

March 2014

EASTLANE



Please join us as we honor
This year's USMS NJ Masters Swimming
Continuous Membership Recognition Awards Recipients

2014 Annual Awards Banquet

Saturday, March 29, 2014 ~ 6:00pm - 10:00pm

DOLCE Basking Ridge Hotel
300 North Maple Ave., Basking Ridge, NJ 07920

Costs:

Award Recipient Complimentary/2014 NJ LMSC Certified Coaches \$15/
Members/Guests \$25 if paid by 3/7/14, \$35 after 3/7/14, \$40 at door

Enjoy our beautiful, Basking Ridge venue. Conveniently located off Rt. 287. A block of rooms has been set aside at a special rate of \$119 for a Deluxe room on Saturday, March 29th. To make a reservation, please call 908-953-3025 or visit our link at:

<https://resweb.passkey.com/go/LA050413>

Buffet Dinner – Cash Bar – Guest Speaker – Door Prizes – Time To Socialize
With Your Master Swimming Friends. Please see enclosed registration card.
We look forward to seeing you at the Dolce Hotel!

USMS NJ Masters Swimming
2014 Annual Awards Banquet

honoring our
 2013 Continuous Membership Awards
 Recipients

Saturday, March 29, 2014
 6:00pm - 10:00pm
 DOLCE Basking Ridge Hotel
 300 North Maple Ave., Basking Ridge, NJ 07920

Enjoy our beautiful , Basking Ridge venue,
 conveniently located off Route 287. Detailed hotel
 information available on www.njmasters.org.

FEATURED SPEAKER – JEFF JOTZ

JEFF JOTZ first learned how to swim at age 4 at
 Fanwood Scotch Plains YMCA. As a child and teenager,
 he swam for the FSPY Piranhas,
 Jersey Gators and was a member of
 four nationally-ranked, all-group
 state championship swim teams at St
 Joseph High School in Metuchen.



Jeff is a certified ASCA Level II Masters Swim
 Coach and has coached age group, high school
 and Masters swimmers. He a former USMS Long
 Distance and Open Water All-American and served
 as Open Water Chairperson for the New Jersey
 LMSC. Since 2005 he has been conducting open
 water swim clinics in New York City and New Jersey.

Outside of the pool, Jeff serves as the Municipal
 Clerk for his hometown of Rahway and enjoys
 listening to music, hiking, camping and kayaking.

CONGRATULATIONS TO OUR 2013 NJ MASTERS SWIMMING Continuous Membership
 Recognition Award Recipients.

25 YEAR MEMBERS (1989-2013)

Bob Hopkins, Susan Kirk, Larry Lengle

20 YEAR MEMBERS (1994-2013)

Edward Goracy, Jeffrey Jotz, Kathleen Reynolds, Toms Royal, Ed Tsuzuki, Donald Walsh

15 YEAR MEMBERS (1999-2013)

Michael Leddy, William Mackolin, Rick Schluter, Nancy Shapiro

10 YEAR MEMBERS (2004-2013)

Arthur Bilenker, Tiffany Brennan (Sawin), Dan Chamby, Michael Cialdella, Monish
 Dhalwani, Joseph Donohue, Brian Fagan, Norma Fallon, David Feldman, Melanie Fink,
 William Howarth, Rosanne Lemongello, Carol Mateo, Ann Monaghan, Bill O'Brien,
 Kimberly Plewa, Lisa Rivera (Bettinger), William Segal, Linda Twining

5 YEAR MEMBERS (2009-2013)

Beth Alemy, Janice Baker, Beth Bigham, Elizabeth Burton, Suzanne Ceravolo, Viktor
 Chebotarev, Kevin Chiella, Lisa Ciccone, Stephen Droste, Diane Duelfer, Ronald Epstein,
 Marianne Eybye, Annie Ferguson, Robert Fetter, Nancy Finn, Jennifer Finotti-Sheppard,
 Joseph Flanagan, Sharon Friedman, Brendan Gallagher, Jeffrey Gold, Madeline Greene,
 Erling Hoie, Rhonda Hospedales, Cristina Judge, Simona King, Ursula Kohama, Sam
 Kongsamut, Matt Lefkowitz, Peter Lupfer, Catherine Maloney Falicon, Carol Martyniuk,
 Rob Mathis, Richard McKem, Moira McCullough, Pia Mountford, Heather Negley, Edward
 O'Hara, Susan Olesky, Ellen Pease, Paula Pycz, Michael Roesch, Laura Rush, John
 Sabatino, Denise Salvatore, Tilak Samaranayake, Geoff Schenkel, Julie Sheaffer, Gertie
 Sloan, James Sullivan, Christopher Swenson, Brad Thornton, Leslie Trott, Marie Vellucci,
 Jiaming Yu

REGISTRATION CARD

**Cost: Award Recipient Complimentary | 2014 NJ LMSC Registered Coach \$15 | Members/Guests \$25 if paid by 3/7/14, \$35 after
 3/7/14, \$40 at door**

NAME _____ NUMBER ATTENDING: _____ USMS MEMBER _____ GUESTS _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ USMS NUMBER: _____

PHONE _____ EMAIL _____

Please make checks payable to NJ LMSC. Mail completed form to: Lynn Ascione 35 Joshua Drive, Ramsey, NJ 07446
 Email Inquires to Lynn Ascione - lynnascione@optonline.net

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

JSchoenlank@lifetimefitness.com

Ramunas Radzevicius

201-916-4051 rradzevicius1@gmail.com

Fitness Chair:

Linda Brown-Kuhn

908.479.1038 lindabk11@gmail.com

Webmasters

Bridgette Hobart

bhobart@ptcllc.com

Jason Pintinalli

jpintinalli@ptcllc.com

Calendar 2013

Event Snippets

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

March 15 Sussex County YMCA Adult Mini Meet, Hardyston, NJ, see info below...

March 22 Drew Rangers Fourth Annual Aquatics March Madness Meet, Drew University, see info below...

More Snippets

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

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

Sussex County YMCA "Adult Mini-Meet"

The Sussex County YMCA will once again be hosting their annual spring meet on March 15, 2014 in Hardyston, NJ. **The [entry form](#) must be received by Friday, March 7, 2014. NO EXCEPTIONS.** If you have any questions, please contact Beth Kelly by phone at 973.209.9622 ext. 223

Drew Rangers Aquatics Annual March Madness Meet

Drew University Rangers Aquatics Masters Swimming will be hosting the Fourth Annual March Madness meet on Saturday, March 22, 2014 at Drew University. **[Online entries \(preferred\)](#). [Paper entry form](#) must be RECEIVED by 6:00pm Tuesday, March 18, 2014.** If you have any questions, please contact the Meet Director ~~ Eric Scheingoltz escheingoltz@drew.edu.

Where's my USMS Card?

Have you lost or misplaced your current USMS card?? 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](#)

LIGHT THOSE CANDLES

HAPPY MARCH BIRTHDAYS!

Donald Asay
Carla Auld
Kathleen Bank
John Bernauer
Ryan Boate
Ron Borchers
Elizabeth Brejnik
Leslie Brunell
Tom Brunson
Sandra Carosi
Suzanne Ceravolo
Chris Chang
Lawrence Chevres
Zachary Chororos
Peter Christopher
Clifford Chu
Todd Clear
Nancy Conroy Leib
Peggy De Rosa
Alexandrah Deffaa
Monish Dhalwani
Michele Donato
Lynn English
Meaghan Eschbacher
Christopher Franz
Sue Freeman-Patterson
Glen Fries
Christopher Gibson
Louise Goldsmith
Melissa Griffie
Sydney Hatten
Siochain Hughes
Norma Jones



Joshua Kim
William Kosakowski
Martin Kraus
Elizabeth Krynska
Rosanne Lemongello
Larry Lengle
Frank McElroy
Chris McGiffin
Lyndsay McMeen
Tom McMenamin
Patrick Messmer
Austin Meszaros
Pedro Moreno
Matthew Murphy
Ken Niemi
Edward O'Connor
Loretta Oliveira
Kathleen Pearce
Heidi Pfefferkorn
Lynda Przedpelski
Kurt Rotthoff
Eric Scheingoltz
Brian Schroeder
Nora Schultz
Ladislav Sebestyan
Bridget Sherratt
James Sullivan
Patricia Thompson
Lauren Twombly
Nancy Wagner
Sheryl Walsh
Craig Zaleck
Yuyue Zhou

Kudos Kudos Kudos

By Ed Tsuzuki

Congratulations to Jose Faria, 48 for setting a new NJ LMSC SCM record in the men's 45-49 100 meter backstroke with a 1:07.45. Jose swam this at the Wilton Wahoos Fall SCM Masters Meet in Wilton, CT on 1/12/14.



NOTICE TO ALL USMS MEMBERS FROM THE USMS RULES COMMITTEE

SEPARATED HANDS IN BREASTSTROKE AND BUTTERFLY

Issued by FINA January 20, 2014

The FINA Technical Swimming Committee has issued a clarification regarding the interpretation of the new rules about separated hands at the touch for breaststroke (USMS article 101.2.4) and butterfly (USMS articles 101.3.4 and 101.3.5). **The updated interpretation will apply to USMS competition immediately and replaces the USMS interpretation issued September 25, 2013.** USA Swimming has also published the new interpretation. The 2014 USMS Rule Book is available online at usms.org.

Text of the clarification from FINA:

“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

FINA further states, “It is important that officials use common sense. Please also see attached a file which clearly illustrates the sense of the rules.” (See picture below.)’

For any questions contact: Kathy Casey, Chair, USMS Rules Committee rules@usms.org



Separated Hands

“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

OK

**Separated means:
No stacked hands**



2014 100 X 100's

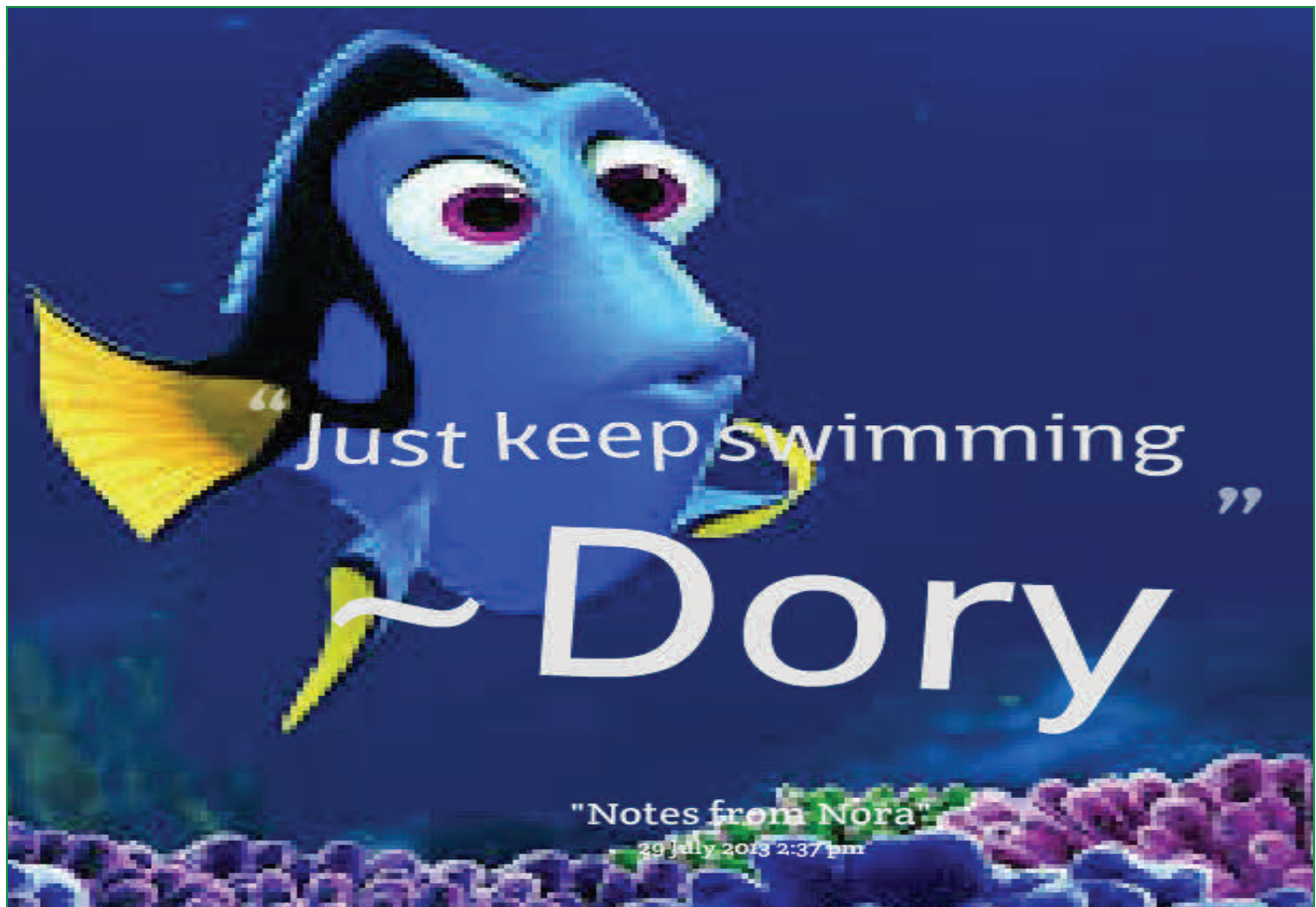
70 New Jersey USMS swimmers gathered at the Raritan Bay YMCA to swim the NJ LMSC's annual 100 x 100s pre-Super Bowl event on February 2, 2014. This motivated crew logged almost 700,000 yards !



USMS – Swimming for Life!

Pictured below, on the left (l-r: Dave Fabian, Susan Kirk, Scott Schmitt, Joyce Taite, Anne-France Saillot) and on the right (l-r: Marcia Postallian, Diane Dinsmore, Art Ruiz, Nancy Wagner, Laura Graham)





Yes, just keep swimming...

Adults who exercise regularly are happiest with their work–life balance, finds a study in the press at *Human Resource Management*. The authors asked 476 US working adults about their exercise behaviour. Those who worked out more than three times a week were most likely to feel positive about managing work and personal duties. Co-author Russell Clayton, who studies management at Saint Leo University in Florida, says that professionals including researchers, whose schedules can preclude long workouts, should aim to fit in brief stints each day. Lab meetings, he suggests, can involve a walk around campus — and scientists should take the stairs. “Find exercise in the margins,” he says. This article was originally published in the journal [Nature](#).

2014 Registration Information Registration always open!

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.

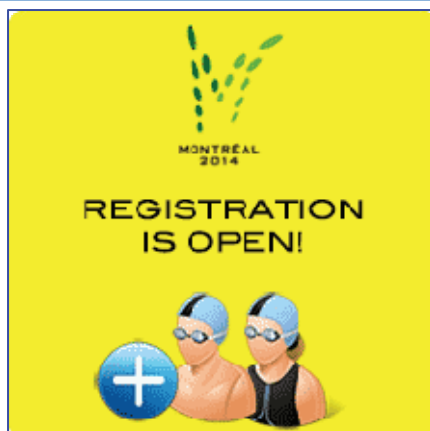
USMS Individual Membership: \$35 (USMS fee) + \$10 (NJ LMSC fee) = \$45 total

Please direct any questions to NJRegistrar@usms.org.



**15TH FINA WORLD
MASTERS CHAMPIONSHIPS**
JULY 27TH TO AUGUST 10TH

**15^E CHAMPIONNATS DU MONDE
FINA DES MAÎTRES**
DU 27 JUILLET AU 10 AOÛT



The Organization Committee from the 15th FINA World Masters Championships is pleased to announce that the **registration for individual events is now open**. By following the link below, you will be able to obtain information about the registration process. The minimum requirements to complete the process are:

1. A valid and active **e-mail**;
2. Your passport-sized digital **photography** (formats accepted: JPG/JPEG, GIF and PNG only);
3. For athletes, coaches, support staff and accompanying persons, a valid **international credit card** is required (MasterCard or Visa only) for the registration fee payment (it is the **ONLY** method of payment accepted).

The deadline for registration is **1st June 2014** for individual events.

We are also pleased to inform you that, for the first time in FINA World Masters Championships history, you will be able to **manage your registration account**. Once you have completed the process, you will receive a password which allows you to access your information at any time. You will be able to make corrections, additions and – of course – register to compete in another sport!

If you require an official **invitation letter** to apply for a Canadian Visa, we have good news for you: after completing all registration steps, the letter will be available automatically for you to print! We are presently working hard to finish the translation of the registration pages in French. Furthermore, a Spanish version will be available shortly. We would like to remind you that, if you need an invitation letter to obtain visas for **family members** and/or **friends**, or, if you want to take advantage of our great offer of free ground transportation during the competition, please make sure to fill out the registration form for each individual, in order to obtain that person's accreditation card.

All fees can be viewed at:

<https://finamasters2014.org/registration-and-entry-fees/>

To register now:

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

If you need support during your registration, it will be a pleasure to assist you. You may use the e-mail support@finamasters2014.org to communicate with our technical support team.

See you soon on pool deck!

Take it Higher, MASTER the Water!

Pierre Cloutier, CEO Montréal 2014 <https://finamasters2014.org>