

October 2013

EASTLANE

2013 US Aquatic Sports Convention Recap

The United States Aquatic Sports annual convention provides an opportunity for USA Swimming to gather all of its delegates together for the purpose of making decisions that will affect the future of our sport. We elect our officers, vote on rules and legislation, and discuss and plan programs that will continue our tradition of excellence in the sport of swimming.

by Marie Vellucci

I attended the United States Aquatic Sports Convention in Garden Grove, California from September 11th through September 15th with fellow NJ Master Swimmers Susan Kirk, Chris McGiffin and Ed Tsuzuki.

The conference was packed with events from morning to night. The days began with a 6:00 to 7:00am swim practice at the Janet Evans Aquatic Center. The practice was followed by meetings and workshops at the convention through 6:00pm. Each day there was approximately an hour scheduled for lunch at the hospitality suite with food available to all the delegates. The lunch hour gave me the opportunity to meet delegates from all over the country.



L to R — Marie Vellucci, Ed Tsuzuki, Chris McGiffin and Susan Kirk

Meeting other delegates was not confined to the conference; at the end of the day some of us got together for dinner and checked out the local restaurants. One restaurant which stuck out was Oggi's Pizza. There I got to experience West Coast pizza, some of the best pizza I ever ate — a glowing review especially since I am a native New Yorker. At dinner two of the Metro delegates Coleen and Patricia discussed their experiences with LMSC.

My favorite workshop of all was the Coaches Sports Medicine presentation on the 13th, where I learned the effects of drugs on exercise. The discussion included how anti-psychiatric medication and alcohol affect the body's control of temperature, how tranquilizers affect alertness, and how caffeine can cause panic attacks. However this last one won't keep me from my daily coffee treats I afford myself.

Continued on page 4

Why is the Fastlane in the pink? ... October is National Breast Cancer Awareness Month.... This is a chance to raise awareness about the importance of screening and the early detection of breast cancer.

About 1 in 8 women born today in the United States will get breast cancer at some point during her life. After skin cancer, breast cancer is the most common kind of cancer in women.

The good news? Many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early.

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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

October 12 Octoberfest at Drew University in Madison, NJ. For the first time, online entry is available for this meet; [click here](#). Mail-in entries are also available; [click here for the entry form](#). Entries are due October 8. For more information, contact meet director Eric Scheingoltz at escheingoltz@drew.edu.

October 19 Sussex County YMCA Fall Adult Mini-Meet. Go [here](#) for entry. Deadline for entry is October 11. Any questions, call Beth Kelly; [973/209-9622](tel:973/209-9622), ext 223.

November 16 & 17 Thanksgiving Classic at TCNJ, Ewing, NJ, Online entries are available [here](#). Mail-in entries are also available; see entry form by [clicking here](#). Entry deadline for online and mail-in entries is November 6. For questions or more information, contact the meet director Michael Randazzo at [\(908\) 448-8476](tel:908/448-8476).

January 11 SAVE THE DATE! The Third Annual 50 X 50's event will be held at the Perth Amboy Raritan Bay YMCA.

February 2 NJ LMSC Annual 100 x 100s ~~ location TBD

More Snippets

For more in-depth calendar info, click:

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

“By the time I got home at night, my eyes were so chlorinated I saw rings around every light.”

— *Esther Williams*



LIGHT THOSE CANDLES
HAPPY BIRTHDAY OCTOBER BIRTHDAYS!

Kenneth Abramowitz
Robert Andersen
John Balasic
Erica Berman
Heather Brandao
Elizabeth Broos
Raymond Campeau
Carolyn Capodicasa
Martino Caretto
Doug Clark
Colleen Conway
Erin Cooper
Luke Cunningham
Diane Dinsmore
Kevin Donohue
Kristopher Farreny
Brian Fennell
Alfred Ferguson
Thomas Feuker
Jenny Fowler
Sandra Franc
Nancy Freundlich
Dennis Friedman
Jane Gardner
Roberta Geist
Steve Glassman
Brian Glenn
Craig Harvey
Soren Hastrup
Robert Henry
Karen Hilliard-Johnson
Bridgette Hobart
John Kehoe
Paul Kiell
Amy Kolman

Eric Kopchinski
Debra Lepore
Peter Lupfer
Beth Maloney
Catherine Maloney Falicon
Robert McAdams
Yuri Mekhanik
Timothy Melinson
Ann Monaghan
Carol Morman
Jay Muldoon
Heather Negley
Robert O'Connor
Deirdre Omara
George O'Rourke
Julie Porro
David Price
Paula Pyrcz
Lisa Rivera
Gita Roy
William Ruthrauff
Alan Sawyer
Patrick Scanlon
Gregory Schwartz
Lawrence Seidman
Sara Sorenson
Joel Stein
Lisa Stoldt
Jonathan Stone
Bill Tesar
Anthony Viillanueva
Chuck Warner
Matthew White
Thomas Yakowenko

KUDOS KUDOS KUDOS

By Ed Tsuzuki

Congratulations to Rosemarie Froeder, 83 and Jerry Katz, 75 for setting new NJ LMSC SCY records at the 2013 New Jersey Senior Games at the Woodbridge Community Center (SCY) from September 7 through 8, 2013. Rosemarie posted a new record in the women's 80-84 100 IM with a 3:18.09 and Jerry swam the 100 fly in 1:46.08 to set a new standard in the Men's 75-79 age group.



September 20, 2013 - New Jersey continues posting outstanding results in the nationwide USMS "Go The Distance" online fitness event. NJ has the highest participation rate of all of the "high yardage" LMSCs with almost 13% of the NJ membership (119 swimmers) recording their results on line! NJ remains in 8th place of all 52 LMSCs and along with fellow LMSCs New England (4th) and Potomac Valley (5th), is helping the Colonies Zone remain in the #1 spot among all 8 zones. 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 - 68k miles, 416 swimmers (4% of LMSC membership)
Southern Pacific - 43k miles, 232 swimmers (5% of LMSC membership)
Florida - 35k miles, 183 swimmers (9% of LMSC membership)
New England - 28k miles, 172 swimmers (7% of LMSC membership)
Potomac Valley - 21k miles, 152 swimmers (5% of LMSC membership)
Illinois - 21k miles, 172 swimmers (8% of LMSC membership)
Oregon - 20k miles, 122 swimmers (11% of LMSC membership)
New Jersey - 18k miles, 119 swimmers (13% of LMSC membership)

Continued from page 1

Besides the workshops, there were meetings that discussed the planning and scheduling of long distance events. Some long distance events will be combined at one location over either a weekend or a long weekend. They will label such events as "Swim Festivals."

The House of Delegates Meetings included elections where both Ed and Chris were elected to the USMS Executive Committee. Ed is now the new Vice President of Administration, and Chris is the new Vice President of Programs. At our next meeting both Ed and Chris deserve much applause and well wishes, as this is quite an achievement considering that New Jersey is not a particularly large LMSC within the USMS organization - there are only seven Executive Committee members and we have two of them!

The convention ended with a banquet Saturday night, which included all the aquatic disciplines: USA Swimming, Water Polo, Diving, Synchronized Swimming, and Masters Swimming. Awards were given to Patty Miller, who was honored with the Captain Ransom Arthur MD Award, and Katie Le-decky, who was awarded Swimmer of the Year.



Meet the Coach!

Coach Brad Thornton: Hoboken Masters

Hoboken Masters was started by Coach Brad Thornton in October 2010 to replace the Stevens Institute of Technology run 'Stevens Masters' program that was no longer going to be supported by the aquatics department. After a few years and a substantial growth in membership, Hoboken Masters officially became Hoboken Masters Swimming, Inc, a non-profit with 501(c)(3) status in April of 2013. Coach Thornton is currently the Head Men's & Women's Swimming Coach at Stevens.

Hoboken Masters offers morning workouts Monday/Wednesday/Friday, and evening workouts Tuesday/Thursday year round. Members are also allowed to use the Stevens pool for lap swim on weekends during the school year, and Friday/Saturday during the summer months.

The majority of workouts are coached by Lindsay DeLaRosby and Thomas Nawrot, both assistant coaches of the Varsity team at Stevens. The workouts primarily cater to triathletes, as they make up over 80% of the members. Most triathletes are members of Gold Coast Triathlon Club (gctri.org), a local triathlon club. We have a wide range of abilities from former Division I All-Americans, to those that are training for their first race.

Numerous Hoboken Masters members have qualified for the Ironman World Championships in Kona, and posted top age group swim times in local and national triathlons.

For more information about the Hoboken Masters program, please go to www.HobokenMasters.com or contact Brad at brad.thornton@stevens.edu.

Check out Coach Brad's Workout on page 8!



**Just a cool pic,
thanks Linda!**

Gabriela Albuquerque competes in the women's 100 meter butterfly at the IODESUR South American Youth Games in Lima, Peru.

~~~Getty Images.

## *Meet the Coach!*

### *Coach Peter Hockmeyer: Berkeley Aquatic Masters*

Peter Hockmeyer has been coaching the Berkeley Aquatic Masters, in Berkeley Heights, NJ, since 2005. As an age grouper, Peter swam locally at Somerset Hills YMCA until graduating from Ridge High School in Basking Ridge where he also excelled at soccer. He graduated from Colby Sawyer College where he decided to pursue soccer instead of joining the swim team.

" I always look back on that decision as one of the hardest choices in my life. In college I got my first taste of coaching swimming, when the local swim club lost a coach and was in need of some help. I offered my assistance for two seasons until I graduated and headed back to New Jersey . A couple of years later, when working as a Special Education Teacher in Long Hill Township, I was approached by a colleague who had heard about my swimming experience and asked if I would be able to help out coaching the Berkeley Aquatic Masters Program. Knowing the great reputation of Jim Wood and his successful program with the age group swimmers, I couldn't help but feel compelled to jump at the opportunity. When I walked in the door I was greeted with open arms and the rest they say is history."

"One word can describe my experience at Berkeley over the past 8 years; FUN. As some people at our practices have joked, we are a social team with a swimming problem. Don't get me wrong, our practices are difficult and focus on a warm up, a drill set, and then a tough main set that reinforces the drill set. Our team includes novice swimmers, tri-athletes, open-water swimmers, ex-collegiate swimmers, swimmers who are headed to USMS nationals and worlds, and others who are just looking to get a good workout."

During the fall, winter, and spring months our workouts are held at Berkeley Aquatic Club in Berkeley Heights, NJ on Sunday mornings from 8:30-10AM, and Monday, Wednesday, and Friday evenings from 8-9PM. In the summer, we are lucky enough to be able to gain access to the long course pool at New Providence Community Pool. These Long Course practices are normally held on Sunday mornings, but for the past two summers, New Providence Community Pool has been gracious enough to allow us evening practices as well for a couple of weeks in June and September.

Berkeley Aquatic Masters Swimming has grown tremendously over the past years and is looking to continue that trend of introducing more and more people to Masters swimming. It is my hope that we can reach out to the surrounding communities and provide them with a safe and healthy alternative to the traditional workout regimen. If anyone is in the Berkeley Heights area or surrounding communities and is interested in getting involved in Masters swimming, I would highly recommend stopping by or contacting me via email: [p\\_hockmeyer@yahoo.com](mailto:p_hockmeyer@yahoo.com) . Our website address is <https://www.teamunify.com/SubTabGeneric.jsp?team=njbac&stabid=63739>

Happy Swimming!

***Check out Coach Peter's Workout on page 8!***

## 48 Hour Swim for Hurricane Sandy Recovery via AmeriCares

To mark the one-year anniversary of Hurricane Sandy, long-distance swimmer Diana Nyad - fresh off her landmark swim from Cuba to Florida - helps power disaster recovery efforts through a 48-hour test of mental, physical and emotional endurance: the Nyad Swim for Relief. With the strength and support of P&G brands at her side, Diana Nyad swims for 48 continuous hours in the heart of New York City to raise funds for the AmeriCares Hurricane Sandy Relief Fund.

The Nyad Swim for Relief reflects the emotional and mental strength it takes to overcome adversity and restore a sense of normalcy to lives disrupted by disasters. P&G brands such as Duracell, Tide and Secret are underwriting all production costs for the Nyad Swim for Relief, maximizing the donated funds that directly support Sandy recovery activities. In the months following Hurricane Sandy, AmeriCares distributed more than \$6.4 million in aid to help survivors, including \$3.5 million for medicines and relief supplies and \$2.9 million in grants to community organizations providing services such as storm clean-up and mental health counseling. And the recovery efforts continue with so many storm survivors still in need of help.

Hurricane Sandy caused approximately \$70 billion in damage across the Eastern seaboard, destroying 12,500 homes in New Jersey alone. To-date, in Ocean County, NJ, more than 25,000 residents are still displaced from their homes and in New York FEMA has again extended its deadline for Transitional Sheltering Assistance -- demonstrating the continued need for these recovery efforts.

A 40-yard, two-lane pool is installed in Herald Square for the event, allowing the public to witness Diana's incredible display of perseverance while learning about AmeriCares important work of rebuilding lives.

How you can help...

[Make a donation](#) to **AmeriCares Sandy Relief Fund**.

- Share the word with friends and family about this important event and fundraising effort (social media links are located above) and encourage them to join in.
- Cheer on Diana by sending words of encouragement using the hashtag **#SwimForRelief**. Submissions may be showcased at the pool, shared with media and featured across Nyad Swim for Relief activities.

Want to keep giving? Buy the official Diana Nyad documentary "The Other Shore" – a portion of proceeds will benefit the AmeriCares Hurricane Sandy Relief Fund.



# Challenge yourself with two great workouts!

## From Coach Brad and Coach Peter

### Thanks Coach Brad...

Warm Up:

400 Swim, 200 Pull, 200 Swim

Main Set:

3x's:

|300 Negative Split @ Pace Interval

|200 Descend to Hard @ Pace Interval

|3 x 100 Fast – Best Average @ Pace Interval  
+10 seconds

\*Round 3 = Pull or Fins Optional

100 EZ

Warm Down:

200 Warm Down

Distance - 3,500 Yards

Time: - ~ 1 Hour

### Thanks Coach Peter...

6 x 150 warm up

(100 free 50 kick) :15 RI

12 x 50 drill IM order

400 IM

Main set

400 IM

4x100 stroke IM order

100 EZ

200 IM

4x50 IM order

100EZ

100 IM

4x25 IM order

100 EZ

200 kick

200 cool down



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## 2014 Registration Information

**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

Registration opens for members to renew/register on November 1, 2013

Please direct any questions to [NJRegistrar@usms.org](mailto:NJRegistrar@usms.org).



## Annual Meeting 'Round the Bend!

**Sunday, December 8** is the date for the NJ LMSC Annual Board meeting and 2014 Officer elections, open to all NJ LMSC Masters Swimming members. The meeting will be held at the Scotch Plains Fanwood YMCA, 1340 Martine Avenue, Scotch Plains, 07076 at 10:00am. There is also Master's swim practice 8-930am. We'd love to see both new and old faces at the meeting.

Our organization is run by volunteers so the more volunteers we have the more we can do for our members!

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 [descriptions](#) of the officer positions can be found on the [NJ LMSC website](#). Please submit your nominations to Susan Kirk at [sgkirk@gmail.com](mailto:sgkirk@gmail.com)

## Need to know swim news as it's happening? Check out New Jersey Masters Swimming on Facebook and Twitter!

'Like' us on our [Facebook](#) page and follow us on Twitter [@NJMastersSwim](#) for some of the latest swimming news in New Jersey. Also, once you 'Like' the New Jersey Masters Swimming Facebook page, you can post announcements on the wall and share your swimming pictures and videos with your fellow New Jersey Masters Swimmers.