by Rangers Aquatics at Drew University (see pages 6&7 for entry form).

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

Share your swim-
ming stories!
Swam in HS?
Compete now?
Relatively new to
swimming? Send
in your story...
Sara J, editor



aras33@comcast.net

A great group pic from the 2013 NJ Masters Swimming Annual 100X100s... thanks Jim Sheerin for the picture!



And some great pics below from the 50X50s...
thanks Sarah Clark!



Simon Bintley, Lauren Seavy and Mary Kate Miller still smiling after their swim!



Marie Vellucci, Amy Sugarman and Kathy Carlyon (l-r) looking fresh apres swim.



Swimmers pose before the 2013 NJ Masters Swimming 2nd Annual 50 X 50's held on January 19th at the Perth Amboy Raritan YMCA.

"Somehow I kept my head above water. I relied on the discipline, character, and strength that I had started to develop as that little girl in her first swimming pool."

Esther Williams

LIGHT THOSE CANDLES HAPPY MARCH BIRTHDAYS!

Siochain Hughes
Sandra Carosi
Jennifer Kakalettris
Jim Englert
Rosanne Lemongello
Chuck Bendixen
Mike O'Hare
Heidi Pfefferkorn
Nancy Wagner
John Bernauer
Nora Schultz
Brian Rhodes
Maria Patoczka
Sarah Dietrich
Ladislav Sebestyan
Todd Clear
Jessica Snyder
Edward Zappile
Alan Herrera
Zachary Chororos
Elizabeth Krynska
Rolland Strasser
Kathleen Bank
Bridget Sherratt
Robert Shimchak
Sue Freeman-Patterson
Ken Niemi
Thomas Lawson
Chris McGiffin
Donald Asay
Christopher Gibson
Craig Zaleck
Lynn English
Michele Donato
Matthew Mahan
Larry Lenge
Ron Borchers
Suzanne Ceravolo
Lawrence Chevres
Samrat Kulkarni
Colleen Silk
Alexandrah Deffaa
Frank McElroy
Edward O'Connor
Martin Kraus
Lyndsay McMeen

Peter Christopher
Melissa Griffie
James Sullivan
William Garelick
William Kosakowski
Eric Schiebler
Annie Ferguson
Kyle Marais
Glen Fries
Jon Briggs
Stephanie Lynn Ridilla
Peggy De Rosa
Tom Brunson
Brian Mahoney
Monish Dhalwani
Sheryl Walsh
Paul Schaeffler
Chris Chang
Louise Goldsmith
Lauren Twombly-Seavy
Bradley Farquhar
Tina Belletete
Matthew Murphy
Robert O'Connell
Lynda Przedpelski
Tracy Humphreys
Pedro Moreno
Melissa Manning
Kurt Rotthoff
Kathryn Lyng
Anne O'Gorman



WINTER WARM-UP



WORKOUT

Warm Up:

300 Swim, 300 Pull, 200 Kick

Main Set:

4x's:

|200 @ Pace Interval

|100 @ Pace Interval +10 seconds

**200's =Fast – Descend by Round
(Round 4 = MAX EFFORT)**

**100's = Active Recovery – Long &
Strong**

100 EZ

Sprint Set:

12 x 50 @ 30 sec Rest Interval

-8 of 12 are SPRINT – your choice

***Fins are optional**

Warm Down:

300 EZ

3000 Yards

**Thanks Brad Thornton,
Head Coach
Men's & Women's Swimming
STEVENS INSTITUTE**

TIME WELL SPENT — USMS COACHING CERTIFICATION COURSE

By Beth Maloney

I enjoyed the ASCA/USMS coaching certification course with Mel Goldstein and Bill Brenner held in October 2012 at the Cranford Community Center. I have coached age group swimmers in the past, but have not had the opportunity to work consistently with adult swimmers. There were many individuals in attendance whose background varied from coaching triathletes, helping fitness swimmers improve their technique, and working with a Masters swim groups.



Both Mel and Bill were enthusiastic and very informative. I appreciated the discussion regarding insurance needs covered by our USMS membership. They covered many different areas of coaching including the difference in working with adult swimmers and the need to include triathletes in a Masters program. They both stressed the importance of building camaraderie among the members and the importance of communication within a program.

We were able to discuss stroke technique by watching videos of the four strokes, as well as starts and turns. Critique of proper technique versus stroke flaws was beneficial for all in attendance. As a Masters swimmer, I understand that our goals and motivating factors are quite different from those of an age grouper.

I am delighted that I was able to attend this course and obtain my ASCA Masters Level 1 & Level 2 certification. And I want to thank the NJ LMSC for providing this opportunity to our swimming community.

S-T-R-E-T-C-H-I-N-G

From the *Speedo Tip of the Week* archives, David Swensen, a certified strength and conditioning specialist and assistant coach for the YMCA of the North Shore in Beverly, offers some advice on how to stretch before swimming.

Swensen's Tip:

People used to think stretching was the best thing to do before exercising. What recent research has shown is that static stretching (holding a stretch for 10 seconds or more) is not the best way to prepare your muscles for exercise. It is better to perform light exercise, like calisthenics, to work the muscle through a large range of motion with a low resistance. This increases the temperature of the muscle (that's why we call it a warm-up), making it more flexible to work more efficiently.

Exercises such as arm swings, windmills, squat thrusts and lunges are good examples of dynamic stretching. Traditional static stretching still has a place in your workout. Try it at the end, after your warm-down. Think of it as wringing out your muscles, like you would a wet towel. This wringing actually "squeezes" the lactic acid and other stuff out of your muscles, letting new blood, with oxygen and nutrients, rush to your muscles, starting the recovery process.

Saturday, March 23th, 2013 • 4th Annual March Madness

hosted by Rangers Aquatics at Drew University

Sanctioned by the New Jersey LMSC for USMS, Inc. Sanction #073-S004

FACILITY: Drew University is located in beautiful Madison, NJ. Six short course yard competition lanes, two short course lanes used for continuous warm-up and warm down. Electronic timing with eight line scoreboard display; non-turbulent lane lines; overflow gutters. 2013 USMS rules will govern and be strictly enforced. Area map, driving directions, mass transportation options, parking, lodging and additional meet information all available online in the "Links" section of the Ranger Aquatics website www.rangeraquatics.com.

SCHEDULE: Warm-Up 8:00-8:50AM • Meet Start 9:00AM • Projected Finish Time 1:30PM. Psych sheets will be posted online at www.rangeraquatics.com, two days prior to meet date.

ELIGIBILITY: *This meet is open to USMS-registered swimmers age 18 and older. A legible copy of your current 2013 USMS registration card **MUST** be submitted with mailed-in entry - no exceptions.* If you have lost or misplaced your USMS card, simply log on to www.clubassistant.com/club/usms_member_card_request.cfm to obtain a card copy which will be delivered to your email address.

AWARDS: Distinctive ribbons for 1st through 3rd place in all individual and relay events. Swimmers should pick up their awards promptly. NO awards will be mailed to competitors after meet conclusion.

CHECK-IN: Positive check-in required for all events. If you do not check in for your events, you will be SCRATCHED from the meet.

SEEDING: Swimmers will be seeded in heats according to entry time, not by age and gender. Heats will be contested slowest to fastest. All 50, 100, and 200 yard events will be pre-seeded before the meet. The 1650 Free will be deck-seeded on event day after positive check-in has closed.

ENTRY LIMIT: Swimmers may enter a maximum of four (4) individual events. Entries will be limited on a first-received basis to keep meet time line within 4.5-hour facility schedule restriction.

ENTRY TIMES: Enter YARD times for all events. No "NT" entry times accepted for the 1650 Freestyle events. An automated time conversion utility is available at www.swimmingworldmagazine.com/results/conversions.asp.

ENTRY FEE: \$15.00 entry fee plus a \$5.00 per individual event fee payable by check or money order to Drew University c/o Drew Swimming. Please make sure check contains your address. No Refunds.

DEADLINE: Final entry RECEIPT (not postmark) deadline is 6:00PM on Tuesday, March 19, 2013, or if 4.5-hour meet time line cap is exceeded prior to this date - whichever comes first. Do not delay - mail your entry AT LEAST 7-10 days prior to entry deadline. No fax, phone, or email entries accepted - no exceptions.

LATE ENTRY FEE: Late entries will be accepted on a space available basis up to 11:59 PM, March 21, 2013. Late entry fees will be doubled \$30.00 entry fee plus a \$5.00 per event fee payable by check or money order to Drew University c/o Drew Swimming.

MAIL TO: Mail fully executed, signed, and dated entry form with legible copy of your 2013 USMS registration card and \$15 entry fee and individual event payment to: Ranger Aquatics, 36 Madison Ave, Madison, NJ 07940. All forms of delivery service accepted Monday-Friday 9AM-5PM (no Saturday or Sunday delivery). We suggest you retain a copy of your meet entry and bring it to the meet. Please print clearly and include ALL contact info should we need to reach you to resolve a discrepancy.

QUESTIONS: Direct inquiries to Aquatic Director - Eric Scheingoltz via email at escheingoltz@drew.edu

March 23, 2013

INDIVIDUAL EVENT ENTRY FORM

# EVENT	DESCRIPTION	ENTRY TIME
1	Mixed 200 Yard Freestyle	_____
2	Mixed 100 Yard Butterfly	_____
3	Mixed 50 Yard Backstroke	_____
4	Mixed 50 Yard Breaststroke	_____
5	Mixed 100 Yard Freestyle	_____
6	Mixed 200 Yard IM	_____
7	Mixed 100 Yard Backstroke	_____
8	Mixed 500 Yard Freestyle	_____
9	Mixed 100 Yard Breaststroke	_____
10	Mixed 50 Yard Butterfly	_____
11	Mixed 50 Yard Freestyle	_____
12	Mixed 100 Yard IM	_____
13	Mixed 1650 Yard Freestyle	_____

OFFICIAL USE ONLY

Number of Events _____
 Gift _____
 Total Paid _____
 Check # _____

Check-in required; no "NT" entries accepted for 500 & 1650 Freestyle

=====
 \$15.00 entry fee plus \$5.00 per event payable by check or money order to **Drew University c/o Drew Swimming**. Fully executed, signed, and dated entry form with fee payment and legible copy of current 2013 USMS registration card must be **RECEIVED** (not postmarked) by **6:00PM on Tuesday, March 19, 2013** (unless meet time line cap has been exceeded prior to this date). MAIL to: **Eric Scheingoltz – Ranger Aquatics, 36 Madison Ave. Madison NJ. 07940. NO Fax, Phone or Email entries accepted.**

Use of Image/Likeness: I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

USMS LIABILITY RELEASE: "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."

SIGNATURE _____ **DATE** _____

PRINT FIRST & LAST NAME _____
same name as indicated on your current 2013 USMS registration card

BIRTHDATE ____/____/____ **AGE** _____
mm / dd / yyyy (as of 03.23.13)

USMS# _____ **CLUB ABBREVIATION** _____
(as per USMS registration)

SEX (circle one) M F

DAY TEL (____) _____ - _____

EVE TEL / _____



NJ LMSC
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PICTURES PICTURES PICTURES!

Looking for pictures from Masters Swimmer events, workouts and get togethers,

Send them to Sara J, Editor, aras33@comcast.net

Please include a brief description of where the photos were taken