

EASTLANE

2014 US Aquatic Sports Convention Recap *From Florida back to New Jersey*

Linda Brown-Kuhn

This is the third US Aquatic Sports Convention I've attended so I'm less dazed by the intensity of the experience but no less dazzled by the amazing commitment that so many people nationwide have to Masters swimming. Our sport is in many good hands and you can expect continued growth as the word spreads about this wonderful activity.

One highlight of the convention for me was the election of a strong group of candidates representing all the zones in the country to serve as national At-Large Directors. Voted in from our zone, the Colonies zone, was Dave Diehl.

A pleasant surprise came when our own Chris McGiffin and Ed Tsuzuki were among the select group of those to be awarded the prestigious Dorothy Donnelly Service Award. Congratulations to Chris and Ed!

I was also pleased to learn of the progress that the USMS Swimming Saves Lives Foundation is making; awarding more than \$65,000 in grants to groups to teach adults to swim. This is particularly vital since 87% of children who have parents who don't swim will never learn to swim. April is Adult Learn-to-Swim month and eleven states including New Jersey issued proclamations about the issue this year.

Dr. Jim Miller and Alicia Kendig, a sports dietician who works with Olympic athletes, gave a fascinating Sports Medicine presentation about the importance of proper nutrition for athletes. I learned that inadequate nutrition can lead to an increase in inflammation and greater susceptibility to

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The House of Delegates busy at work in Jacksonville.



Awardees of the Dot Donnelly Award after receiving their awards from USMS president, Nadine Day on the far right. Note Ed Tsuzuki in the white shirt, front row and Chris McGiffin third from the left in the back!

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Events Calendar 2014

Ongoing Events

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.

Upcoming New Jersey Events

Saturday, October 18 4th annual Octoberfest meet at Drew University in Madison, NJ. New this year: 200 medley and 200 freestyle relays! [For online entries, use this link](#). Please [click here for the paper entry form](#). Entry deadline: Thursday, October 16, 2014. If you have any questions, please contact Eric Scheingoltz at escheingoltz@drew.edu.

Saturday & Sunday November 8-9 SCY Fourth Annual Thanksgiving Classic The College of New Jersey, Packer Hall Aquatic Center. 2000 Pennington Road, Ewing, NJ, 08268

Sunday, November 16 NJ LMSC Annual Board meeting and 2015 Officer elections Bridgewater JCC 775 Talamini Road, Bridgewater, NJ 08807. Meeting at 9am, pre-meeting Masters practice 7am - 8:40am

February 1 8am - noon NJ Masters Annual 100X100s at the Raritan Bay Area YMCA in Perth Amboy

March 21 2015 NJ Masters Swimming Annual Awards Banquet at the Dolce Basking Ridge



injury. Dr. Miller said it's important to start practice with "a full tank of fuel" because you can't catch up during practice. Both speakers advocate eating a variety of nutrient dense whole foods saying that supplement claims are not always true.

I attended a peer-to-peer workshop with other LMSC fitness chairs as well as a brown bag lunch for those interested in promoting fitness for Masters swimmers. So many creative ideas out there! Some included wheel of fortune workouts, an "I Swam a Marathon" log in swim, toy day at practice, swim golf, and a lot more. So if I introduce some wacky swim event in the future you'll know where I found my inspiration!



Check out pages 4 and 5 for more Convention coverage!

**Get up-to-the-minute NJ Masters news —
Check out NJ 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.



Convention Through the Eyes of Marie!

By Marie Vellucci

I recently attended the 35th annual United States Aquatic Sports (USAS) convention in Jacksonville, Florida, held at the Hyatt Regency Riverfront Hotel from September 18 -22. I attended with five other New Jersey delegates: Ed Tsuzuki, Chris McGiffin, Susan Kirk, Linda Brown-Kuhn, and James Sheerin. The convention was for the five aquatic sports divisions: USA Swimming, Masters Swimming, Water Polo, USA Diving, and USA Synchronized Swimming. We all attended all six of the House of Delegates meetings, where the elections for open officer positions were held, voting for rule changes took place, and some awards were announced.

A typical day began with a drive to the Bolles School for an early morning practice from 6:00 -7:00 a.m. From there we returned to the convention for House of Delegates (HOD) and committee meetings (long distance, open water, etc.) plus workshops on assorted swimming topics like sports medicine. At night we ventured out as a group for dinner, enjoying some very interesting restaurants courtesy of Ed where one could even order pig's ears. My favorite restaurant was the Mellow Mushroom which offered a huge variety of pizzas.



The NJ delegates at the USAS Banquet from l-r are Chris McGiffin, Linda Brown-Kuhn, Ed Tsuzuki, James Sheerin, Susan Kirk and Marie Vellucci.

The locations of the future Nationals were determined at the convention. In 2015 the SCY's will be at San Antonio, Texas and the LCM's will be in Geneva Ohio. In 2016 the SCY's will be in Greensboro, North Carolina and the LCM's will be at Mt. Hood Oregon.

At the Colonies Zone meeting, I learned that George Mason University will host the 2015 SCY Zone Championships. There will also be a virtually scored meet between the SCM meet hosted by the NE LMSC and the SCM meet hosted by Freedom Aquatic Club for the 2014 SCM Colonies Zone Championships.

Without a doubt I felt that the two workshops that I attended were the best part of the convention. The first was Open Water where open water essentials were discussed: personal safety, starting and finishing, navigation, escorted swim planning, and feeding. One is never too old to learn new things. The other workshop that I attended was Sports Medicine. The two presenters were Alice Kendig, the sports dietician with the US Olympic Committee, and Dr. James Miller. Here I learned that protein is the first choice of energy. Also one must enter practice with a full tank of gas. In other words, one should eat something before practice. Another thing I learned is that your immune system is the first line of defense against cancer.

During the House of Delegates meeting two of our members, Chris McGiffin and Ed Tsuzuki, received the Dorothy Donnelly Award for their service to Masters swimming. This is quite an honor since the USMS only gives out 15 of these awards per year and our LMSC received two. Here, in another HOD meeting, David Diehl was elected the at-large director for the Colony Zone.

On Saturday night the Banquet was held for the USAS. The notable awards presented were the Ransom Arthur awarded to Hill Carrow of North Carolina, the Speedo/USMS coach of the year award to Cokie Lepenski from Pacific Masters, and for the second year in a row Kate Ledecy was the Swimmer of the Year.

Dorothy Donnelly Service Award Winners!

Swimmers give back—and get recognized

Congrats to our own Chris McGiffin and Ed Tsuzuki

Members of U.S. Masters Swimming don't just confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the Dorothy Donnelly Service Award, honoring one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year with nominations coming from Local Masters Swimming Committees, clubs, and individuals.

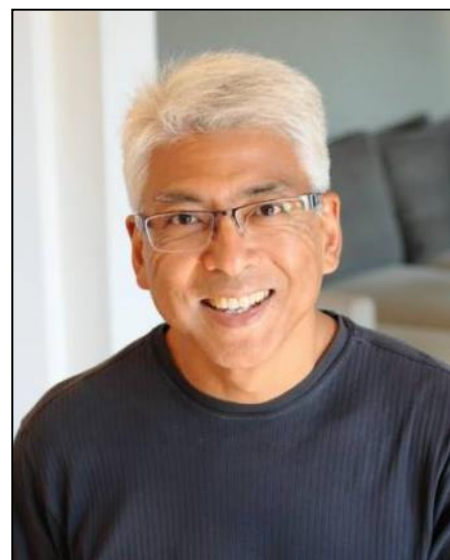


After 10 years as a Masters swimmer, **Chris McGiffin** decided to involve himself with the New Jersey Local Masters Swimming Committee. No stranger to challenges, Chris started at the top by volunteering to Chair the LMSC. He held the position for five years during which time he helped to develop and implement the LMSC's Continuous Membership Recognition Awards Program. Chris is currently Vice-Chair and Co-Registrar of the LMSC.

Additionally, Chris has been a delegate to the USMS National Convention for the last 9 years where he has served on multiple committees including most recently, the Development Committee where he chaired the task force that developed templates for volunteer roles at all levels of USMS. Chris has served as an At-Large Director for the Colonies Zone where he was Chair of the

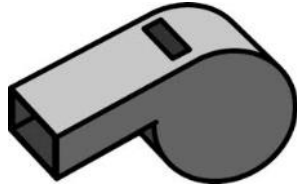
Volunteer Roles Task Force. Currently, Chris is the USMS Vice-President of Programs and a member of the IT Liaison Task Force.

Ed Tsuzuki has been an indispensable resource for USMS. As a 20-year member of the New Jersey LMSC, Ed has been a committed volunteer applying his passion and enthusiasm for the sport to everything he does. For the past 15 years, Ed has been a delegate and an active committee member at the USMS National Convention. He served as Vice-Chair and Chair of the Records and Tabulation Committee for 10 years, during which time he was instrumental in developing and bringing the End-to-End Event Management System to fruition. In addition, he has held the position of Top Ten and Records Chair and served concurrently as the Webmaster and as Secretary. Most recently, Ed has served as the Vice President for Local Operations and is currently the Vice President of Administration. Ed's leadership and communication skills have allowed him to optimize opportunities to help guide the development and growth of U.S. Masters Swimming.



**Congrats to those
Members
who**

**completed
Coach Certification!**



Congratulations!

...to the following NJ Masters Coaches and Swimmers who completed their Coaching Certificates at Asphalt Green in NYC in September.

Levels 1 & 2

Melanie Fink

**Ramunas
Radzevicius**

Don Sullivan

Sharlene

Weaver

Level 3

Jeff Jotz

Beth Maloney

Peter Turek



Fall into this Workout!

By Julie Schoenlank

Julie Schoenlank is a Garden State Masters Swimmer and Coaches Co-Chair for NJLMSC. She has coached club, recreational, high school, and masters levels. Julie has attended several USMS National Championships and enjoys using the event as an excuse to travel the country. Her most memorable trip was to Omaha in 2012, where she swam against former Olympian Misty Hyman at the Olympic Trials Pool in the 50m backstroke.

Warm up (1,000)

300 Free

200 Reverse IM

200 Pull

2 x 150 kick (1st round is free, 2nd is stroke).

Main Set (2,800)

10 x 100 free (use an interval with 10 sec rest between)

300 swim -or- pull

12 x 50 stroke

300 swim -or- pull

24 x 25 as follows:

1-4 is IM

5-9 free

9-12 stroke

Repeat above

Warm down (300)

300 choice easy

Total: 4,100

Have a workout you love? Share it!

Send your workout and a brief bio to the

Editor: aras33@comcast.net



SAVE THE DATES

2015 NJ Masters Swimming

Annual 100 x 100s

Sunday, February 1, 2015

8am - noon

Raritan Bay Area YMCA

Perth Amboy, NJ.



2015 Annual

Awards Banquet

honoring 2014 continuous
membership

awards recipients

Saturday, March 21, 2015

DOLCE Hotel

Basking Ridge



2015 Registration Information

USMS Club Membership:

\$25 (USMS fee) + \$20 (NJ LMSC fee) = \$45 total

All Club contacts should renew/register their Club for 2015 by Oct. 30, 2015, in order to allow their members to register successfully with their Club starting on Nov. 1, 2015.

USMS Workout Group Membership:

\$25 (USMS fee) + \$0 (NJ LMSC fee) = \$25 total.

Workout group registration with a club is a new (as of 2014) 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:

\$37 (USMS fee) + \$10 (NJ LMSC fee) = \$47 total

Registration opens for members to renew/register on November 1, 2015.

Please direct any questions to:

NJRegistrar@usms.org.



Annual Meeting 'Round the Bend!

Sunday, November 16th is the date for the NJ LMSC Annual Board meeting and 2015 Officer elections, open to all NJ LMSC Masters Swimming members. The meeting will be held at the Bridgewater JCC 775 Talamini Road, Bridgewater, NJ 08807. There is a Masters practice from 7am - 8:40am at the JCC for those interested in swimming prior to the meeting. The meeting begins at 9.

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](#) and also on the [USMS website](#). Please submit your nominations to Susan Kirk at sqkirk@gmail.com

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.



LIGHT THOSE CANDLES

HAPPY BIRTHDAY OCTOBER BIRTHDAYS!

Gregory Austin
John Balasic
Sam Baldwin
Scott Bank
Phillip Bowden
Elizabeth Broos
Carol Buckwalter
Carolyn Capodicasa
Martino Caretto
Doug Clark
Angus Cowan
Erika Cruz
Luke Cunningham
Thomas DiGiacomo
Diane Dinsmore
Kevin Donohue
Dan Fabrizio
Brian Fennell
Alfred Ferguson
Nicholas Fieldhouse
Sandra Franc
Nancy Freundlich
Jane Gardner
Gregory Geissman
Roberta Geist
Jennifer Geronimo
Steve Glassman
Brian Glenn
Michael Haskell
Soren Hastrup
Robert Henry
Karen Hilliard-Johnson

Bridgette Hobart
David Huehnergath
John Kehoe
Paul Kiell
Michael Kienitz
Amy Kolman
Peter Lupfer
Stephen Madden
Beth Maloney



Catherine Maloney Falicon
Mark Matthews
Robert McAdams
Patrick McCullough
Yuri Mekhanik
Deborah Miller-albanese
Ann Monaghan
Adele Morgan
Carol Morman
Jay Muldoon
Anne Murphy
Heather Negley

Kenneth Nichols
Gloria O'Connell
Robert O'Connor
Deirdre Omara
Kevin Ott
John Palmer
Gregorios Plakoudas
Julie Porro
Kevin Portmann
Paula Pycrz
Lisa Rivera
Paul Rodgers
Stephen Rosselli
Thomas Rowe
Gita Roy
William Ruthrauff
Alan Sawyer
Patrick Scanlon
Lawrence Seidman
Joel Stein
Jonathan Stone
Mieko Takenaka
Megan Tompkins
Michael Villane
Chuck Warner
Sharlene Weaver
Thomas Yakowenko