

January/February 2014

EASTLANE

Mark your calendars for the 2014 USMS NJ Masters Continuous Membership Recognition Awards Banquet!



Once again we will be at the beautiful
Dolce Hotels and Resorts
In Basking Ridge, NJ,
Saturday, March 29, 2014, 6:00pm - 10:00pm.

Guest Speaker Jeff Jotz

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

www.dolcebaskingridge.com

Our online invitation will be coming soon.

We hope you will all join us for this NJ LMSC event!

For further information please contact Lynn Ascione at lynnascione@optonline.net

***There is a block of rooms reserved for those wishing to spend the night,
just mention the event.**



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

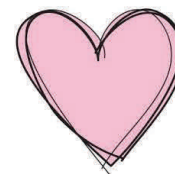
February 2 NJ LMSC Annual 100 x 100s ~ 8am - noon at the Perth Amboy Raritan Bay YMCA. Email registration will open in mid-January. This event is FREE to any 2014 NJ LMSC USMS registered swimmer, but the event will be limited to the first 100 eligible swimmers. There are still spots available but don't delay. Contact Susan Kirk at sqkirk@gmail.com to reserve a place. 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 23 - 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>



2014 OCY Unofficial Team Championship Meet ~~~ DATE CHANGE!!!

On **Sunday, February 23rd**, the **Ocean County YMCA** will once again be hosting the OCY Unofficial Masters Team Championship SCY meet.

A meet orientation session for new swimmers will be held at 10:30am preceding the second session warmup. Warm up will be at 9:15am for the 1000 free; 11:15am for all other events. Meet starts at 10:00am for the 1000 free; 12 noon for all other events.



NJ Masters Swimming

2013 Annual Board Meeting Recap

On Sunday, December 8, 2013, the NJ LMSC Board of Volunteers held their Annual Board Meeting at the Fanwood-Scotch Plains YMCA. Preceding the meeting was a fabulous practice led by Coach Amy Carow. A big thanks to Amy and also to the FSPY staff for their gracious hospitality!

Congratulations to the newly elected and appointed NJ LMSC Board Volunteer Members:

Elected:

Chair - Susan Kirk
Vice Chair - Chris McGiffin
Co-Registrars - Tom Brunson; Chris McGiffin
Treasurer - Bill Reichle
Secretary - Susan Kirk
Newsletter Editor - Sara Johnston
Top Ten and Records - Ed Tsuzuki
Sanctions and Safety - Jennifer Bauman

Appointed:

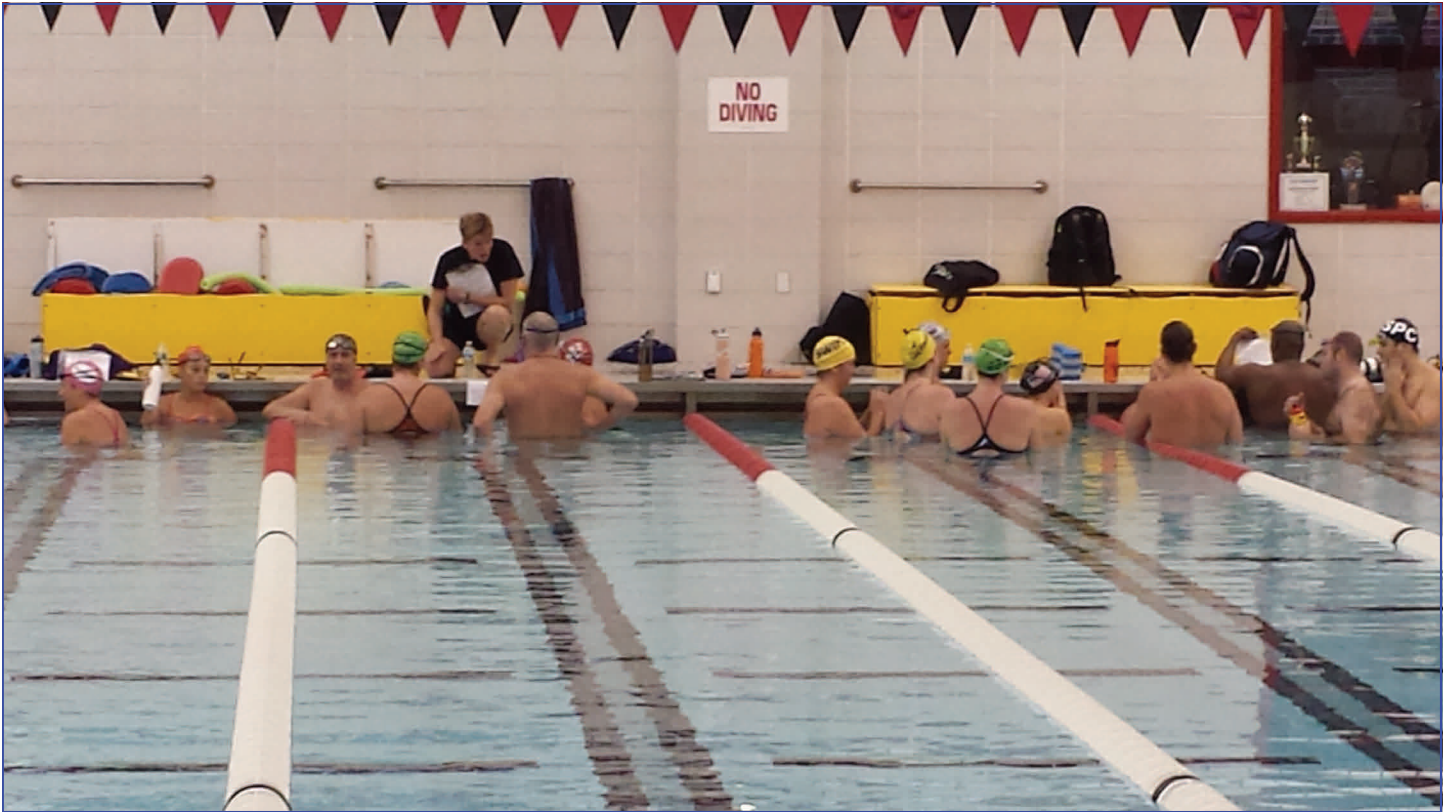
Coaches Co-Chairs - Julie Schoenlank and Ramunas Radzevicius
Event Coordinator - Lynn Ascione
Fitness Chair - Linda Brown-Kuhn
Graphic Newsletter Designer - Sara Johnston
Open Water Co-Chairs - Marie Vellucci and Sarah Clark
Webmaster - Bridgette Hobart/Jason Pintinalli

We are all looking forward to an exciting 2014 of servicing the NJ Masters Swimming membership! Thanks to you, all of our members, our LMSC is healthy and thriving. We are striving to top the elusive 1000 member mark in 2014! As of mid-January, we already have 630 NJ Masters Swimming members. If you have not renewed your 2013 membership yet, we hope to see you back in 2014. Let's see what personal swimming goals we can all accomplish in 2014!!!

Thanks to all of you for your continued support of the NJ Masters Swimming community and if you have ideas or suggestions of how we can improve and/or expand our service to you, please let us know.

Happy Swimming!
Susan Kirk
NJ LMSC Chair

Working it...at the New Jersey Masters annual pre-meeting swim!



Masters swimmers listening to Coach Amy Carow for the morning workout then taking it to the short course at the Scotch Plains Fanwood YMCA!



LIGHT THOSE CANDLES

HAPPY JANUARY AND FEBRUARY BIRTHDAYS!

January

Ann Allen
 Shane Arters
 Greg Bassett
 Lorrie Beck
 Mike Betts
 Fay Bizub
 Gregory Blessing
 Daniel Bloomfield
 Josh Bottum
 Sandra Brighthouse
 Joscelin Burrer
 Arlene Caban-Pocai
 Heather Cacci
 Stephani Carroll
 Andre Casanova
 Sean Cavanagh
 Viktor Chebotarev
 Terry Christie
 Sarah Clark
 John Contrubis
 Foster De Jesus
 Joe Donohue
 Victoria Elbrecht
 Bill Fallon
 Gregory Fernicola
 Donald Fink
 Alben Fischer
 Jane Fisher
 Neil Fowler
 Chris Freund
 Jacqueline Glasser
 Nancy Goering
 Mikhail Golbin
 Brahm Goldstein
 Sarah Gooen Chen
 Edward Goracy
 Sinan Guven
 Pauline Gyllenhammer
 Darek Hahn
 Sara Haldeman
 Atsushi Hamanaka
 Peter Hempel
 Rhonda Hospedales
 Richard Hungerford

Brent Jenkins
 Richard Jibb
 Chris Karelus
 Boris Kavlakov
 Kathy Kelly
 Mingi Kim
 Jennifer Kirchherr
 Marianne Kitts
 Sheila Lanman
 Judith Lee
 Francesca Mancuso
 Karen Martin
 Amanda Maxwell
 Michael May
 Curtis Miller
 David Monte
 Ben Nanna
 Cande Olsen
 Roque Glenn Omanio
 Ray Ortiz
 Kimberly Plewa
 Bill Reichle
 Mathias Rem
 Sandra Rhodes
 Greg Romano
 Julie Rose
 Kevin Schmidt
 Fang Schmitz
 Leigh Segal
 Coray Seifert
 Kaitlin Shala
 Nancy Shapiro
 Philip Sherratt
 Jason Shershefsky
 Cathy Signorin
 John Sowa
 Christian Struck
 John Szabo
 Susan Thiel
 Christopher Trigg
 Richard Truche
 Joy Tsuzuki
 James VanBiervliet
 Jens Volker
 Ali Wade
 Steven Waskow

Katie Whitehead
 Jeff Ziegler

February

Ian Akehurst
 Andrea Joy Albrecht
 Russ Ball
 Richard Carlson
 Denise Carlson
 Dan Chamby
 Paul Cheek
 David Chung
 Beth Cinkewicz
 Deborah Cipriano
 Lucinda Cohen
 Charles Creamer
 Peter De Freitas
 George Dolezal
 Christopher Esnes
 Janet Estenes
 Andrew Feldman
 Robert Fisch
 Frank Fitzgerald
 Neil Flynn
 Jennifer Freeman
 Brenda Freeman
 Rosemarie Froeder
 Michael Goldberg
 Eric Henriquez
 Terry Hoyt
 Tim Huth
 Joanne Jaeger
 Holly Johnson
 Jeffrey Jotz
 Mirek Kita
 Sally Kleeman
 Samuel Kovach-Orr
 Teila Krahn
 Michael Lavitt
 Peter Levin
 Pierce Lord
 Diane Lynch
 Erika Maresca
 Christopher Martinetti
 William McCoy

John Menninger
 Meg Mikolaichik
 Thomas Miller
 Steve Miller
 Bari Miller
 Drew Moll
 Lorenz Muller
 Pete Nevins
 Gerald Omara
 Alexander Pakhomenko
 Kristine Parente
 Keith Paterson
 Jeanne Perantoni
 Beverly Peterson
 Indrek Porro
 Wyatt Pratt
 Ramunas Radzevicius
 Heidi Remak-Ziff
 Nicholas Russo
 Carla Scaturro
 Dawn Schneider
 Julie Schoenlank
 Cathy Schwerdt-Allen
 Scott Seibel
 Murray Simon
 Thea Skanes
 Kathryn Smith
 William Usm Stafford
 William Sullivan
 Keith Tamboer
 Steven Treble
 Larry Van Horn
 Courtney Welsh
 Jackie Whitty
 James Wild
 Jamie Zazella
 Nora Zurzolo



Meet the Coach — Jennifer Betts!

Seven years ago, the Ocean County YMCA again started a Masters Swim Team. The team practices at the Ocean County YMCA located in Toms River, NJ, which has a 12-lane 25 yard pool and a 6-lane 25 yard pool. The team attracts swimmers from several backgrounds, including competitive swimmers, fitness swimmers, triathletes and ocean lifeguards. Presently the team includes three individual NJ State Master Record Holders.

Jennifer Betts has been the coach for the past three years. She began competitive swimming at the age of seven at Rahway YMCA. In addition, she swam for Berkeley and Scarlet Aquatic Clubs. Jennifer swam for St. Peter's College in Jersey City where she was MAAC All-Academic and a conference finalist. She currently competes with the Ocean County YMCA Master's team.

The OCY Masters swim team currently practices for one hour, two days per week: Thursday evenings from 6:00-7:00 PM and Sunday mornings for 9:15-10:15 AM. Additionally, nine months out of the year, a third practice is offered on Tuesday evenings from 7:30-8:30PM. Swimmers often meet on off days for unofficial practices. Practices typically run between 2,500 and 3,500 yards. At least three lanes are available in which swimmers are grouped by ability. Practices typically consists of warm-up, drill set, kick set, aerobic set, and a short anaerobic set. In addition to all the hard work, The OCY Masters swim team has several team breakfasts throughout the year.

Ocean County YMCA hosts a Masters meet every February. The OCY Unofficial Masters Team Championships is being held this year on February 23rd.

For further information on swimming for the Ocean County YMCA Masters Team, please contact Jennifer at masterscoach@ocytigersharks.org. OCYMCA: 1088 W Whitty Rd, Toms River, NJ 732-341-9622

Or, you could just join this fella —

A 74-year-old man runs and jumps into a half frozen river during his afternoon exercises in Taiyuan, Shanxi province, January 14, 2014



Something for everyone from Coach Jen Betts!

Try 'em all!

LANE 1	LANE 2	LANE 3
<u>Warm-Up</u>	<u>Warm-Up</u>	<u>Warm-Up</u>
500 Free (every 4 th lap back)	400 Free (every 4 th lap back)	400 Free (every 4 th lap back)
<u>Drill Set</u>	<u>Drill Set</u>	<u>Drill Set</u>
8 X 50 @ :55 Odds free: catch up Evens fly: single/ double	8 X 50 @ 1:00 Odds free: catch up Evens fly: single/ double	8 X 50 @ 1:15 Odds free: catch up Evens fly: single/ double
<u>Kick Set</u>	<u>Kick Set</u>	<u>Kick Set</u>
3 X 100 Choice @ 2:00 4 X 25 sprint free @ :30	3 X 100 Choice @ 2:15 4 X 25 sprint free @ :30	3 X 100 Choice @ 2:30 4 X 25 sprint free @ :40
<u>Main Set</u>	<u>Main Set</u>	<u>Main Set</u>
2 X 200 Free @ 2:50 3 X 100 IM @ 1:30 2 X 200 Free @ 2:45 2 X 100 IM @ 1:30 2 X 200 Free @ 2:40 1 X 100 IM @ 1:30 4 X 25 Choice @ :30 Off blocks	2 X 200 Free @ 3:10 3 X 100 IM @ 1:45 2 X 200 Free @ 3:05 2 X 100 IM @ 1:45 2 X 200 Free @ 3:00 1 X 100 IM @ 1:45 4 X <u>25</u> Choice @ :30 Off blocks	2 X 200 Free @ 4:15 2 X 100 IM @ 2:15 2 X 200 Free @ 4:10 1 X 100 IM @ 2:15 4 X 25 Choice @ :30 Off blocks
<u>Warm Down</u>	<u>Warm Down</u>	<u>Warm Down</u>
200 EZ	200 EZ	200 EZ
Total Yards = 3400	Total Yards = 3300	Total Yards = 2600

“In the dust of defeat as well as the laurels of victory there is a glory to be found if one has done his best.” — Eric Liddell



Kudos Kudos Kudos

By Ed Tsuzuki



New Jersey swimmers posted another great year in the USMS "Go The Distance" online fitness event. NJ finished 2013 with the highest membership participation rate of all of the "high yardage" LMSCs with 128 swimmers (13.4% of the NJ membership) recording over 26,000 miles, averaging 205 miles per swimmer! NJ finished in 8th place of all 52 LMSCs and along with fellow LMSCs New England (4th) and Potomac Valley (7th), helped the Colonies Zone finish in the #1 spot among all 8 zones. This is a great way to keep a fitness log (you can log all of your fitness activities – not just swimming) and also serves as a tremendous motivator for you to stay consistent. Please remember to re-register for 2014 and if you did not participate this year, consider signing up for 2014! 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 - 94k miles, 445 swimmers (4% of LMSC membership)
Southern Pacific - 60k miles, 257 swimmers (5% of LMSC membership)
Florida - 48k miles, 187 swimmers (9% of LMSC membership)
Oregon – 29k miles, 130 swimmers (12% of LMSC membership)
New England - 39k miles, 179 swimmers (8% of LMSC membership)
Illinois - 28k miles, 186 swimmers (9% of LMSC membership)
Potomac Valley – 27k miles, 156 swimmers (5% of LMSC membership)
New Jersey - 26k miles, 128 swimmers (13% of LMSC membership)



Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the New England Masters Colonies Zone SCM Championships on December 13-15, 2013 at Boston University. **Women 30-34:** Lyndsay McMeen (33) 200 Breast - 2:53.37 **Men 55-59:** Benn Doyle (55) 50 Breast - 33.03, 100 Breast - 1:13.82, 200 Breast - 2:39.45, 100 IM - 1:09.07, 200 IM - 2:35.28, 400 IM - 5:50.81; Kip Gibson (57) 200 Free - 2:15.94, 400 Free - 4:48.50, 800 Free - 10:03.94; **Men 65-69:** Frank McElroy (65) 100 Free - 1:07.18, 200 Free - 2:25.91, 400 Free - 5:04.90, 800 Free - 10:25.32, 200 Breast - 3:14.80, 100 Fly - 1:15.48, 200 Fly - 2:53.24, 400 IM - 5:54.86. Lynday was the 10th highest point scorer for the women and Frank was the 3rd highest for the men! Along with Benn Doyle, Frank and Lyndsay from Garden State Masters won the "Squad" team championship award given to the team of 1 to 3 swimmers with the highest point total. Congratulations Benn, Frank and Lyndsay!

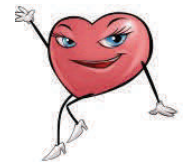


Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the Sussex County YMCA Adult Mini Meet on October 19, 2013. Women 50-54: Laurie Ditommaso (51) 50 back - 33.19 Men 85-89: Isaac Siskind (85) 50 Fly - 1:21.84, 200 IM - 5:49.74

50
X
50's



50
X
50's



Most of the group posing before they hit the water for the 50 X 50's. The swim was held on January 11th at the Raritan Bay Area YMCA in Perth Amboy.

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.

The 1-Hour Postal is Coming!

Are you ready to test your mettle for an hour? Better get training, because the [1-Hour Postal National Championship](#) is almost here!

Whether you're completing the 1-Hour Postal for competition, fun, or fitness, all who wish to participate are welcome. The event runs from January 1 to January 31, 2014, and the objective is to swim as far as possible in 1 hour, in any pool 25 yards or longer. Record your splits and [submit your results](#), just for fun, or so you can compare yourself to other swimmers around the country.

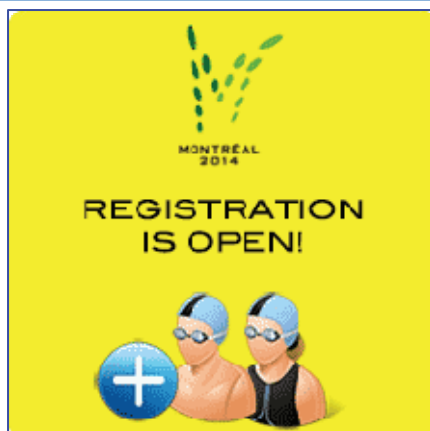
This year's 1-Hour is hosted by [Indy Aquatic Masters](#) and is a USMS-sanctioned event. All participants must be [registered for 2014 with USMS](#) (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. A copy of your current 2014 registration card must accompany your entry.





**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>