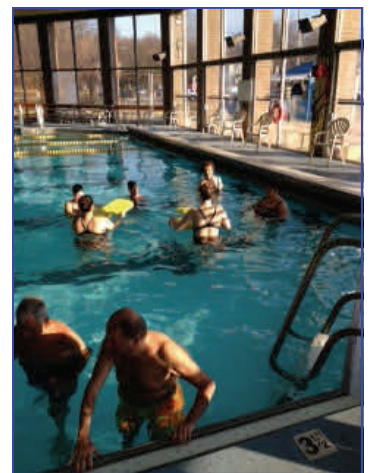
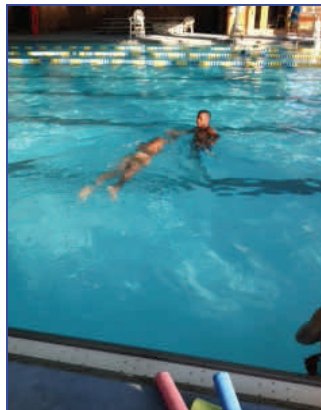
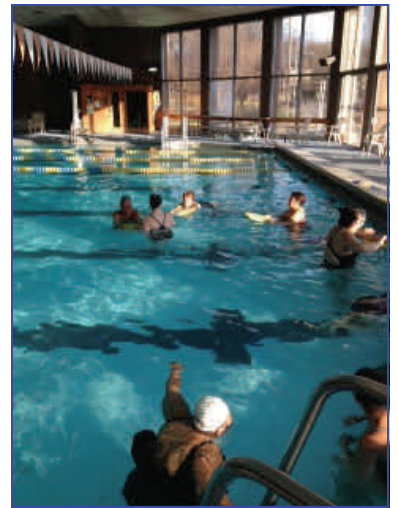
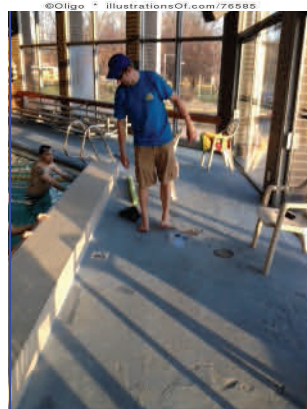
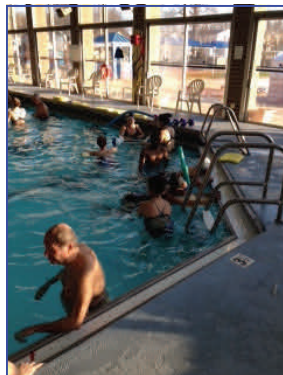
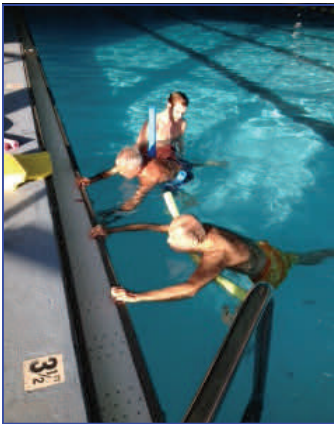


EASTLANE

Learn-To-Swim Fest a Big Success!

Cranford Pool & Fitness Center's Learn-To-Swim Fest last month was a big success! According to Coach Sally Kleeman, "the non-swimmers were fearful and nervous but being with others helped them relax. They were very happy to find that they could learn to swim. Most of them have made plans to continue lessons, and a couple have reported to me that they are continuing to practice on their own and continue to make progress. The instructors were also very pleased with the event and very excited about their students' progress. We look forward to doing it again!"



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 tombrunson@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/Design

Sara Harrison Johnston

908.267.5494 aras33@comcast.net

Open Water Co-Chairs

Marie Vellucci

646.641.4236 marielovestostswim@aol.com

Sarah Clark

201-248-5659 saritaylor71@gmail.com

Event Coordinator

Lynn Ascione

201.825.0328 lynnascione@optonline.net

Coaches Co-Chairs:

Julie Schoenlank

NYswim@yahoo.com

Ramunas Radzevicius

201-916-4051 rrodzevicius1@gmail.com

Fitness Chair:

Linda Brown-Kuhn

908.479.1038 lindabk11@gmail.com

Webmasters

Bridgette Hobart

bhobart@ptcllc.com

Jason Pintinalli

jpintinalli@ptcllc.com

Calendars 2014

2014 NJ LMSC Colonies Zone Open Water Swim Calendar now available

The [2014 Colonies Zone Open Water Swim Calendar](#), compiled by Sarah Clark, is now available. Please check back regularly as this is a fluid document and will be updated regularly throughout the rest of the year as other open water swims firm up their 2014 event details and results become available.

If you have any updates or questions, please contact Sarah Clark saritaylor71@gmail.com

Event Snippets

July 27 – August 10 FINA World Masters Championships Montreal

January 1 - December 31 USMS Go The Distance 2014 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 2014 calendar year. [Information](#) includes online and paper entry .

New Jersey Snippets

Click for More Snippets

May 17 Karlyn Pipes Clinics Raritan Bay Area YMCA details page 3.

September 6th & 7th ~~ 2014 New Jersey Senior Olympics Woodbridge, NJ

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

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



Clinics with World-renowned Masters Swimmer Slated for May 17th

Karlyn Pipes, will be coming to NJ and offering a free-style clinic session in the morning 9:00am - noon and a pool open water clinic session in the afternoon 1:00pm - 4:00pm at the Raritan Bay Area YMCA in Perth Amboy, NJ.



Each clinic session will be offered at the NJ LMSC subsidized cost of \$50 (usual cost is \$125) or you can register for both clinic sessions ~ the morning freestyle and the afternoon open water ~ for a total cost of \$75! You must be a 2014 NJ LMSC USMS registered swimmer to be eligible to participate.

[Faster Freestyle Swim Clinic information and registration form](#)

[Pool Open Water Swim Clinic information and registration form](#)

Karlyn was voted one of the TOP TEN MASTERS SWIMMERS of ALL-TIME by *Swimming World Magazine*. She has also been named World Masters Swimmer of the Year in 2012, 2009, 2008, 2007 and 2004 and to date has set over 200+ FINA Masters World records of which 47 are still current. In 2007, she was inducted into the International Masters Swimming Hall of Fame. In addition, Karlyn has competed in open water races since the age of 8 and holds numerous course records in California and the all over the Island of Hawaii. For more on Karlyn check out her website www.aquaticedge.org.



Any questions about either of the clinic events, please contact Julie Schoenlank nyswim02@yahoo.com

If your club or workout group would be interested in hosting a clinic led by Karlyn, she will be in the NJ/PA area from May 8th - May 17th. Please contact Karlyn aquaticedge@hawaii.rr.com for further information.

Hello LEGS Workout from Karlyn Pipes!



Warm-up (I like to do the same thing all the time):

100 free

100 non-free

50 kick

3-4 rounds continuous and easy (1,000)

Rev-up set to get your HR up:

3 x 50 IM switchers (rd 1 fly/back, rd 2 back/breast, rd 3 breast/free) on 50/1 min

100 IM with about 20 seconds rest, get faster each one

50 easy (800)

Ok...I love kick/swim set combos as it allows you to focus on the legs, then you add the arms. It is also hard to NOT work hard.

4 times through:

3 x 100 descend 1-3 done as 25k/50swim/25 kick with a board

1 x 100 fast using your legs!

50 ez (1800)

Option a) all free

Option b) two rounds free, then two rounds fly OR back OR breast

Ez 200 gratitude swim!

Total: 3,600

LIGHT THOSE CANDLES

HAPPY MAY JUNE BIRTHDAYS!

May Birthdays

Richard Alexander
Lynn Ascione
Yves Baeyens
Janice Baker
John Baliko
Jodi Barrish
Sharon Berger
Tink Bolster
Penny Boorman
Barbara Burton
Graham Byra
David Calabrese
Dylan Cohen
Arnold DeGarcia
Deborah Deffaa
Matthew Donovan
Jim Dragon
Bill Eickelberg
Irene Fisher
John Forrestal
Joanne Forster
Tina Garyantes
Lan Ge
John Giancola
David Goldberg
Karen Gould
Sean Greene
Kelsey Hall
Samuel Harris
Bob Hopkins
Erin Hughes
Maya Hunnewell
Marybeth Jacob
Deepak Jain
Sara Johnston
Rose Kormanyos
Vinay Kundur
Robin Lauer
William Mackolin
Andrew Maggion
Thomas Marion
Rob Mathis
Nancy Maurer
Deirdre McGuinness
Julie McLaughlin
Edward Meredith
Douglas Miller
Patric Mills

Aaron Moore
Cara Murphy
Kevin Nervi
Jonathan Norton
Jennifer Palombo
Kellan Peck
Arun Rao
Jamie Rusignuolo
Allison Schaefer
Jeffrey Schobel
Gail Seelig
Andrea Smith
Patria Sullivan
Christopher Swenson
Brad Thornton
Edward Vander Veen
Emily Waters
Arthur Wein
Erik Werfel
Guangyu Xu

June Birthdays

Philip Allocco
Nate Aron
Maria Beconi
Melissa Benford
Simon Bintley
Linda Brown-Kuhn
Richard Callaghan
Gerri Callahan
Andrew Capers
Christopher Case
Bob Cashel
Mike Chinaea
Tim Christian
Austin Clayton
Kari Clayton
D. Lindsay Conner
James Curd
Michelle Davidson
Lindsay DeLaRosby
Guy Dorgan
Kelly Eid
Noga Eldor
Matt Ellis
John Esser
David Fabian
Brent Ferguson
Sandra Ford

Robert Franks
Leslie Frost
Chuck Graf
William Haynes
Ralph Hemecker
Robert Hengeveld
Peter Hockmeyer
Erling Hoie
Ray Hurst
Gregory Kelly
Sue Kircher
Susan Kirk
Mary Konsolaki
Kristin Krauss
Mike Llerandi
Martha MacNabb
Thomas Metzler
Katie Murtaugh
Susan Olesky
Regina Papini
Chloe Park
Ellen Pease
Rob Rebak
Jane Riff
Tilak Samaranayake
David Schmitt
William Segal
Julie Sheaffer
David Siconolfi
Marc Silberman
Gertie Sloan
Patricia Spencer
Gail Stevancsecz
Jody Turco
James Turney
Wendy VanDeVeen
Alan Voorhees
Donald Walsh
Santina Winthrop
E Dieter Wunderlich
Jiaming Yu



RECORD BREAKERS

Kudos Kudos Kudos

By Ed Tsuzuki

Congratulations to Laurie Ditommaso, the lone NJ LMSC swimmer representing the only NJ YMCA at this year's YMCA Masters Nationals in Sarasota, Florida on April 10-13, 2014. Singlehandedly, Laurie (51) scored 55 points to secure 19th place for the Wyckoff YMCA (out of 36 women's teams). Laurie finished the meet with 3 gold and 2 silver medals and 2 new NJ LMSC SCY records. Laurie won the 50 free, 50 fly and 100 IM and set a new record in the women's 50-54 year old division with a 1:07.14 in the IM. Laurie's two silver medals were in the 50 breast and the 100 back. Her 100 back time of 1:07.93 also established a new NJ LMSC record.

Congratulations to all record holders! Click [here](#) to see their accomplishments!



*"The water is your friend....
you don't have to fight with water,
just share the same
spirit as the water,
and it will help you move".
Alexander Popov*

Who's this record breaker?

A 10-year old Jeff Jotz!

We'd love to share your pictures —
send them via email to Sara Johnston,
Editor, aras33@comcast.net!



FINA World Masters Championships Announcement

from the NJ LMSC Social Chair -- Lynn Ascione

The FINA World Masters Championships will be taking place in Montreal from July 27 – August 10, 2014. The swimming events will be held from 8/3 – 8/9 and the open water 3k event will take place on 8/10. We want to help make your planning a bit easier by providing some information and would also like to schedule some NJ Masters socials while in Montreal.

FINA has reserved a number of rooms at the host hotel, Fairmont The Queen Elizabeth. The room rates start at \$169 CAD. Reserve soon because they will go fast. The hotel is close to public transportation and is approximately 15 – 20 minutes by car to the aquatic complex. I am anticipating more details regarding a shuttle service from the host hotel to the aquatic complex. As soon as the information becomes available, I will pass it along. There are several lodging options available and you can find out more details on the meet site link below.



Archives! Steve Hiltabiddle, Paul Kiell and Jeff Jotz at the 2006 FINA Worlds in Palo Alto, CA.

If you are attending Worlds and would like to receive our updates on the event, please send your email address and cell phone number to Lynn Ascione at lynnascione@optonline.net. Also let me know if you are ok with being part of group emails going out to the NJ World Championship participants. In Montreal, it will be best to contact each other through email.

We hope you will consider attending this incredible event. We look forward to seeing many of you in Montreal. Just a friendly reminder, you will need a passport. Happy swimming!

Some helpful links to aid with planning:

The site for FINA World Masters Championships is here: <http://finamasters2014.org/home/>

The schedule is here: <http://finamasters2014.org/schedule/>

The name of the venue is "Parc Jean-Drapeau Aquatic Complex" <http://www.parcjeandrapeau.com/en/attractions/aquatic-complex/>

360 view of the complex: <http://www.parcjeandrapeau.com/images/360/complexe-aquatique/index.html>

On this page, you can sign up for updates directly from FINA.

<http://finamasters2014.org/registration/>

British open-water swimmer says he was rescued by dolphins after spotting shark

BY [David Boroff](#), NEW YORK DAILY NEWS

Adam Walker was working on a 16-mile trek in New Zealand's Cook Strait when he saw the great white shark. However, a group of dolphins showed up and protected him, he said.

The coolest bodyguards ever.

British open-water swimmer Adam Walker was working on a 16-mile trek in New Zealand's Cook Strait when he spotted a great white shark below him.

Not good, he thought. But then he was rescued — by a group of dolphins.

The dolphins surrounded Walker during his swim and he believes his "escorts" kept him safe.



"I'd like to think they were protecting me and guiding me home!" Walker posted on Facebook, according to Yahoo. "This swim will stay with me forever."

The Cook Strait swim was part of the Oceans 7 Mission, a quest to complete seven marathon swims around the world.

Thanks in part to the dolphins, Walker was able to complete the Cook Strait swim — and complete it in one piece!



Happy
Mother's
Day!



Safety Tips for Open Water Swimming

[Yvette McKechnie](#) , Coach | September 3, 2013

I prefer open water to a pool any day. It doesn't mean I don't have a healthy fear of the critters below or other variables, I do. (I could go on and on about lifeguarding drills, feeling nudges in the water, seeing shadows while surfing, and so on.) But one thing is certain, it hasn't stopped me yet! I love the open water and you can embrace it, too, but not without sturdy safety practices and a few basics.

Here are some basic safety tips and key points to employ when you're planning a swim with some friends or heading to a race or event. This list is not exhaustive, but it's a place to start.

Even if you're participating in a race or organized swim, it's still best practice to remain aware of personal basic safety at all times. Just remember to have fun, keep calm, and create a positive atmosphere for you and those around you. Nature is unpredictable, but unnecessary swim-related accidents can be prevented.

Basic Safety for a Casual Swim with Friends

Never swim alone. First and foremost, never under any circumstances ever swim alone. Did I mention never-ever? Would you SCUBA dive alone? Of course not! Whenever you're in the water, always swim with a buddy, even if there is a lifeguard. A lifeguard cannot be considered a buddy because his primary duty is to protect and prevent hazardous situations for all patrons, not just you.

Check water conditions before entering. Is it safe for everyone to swim? Are there hazards not immediately visible, such as potential boat traffic? Is the water quality poor or dangerous? Are there any indications that signs could be missing? Could those have been signs warning of a "No Swim" area? Survey the area before you enter and know what to look for.

Have a plan for emergencies. What is your plan should something happen to you or your buddy? Does someone else know where you're going? Will someone be watching from shore, ready to take action in the event you need assistance? Plan for everything and eliminate as much uncertainty as possible.

Understand currents, rip currents, and such. Currents are another variable of open water swimming versus pool swimming. Sometimes you won't know how strong or which direction the current pulls until you get in the water. This topic alone warrants a whole article, but for now, keep the following tips in mind:

If it looks quick, it is. Be careful, exercise extra caution, and be smart about deciding whether to get in the water.

Ride it 'til it weakens. If you get caught in a rip current—strong columns of water that rush out to sea and can carry a swimmer a great distance from shore very quickly—your best bet is to ride the current until it weakens, then swim out of it, parallel to shore. Once you're past the rip, you can turn and swim back into shore. If you try to fight the current or swim against it, you will lose.

Stay calm, be safe, and be aware. Currents happen, and your best defense is to always remain calm and aware.

Know your surroundings. Be acutely cognizant of your surroundings. Boats, swimmers, marine life, variable weather and water conditions, and a lot of other elements can threaten your swim. Stay vigilant and get out of the water if you feel threatened.

Watch the weather. If the forecast calls for rain or thunderstorms, it's prudent to not swim. That said, meteorologists are rarely 100% spot-on and weather changes frequently. Double check credible weather forecasting services before you swim. If you hear thunder before or during your swim, get to shore and a safe environment immediately. You do not know how quickly a storm might be moving or where it's headed, so remove yourself from the water and take cov-

er. Then apply the USMS [weather safety plan](#).

Basic Prep for an Open Water Race or Event

Always be prepared. The more prepared you are, the more confident you are and less likely to be overly excitable. Pack the night before so you're sure to have everything.

Be confident. We're all human and despite our feelings that some skills need work or that we're not perfect, this shouldn't stop us from exuding self-assurance. As Nike says: "Just do it!"

Go for it from the start but stay calm. It's good to remember when you're getting in the water, either by a running start from the beach or an in-water start, to always remain calm. If you enjoy the crowd, then create a positive, confident energy other swimmers can contribute to and feed off of; it makes it more fun for everyone. If you're too nervous or just need to avoid crowds, then do your best to place yourself at a safe distance from the crowd. It might be hard to avoid if you're participating in a race, but remember to breathe and keep calm. Some folks feel more comfortable letting an official or someone affiliated with the race or event know that this is their first race or that they're new to open water. The official or volunteer might be able to offer something that could provide comfort, even if it's a few encouraging words. Some events also rely on "Angel Swimmers" to guide and assist nervous swimmers. They aren't at every race, but ask an official if you can have a dedicated buddy for your swim.

Remember to breathe. If you're starting to panic or breathe faster than normal, rein yourself in by taking slow, deep breaths and thinking about something that calms you. If you're in the water when panic strikes, roll over and float on your back until you feel you're ready to engage again. Always keep an eye on land and be aware of your surroundings. You can also look around for a safety kayaker or other support crew and ask for help or a moment to hang on the boat until the panic subsides.

Know the drill when drafting. Drafting is permissible in open water swimming, but it can be tricky to do well. You never know if the person in front of you is a good navigator or someone you'd rather not follow. You might catch up to them and get a hello from their foot in your face—ouch! Just be aware of your direction and those around you; it's OK to draft off another swimmer for a bit, but if you're getting too close, pass and move on to your next target.

Sight land and buoy targets carefully. Know the buoys or the next point you're aiming for and adjust the frequency of your sightings based on wave and water conditions. If it's choppy and there's a current, then you most likely will have to sight more than if you're swimming in a calm lake or pond.

Talk to yourself! Freaked out? Talk through the situation out loud—only the fish will think you're crazy. Sometimes just hearing yourself talk through the scenario gives you insight as to how best to alleviate the problem. You might even be able to laugh at yourself, which is the best remedy. Channel Dory from *Finding Nemo*, when she reminds herself to "Just keep swimming. Just keep swimming." I have found this strategy to be helpful in a few situations.

Relax and play! Got waves? Keep calm and do your best. You might even consider taking on the persona of a dolphin. But, above all, be sure you're safe. There is nothing wrong with heading back to shore if it's just too much. It's better to recognize what you might need to work on before getting into a situation that can turn what should be a joyous day in the water into a nightmare.

These are just a few of many tips for making your open water adventures safe and fun. I look forward to seeing you in the great outdoors!

About the Author—Yvette McKechnie

Yvette McKechnie is a Level 3 Masters coach who has been a part of the popular DCRP Masters Swim team in Washington, D.C., since 2006. When not in the water, she can be found coaching a variety of athletes from first-timers to iron-distance triathletes.