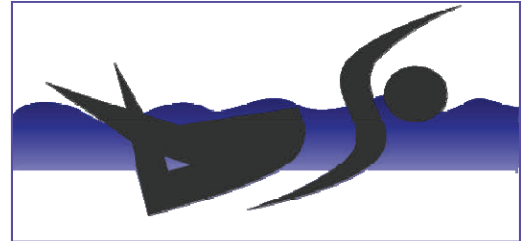
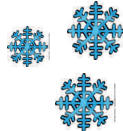


EASTLANE

Introducing Fitness Standouts:

A new column to let members share what motivates them to stay fit through Masters swimming

By Linda Brown-Kuhn



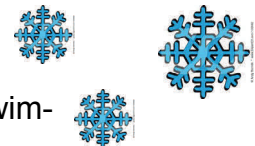
Everybody has a story about how they got involved in NJ Masters swimming, why they swim and what fitness (and other) benefits they derive. Fitness Standouts will relate the stories of NJ Masters swimmers who make you say "wow" when you hear about them. Not just the superstars but any Masters swimmer staying fit and healthy with an interesting tale to tell. I know we've got a ton of amazing swimmers in the Garden State!

Please send me candidate names and I can chat with them and write pieces or people can pen their own stories. I'm excited to share these accounts that are bound to inspire and motivate others.

Linda Brown-Kuhn

Fitness Chair, lindabk11@gmail.com

Swimming with Joy



Our first profile is about 83- (almost 84) year old, Joy Tsuzuki. She got into swimming far later than most people but has embraced the sport wholeheartedly.

The seeds were planted when she learned how to swim as a child in New York City. But just before World War II she moved to Tokyo where anything recreational was out of the question. Later she moved to Illinois and then to New Jersey where she put her three children --Naomi, Edwin (Ed as we know him) and Mayo -- through swim lessons. But it wasn't until her youngest, Mayo, had graduated from college that she accepted a suggestion to start swimming from Ed who was involved in Masters swimming.

By then she was into her sixth decade but her early training to swim freestyle came back to her. "When I first started and went into the water I was out of breath before I even swam one length," she recalled. "But gradually I built up to 100 yards then 200 yards and so on." Joy continued to increase her yardage and in 1995 at the age of 65 she joined Masters swimming as a Garden State Masters. One impetus for this move was that she had watched Ed and others compete and thought 'Oh, maybe I could do that too.'

She decided to swim in meets for the enjoyment in participation and the excitement of competition. Happily she said that no one

Fitness Standout continues on following page



looks at her as an old lady. “The other swimmers are very friendly but not condescending nor overly flattering.” There are times when she’s not only the slowest swimmer but the only one in the pool and she initially felt the pressure of making swimmers wait for her. “But when I finished they would applaud in a totally friendly way, not like an obligation,” she said. “I’m used to a society where a lot of behavior is obligatory.”

In that vein, she found a remark by a swimmer at a meet to be incredibly freeing. “I must have been in my 70’s and a swimmer on the blocks next to me said, ‘Isn’t it wonderful to be able to compete without parental pressure?’ “ Little did that swimmer know the significance of her remark. Growing up in Japan, Joy explained that she was taught to behave honorably not only to please her parents and other immediate family members but also her ancestors. “The whole idea that here in my 70’s I could swim without worrying about any ancestral pressure was really great.”

So over the years Joy has competed in meets but this past spring the stars aligned and a Tsuzuki plot was hatched to travel to Spring Nationals in Indianapolis and enter a three-generation relay. Joy, Ed, her daughter Naomi, and grandson Greg swam in the 200-yard mixed freestyle and medley relays. Because Greg is 23 they had to enter in the 18+ age group. Joy admitted this was kind of ridiculous but they wanted to accomplish this unique feat. And they did just that despite Greg having a case of mononucleosis.

Apart from the rush of competition, Joy stays fit swimming five to six mornings a week at the Bridgewater Y. Her goal for each workout is to swim ½ mile. Swimming is the perfect exercise for Joy. “I have arthritis and I’ve had back surgery and bilateral hip replacement but in the water I don’t have physical pain,” she said. “So the freedom of being able to move without pain is wonderful.” She has what she fondly calls her “geriatric friends” at the pool, and they all experience the ability to swim pain free in the water as well.

Joy enjoys the camaraderie she shares with her swimming pals both in and out of the water. “Once a week after swimming we’ll go for breakfast together which is enjoyable,” she said.

Asked if she sees Masters swimming in her future, Joy gave an enthusiastic “yes”! Despite having a hip that has dislocated four times and a cardiac artery stent the pool remains her comfort zone. “The whole idea of Masters swimming makes me feel that I’m participating in something that’s alive and happening.”



A three-generation relay from the 2013 Spring Nationals in Indianapolis. Joy in the front, behind her from left - right is Ed, Naomi and Greg.



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Calendar 2013

Event Snippets

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 Snippets

December 8 The Annual Meeting will be held at 10:00am at the Fanwood Scotch Plains YMCA, 1340 Martine Avenue, Scotch Plains, NJ 07076. All meeting attendees are welcome to attend a Masters workout before the meeting from 8:00-9:30am (page 9 for details).

January 11 The Third Annual 50 X 50's event will be held at the Perth Amboy Raritan Bay YMCA, [click here for entry form](#).

February 2 NJ LMSC Annual 100 x 100s ~ 8am - noon at the Perth Amboy Raritan Bay YMCA. Email registration will open in mid-January. This event is FREE to any 2014 NJ LMSC USMS registered swimmer, but the event will be limited to the first 100 eligible swimmers. Detailed event announcement and information will be forthcoming!! Please note that the facility issues encountered during the 2013 100x100s were due to a mechanical failure at the facility and have since been repaired.

Feb 16 - 2014 OCY Unofficial Masters Team Championships Toms River, NJ, more info [click here](#).

More Snippets

For more in-depth calendar info, [click here!](#)

<http://www.njmasters.org/Events/events.html>



"I can't control what everyone else swims but if all goes well I know there are no limits."

~~~Leisl Jones



LIGHT THOSE CANDLES

HAPPY NOVEMBER AND DECEMBER BIRTHDAYS!

November Birthdays



David Allred
 Jennifer Bauman
 William Beeck
 Morton Berger
 Randy Berkowitz
 Zeev Bieder
 Maribeth Bowen
 Edward Breisacher
 Amy Campbell
 Don Denny
 Tom Eng
 Marianne Eybye
 Norma Fallon
 Malia Fredrickson
 Lori Freeland-Morris
 Liam Gallagher
 Matthew Gann
 Bradley Giddens
 Jeffrey Gold
 Paul Gondek
 Gregory Greene
 Jorge Gutierrez
 Mary Hesselgrave
 Rose Hoskins
 Marc Hourican
 Elizabeth Jennison
 Cristina Judge
 Denis Kallish
 Sean Kehoe
 KyungHo Kim
 Chet Klope
 Mark Kolman
 John Krawczyk
 Craig Leisher
 Steven Levine
 Laura Lison
 James Lynch
 Susan Malandra
 Carol Mateo
 Moira McCullough
 Daniele Merlis
 Robert Nissen

Jonathan Olesky
 Craig Orski
 Dave Pierson
 Andrew Possick
 Barbara Rebak
 Michael Recchia
 Barbara Rosenbaum
 Laura Rush
 John Sabatino
 Michael Satz
 Gilberto Silva
 Joanne Thorogood
 Clarence Tomsen
 Leslie Trott
 Anne Utley
 David Yusko
 Lydia Zakim

December Birthdays



Mohinder Ahluwalia
 Nicholas Armstrong
 Matthew Bach
 Allen Bachenheimer
 Kurtis Baker
 Rich Bean
 Jake Bond
 Anthony Bonura
 Megan Breznak
 Elizabeth Bromley
 Vanessa Burns
 Sue Charatan
 Connie Chen
 Simone Christen
 Michael Ciolino
 Anne Clewell
 Carolyn Colonna
 Sharon Danzger
 Cathy Deats
 Chris Draper
 Amy Duncan
 Brian Fagan
 David Feldman
 Robert Fetter

Nancy Finn
 Ernie Geib
 Philip Gilligan
 Mary Guilfoyle
 Noel Hahn
 Pamela Harinstein
 Juli Harpell-Elam
 Lei He
 Holly Kaufman
 Patrick Kesler
 Daniel Kornick
 Ellen Kranefuss
 John Lemmo
 Ronald Loria
 Thomas MacNabb
 Carol Malone
 Eric Marquard
 Carol Martyniuk
 Janet Moeller
 Tom Nagy
 Bill O'Brien
 Kristine Papamichael
 Ashley Pertsemlidis
 Joanne Porro
 Kimberly Prescott
 Patricia Quinlan
 Joshua Raymond
 Tabatha Rexach
 Glenn Saunders
 Todd Schaper
 Rick Schluter
 Nicole Schock
 Steven Shaw
 Deborah Shepherd
 Brandon Shin
 Mitchell Simon
 Robert Stricker
 Dan Sullivan
 Nicholas Teslik
 Ed Tsuzuki
 Peter Van Nuis
 Richard Wallace
 Andrew Wallace
 Charlotte Wei
 Brenda Ziegler



Meet the Coach!

Amy Carow: Fanwood-Scotch Plains YMCA Masters

The Masters swimming program at the Fanwood-Scotch Plains YMCA (FSPY) is three years young and growing. Masters Coaches Amy Carow, John Baliko, Heather Negley, Gertie Sloan, and Aaron Moore, operate under the guidance of FSPY Competitive Swimming Head Coach Chris Karelus. All of these coaches share a passion for swimming and are building this small new team with a mix of competitive swimmers, fitness swimmers, and triathletes at all levels. Their overarching goal is to provide fun, fitness, and optional friendly competition in a positive environment. If you are looking for individual attention and feedback on your stroke technique, this team may be a good fit for you.

Coach Amy Carow has been swimming competitively since the age of 6 and while at Boston College received All-American honors and served as co-captain. A freestyler since birth, she has made it into the USMS top-10 in multiple events. In recent years her focus has shifted to triathlon and open water swimming, and she has guided hundreds of new triathletes to finish their first sprint triathlon with her group, Triwomen. In addition, Amy coaches swimming for the co-ed Y-Tri Club at FSPY.

All of the FSPY masters coaches have experience with open water swimming and triathlon in addition to pool competition. Some other tidbits about our coaches: Heather Negley was a standout backstroker at Colby College, John Baliko recently completed a half-ironman triathlon, Gertie Sloan has participated in the Navesink-or-Swim distance festival multiple times, and Aaron Moore is on track to swim 1 million yards in 2013.

This year we worked on the USMS Checkoff Challenge as a team. Several of our swimmers completed the 200 fly, 400 IM, and the 1650 freestyle for the first time ever!

FSPY offers 7 Masters workouts per week, with 5 in the mornings and 2 in the evenings. The team practices at FSPY September thru June, then heads outdoors to Rahway River Park during the summer months.

General Masters Practices: All 4 competitive strokes, workouts are modified to suit swimmers of all abilities

Sunday mornings 8:00 – 9:30 a.m.

Monday evenings 8:00 – 9:30 p.m.

Thursday mornings 5:45 – 7:15 a.m.

Challenge workouts: Suggested pace: able to hold 100 yd freestyle repeats on 1:30

Wednesdays 5:30 – 7:00 a.m.

Fridays 5:30 – 7:00 a.m.

Triathlon Focus: Mainly freestyle, with a lot of stroke technique work and open water skills

Monday mornings 5:45 – 7:00 a.m.

Thursday evenings 8:00 - 9:30 p.m.

Participation in FSPY Masters is open to members of the Fanwood-Scotch Plains Y. If you are considering joining this program we can provide a guest pass for you to try out one of our workouts.

Contact Amy Carow at ASCarow@verizon.net or Chris Karelus at CKarelus@fspymca.org

FSPY Telephone: (908) 889-8880



Swimming, Yesterday and Today

By Paul J. Kiell, M.D.

Throughout high school and college (1945-1952), almost exclusively as a backstroker, I swam competitively. Peaking in my freshman year in college and then declining steadily over the next three years, I rejoiced when it all ended. I swam very little for the next four decades. Serious injury to my left lower extremity rudely aborted my 20 years of marathon running so that at age 61, I defaulted back to swimming.

Oh how that scene had changed! Growing up in Newark (NJ), we practiced at the public bathhouses where for 5 cents (also the cost of one-way on the bus) you were given a bar of soap and a towel to rent. The bathhouses and the Newark YM-YWHA (\$5/yr. membership) became our practice and competition sites. The coach was typically a guy who held a stopwatch and prepared the lineup for the meets. They were well meaning and conscientious men but if they knew anything, it was all wrong anyway. And, we swam naked. Goggles or bathing caps were for sissies only. Swimming in our birthday suits was something we took for granted; the only time it looked weird was in the championship meets when we'd all stand for the star spangled banner.

My college pool was typical. (see below, Washington and Jefferson College pool, ca. 1949). It was 20-yards long, barely accommodating four competitors, with no lane lines, no underwater markers, no overhead flags and no starting blocks. For backstroke you'd count the overhead rafters to determine when to start the turn, that flip/pivot turn mandating your first touching the wall.

I mentioned coaches. I have fond memories of all of them, more as people than as instructors. For what I learned about technique was solely from any book I could find in the Newark Public library that wrote about stroke technique. Actually, I was swimming pretty well by the time I was nine years old but whatever talent I had would lie fallow through my early teens. And, to repeat, whatever I learned about technique or even training would need undoing now.

But there is one thing that was right, one word, one truth, one command that has endured, and that was . . . drum roll please . . . (to) *RELAX*.

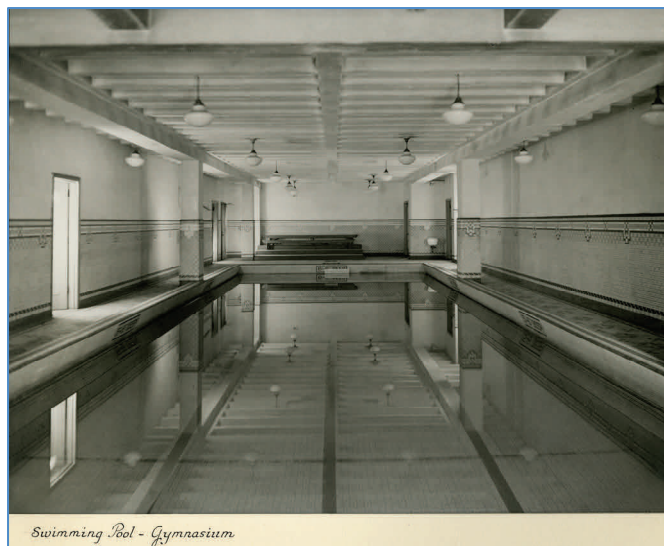
With the inevitable aging process taking its due performance wise, lately I've been thinking a lot about that time-honored dictum. Though by learning the new techniques and learning how to really train, I did improve year-to-year the first 9 years of my swimming "comeback." But after peaking at age 70, my performance curve has gone steadily downhill, much as it was trending from age 18-21. So now it's back to basics. And what's more basic than the idea of relaxing?

RELAX: If you take the letters of the word Relax, using them as if it were an acronym, you can recognize some of the changes and basics of swimming that have evolved over the last 50-60 years. Here's what I've come up with:



Rotate (or roll) the body with the hips acting as power generators. By rolling to a side in the long axis strokes, it is the equivalent of skating on a sharper blade, of using a thinner racing bike wheel instead of a mountain bike wheel, of sliding on the inner edge of the ski rather than the entire surface of the ski. Or as they say in the books, becoming a long sleek vessel rather than a barge.

In the old days, with these long axis strokes, you would ride in the water on your chest or back, analogous to navigating in a rowboat as compared to a canoe or kayak.





Economy of Effort. Relaxation helps bring that about. You are applying force with different body parts through the various phases of the stroke. Actual motor force comes from the large muscles anchored in your vertebrae (core) and insert in the upper thighs, both flexing and extending the thighs and hips. (I'm only talking about the long-axis strokes). The roll itself causes one leg to go down and the other to come up. That may be all you need, at least for the swimming I do, which is the longer events and the open water swims. More about kicking next.



Lower extremities. (Thigh is area from hip to knee; leg is region from knee to ankle): We kick with the lower extremities made up of thigh, leg and foot. Conventional wisdom back then reasoned that since the legs were stronger than the arms, the kick should be emphasized. Therefore, kick hard and long. Now we know of the prodigious consumption of oxygen supplies by the large muscles of the lower extremities contributing minimally to our forward propulsion in freestyle. Thus is born the need to use the lower extremities judiciously and economically.

Considering myself among the vast majority of ordinary mortals, I find it best to use a two-beat kick, with the shallow downbeat coinciding with the arm push after grabbing the water with an early vertical forearm. Furthermore, the major force of the kick is when your ankle is flexible and you can feel as if you are shaking off a loose slipper. This holds true for both backstroke and freestyle where emphasis should be on a fast but shallow kick with the lower extremities almost floating on the surface of the water. Even in the backstroke, a two-beat kick may be sufficient. But in backstroke the kick must be fast, the turnover fast, and the kick also rhythmic and steady.



Arms (arm refers here to the region from shoulder to elbow; forearm is area from elbow to wrist). The actual stroke is much like the downswing of the golfer, or even the batter. The forearm is analogous to the clubface—the part that hits the ball, or in swimming, the part that pushes against the water and causes forward movement, in golf forward movement of the body, in golf forward movement of the ball, same as in baseball, the fat part of the bat sending the ball on its way.

Follow the arm motion, as it resembles the downswing: Hand enters water; body is turning to the opposite side of the entering hand, the turn's power generated by the torso. In effect now in the first half of the stroke the arm can be relaxed totally with the body actually turning the arm. Then, as the body is turning and the elbow is relaxed, there will be a 90° angle between arm and forearm. Now with the muscles of the arm augmenting those of the core of the body, the forearm is thrust backward against the column of water. At this point the swimmer does lurch forward. Actually you will be starting from a relatively slow pull that accelerates as the arm and forearm itself join the action.

In golf it is the clubface (forearm) in a position that acts as does the forearm. Clubface is perpendicular now to the ground in golf, just as the forearm is also perpendicular to the water's flow. Body and golf ball, with that extra push from body and forearms, will then go forward in a straight line.

Here too is where the concept of Early Vertical Forearm (EVF) comes into play. The sooner you can get the forearm vertical to the surface of the water, the more powerful your push back will be.

I often think too of the part in the movie *Cinderella Man*, about the life of boxer Jim Braddock, played by Russell Crowe, where Braddock had to work as a long shore man. He would throw his hook to where it encased and surrounded the piece of cargo. Once the hook caught and trapped the object, then he'd pull.



This is the so called 'x-factor.' What's the extra ingredient you put in that makes the difference? Is it doing more laps than the next person? It was for me in high school where I was able to swim pre-season at the Newark Athletic Club pool with only a few other swimmers. An avant-garde guy named Mickey Vogt coached there and I was able to get a few tips watching the swimmers he mentored. Or is it doing drills, watching your diet; is it concentrating on stroke technique, reading books, watching videos, etc., etc?

Maybe it's just thinking about the strokes and writing about them. I just undertook the variations of the letters that spelled **RELAX**. It's by no means a complete summary of swimming's essentials. So maybe someone among the more cerebral types can try and do something like this. For example, let me float the idea of variations on the letters to another essential . . . **FLOAT**.



Santa post holiday

Kudos Kudos Kudos

By Ed Tsuzuki

November 20, 2013 - Congratulations to the following NJLMSC swimmers who set new SCM records at the Thanksgiving Classic at the College of New Jersey on November 16-17, 2013. **Women 55-59:** Nancy Steadman-Martin (59) 50 Back - 39.11. **Women 75-79:** Janet Moeller (79) 1500 Free - 34:45.26, 200 Breast - 5:25.30 **Men 55-59:** Benn Doyle (55) 50 Breast 33.65, 200 Breast 2:43.42; **Men 60-64:** James Ryan (61) 1500 Free - 21:04.95; **Men 65-69:** Frank McElroy (65) 100 Free - 1:07.61, 200 Free - 2:27.37, 1500 Free - 20:04.76, 200 Back - 3:02.81, 100 Breast - 1:30.57, 200 Breast - 3:16.34, 100 Fly - 1:17.18, 200 IM - 2:49.63, 400 IM - 5:58.10; **Men 75-79:** Jerry Katz (75) 200 Free - 3:23.17, 50 Breast - 45.86, 50 Fly - 42.49 **Men's 240-279** 200 Medley Relay: GSM - Jack Zakim (68), Art Wein (63), Sam Cynamon (63), Larry Seidman (66) -2:35.90... [Click here](#) for pics from the Thanksgiving Classic! Thanks Ed Tsuzuki

November 20, 2013 - Congratulations to the following NJLMSC swimmers who set new SCM records at the UDMS Fall Harvest Meet at the Upper Dublin High School (PA) on November 10, 2013. **Men 45-49:** Scott Yeomans (49) 800 free - 9:48.61; **Men 60-64:** James Ryan (61) 1500 free - 20:55.54; **Men 65-69:** Frank McElroy (65) 400 Free - 5:07.73, 800 Free - 10:32.97, 100 IM - 1:18.63

What better to do after Turkey Day?

Try Paul J. Kiell's Workout!

I have two basic workouts. One I'll do 1-2x a week, the second one, 3-4x a week. (That is the good weeks. Some weeks I do little of anything.)



This is the easy-to-remember, elegant workout that Ed Tsuzuki recommended earlier this year. There are 8 sets. The first set is 1x200 yards, then 2 x175 yards, and then 3x150 yards. Now you have 1,000 yards. The next set gets you another 1,000: 4x125 yards, then 5 x 100 yards. All the while you go a little faster as each distance lessens.

The next 1,000: 6x75 followed by 7x50 and finishing with 8x25. At the end you have 3,000 yards, enough for kids my age although the swimmer should try and get in some slow warm down laps.

You can make your own variations such as changing strokes and using time intervals when you get to the shorter distances. For example, I try to rest between reps 5 seconds for each 25 yards, e.g., 15 seconds rest after swimming 75 yards. You can change tempos, use fins and pull buoys here and there.



This is where I'm training more for long open water swims or longer distance pool competitions. Here I go by time rather than lap counts. There are usually two sets; the first is a 45 minutes swim, then a rest of a few minutes, not so much that a rest is needed, but to avoid having any fatigue interfering with proper technique. Next is a 30-minute swim where I might sometimes use fins.

The swims, particularly the 45-minute one, should start slowly. The 45 minutes includes a period of warming up. You can change strokes, change pace, add a few drills, play the edges between aerobic and anaerobic effort, count strokes/lap here and there, innovate where you can, try to get into a rhythm, and as they used to say in my day, "keep your form."



2014 Registration Information

Registration now open!

USMS Club Membership: \$25 (USMS fee) + \$20 (NJ LMSC fee) = \$45 total. All Club contacts should renew/register their Club for 2014 by Oct. 30, 2013 in order to allow their members to register successfully with their Club starting on Nov. 1, 2013.

USMS Workout Group Membership: \$25 (USMS fee) + \$0 (NJ LMSC fee) = \$25 total

New optional membership category that permits Workout Groups to register and take full advantage of available USMS resources offered by the NJ LMSC, USMS National Office and Club and Coach Services to help with program development.



USMS Individual Membership: \$35 (USMS fee) + \$10 (NJ LMSC fee) = \$45 total

Please direct any questions to
NJRegistrar@usms.org.

NJ LMSC Annual Board Meeting, 2014 NJ LMSC Officer Elections, and NJ LMSC By-Laws Amendments

All NJ LMSC Masters Swimming members are invited and encouraged to attend the upcoming NJ LMSC Annual Board meeting, which includes the 2014 Officer elections, scheduled for Sunday December 8th.

The Annual Meeting will be held at 10:00am at the [Fanwood Scotch Plains YMCA](#) 1340 Martine Avenue, Scotch Plains, NJ 07076. All meeting attendees are welcome to attend a Masters workout coached by Amy Carow preceding the meeting from 8:00am - 9:30am.

As we continue to grow our NJ LMSC volunteer group, please consider getting involved and sharing your passion for your sport. Nominations are currently being accepted for the positions of Chair, Vice Chair, Secretary, Treasurer, Registrar, Sanctions & Safety Chair, Top Ten/Records Chair, and Newsletter Editor. More information and a [description](#) of the officer positions can be found on the [NJ LMSC website](#) and also on the [USMS website](#). Please submit your nominations to Susan Kirk sgkirk@gmail.com. Thanks!

The [NJ LMSC By-Law amendment proposals](#) which will be voted upon at our Annual Meeting. All NJ LMSC current members in attendance have a voice and a vote.



2014 NJ LMSC Online registration

If you renew your membership by December 31, 2013, then USMS will provide you with discount codes from 11 USMS sponsors to be used through January 15, 2014.

- Aqua Sphere: 20% off of entire order
- blueseventy: 25% off of orders \$50 or more
- Colorado Time Systems: 10% off on all training products*
- FINIS: 25% off of entire order*
- Hammer Nutrition: 10% off of total purchase*
- Nike: 20% off of entire order*
- P2Life: 25% off of entire order*
- Speedo: 20% off of entire order*
- TRISWIM: 40% off of all TRISWIM, FOGGLE and TRISLIDE products
- Swimoutlet.com: 10% off USMS product & Sporti products*
- X-1 Audio: 25% off of entire order

Anytime throughout the year, you can access and print out your own copy of your current U.S. Masters Swimming registration card by clicking on the link below and following the instructions.

[U.S. Masters Swimming Membership Card electronic version](#)

