

EASTLANE

Coaches Chair Julie Schoenlank Shares her experience at the National Coaches Clinic

On June 5-7, 2015, I attended the inaugural USMS National Coaches Clinic in Nashville, Tennessee. Approximately 25 coaches from nearly as many states attended the event, including 2004 Olympian Dana Kirk, USMS Coaches Chair Scott Bay, 2012 USMS Coach of the Year Stu Kahn, and 2014 USMS Coach of the Year Cokie Lepinski.

There were presentations at Vanderbilt University from each coach in their area of expertise. Some of the topics they discussed were drills, the importance of a streamlined body position, dry-land training, and injury prevention. There was also in-water demonstrations which were particularly helpful. We practiced body position while floating on kickboards, then tried to swim (and breathe!) without the board coming up. There is also a "top hat" drill where you balance a hand paddle on the top of your head while in streamline position. Once you start moving, take your hand off the paddle and start swimming with it in place. If your spine is completely straight, the paddle will stay in place. Needless to say, this took some practice, and I realized how much I need to improve on this aspect of swimming.



NJLMSC Coaches Chair Julie Schoenlank (top pic and bottom left of group pic) joins coaches from across the country for the first biannual USMS National Coaches Clinic in Nashville, TN.

Also in group picture is 2004 Olympian Dana Kirk (bottom row, third from right).

One topic discussed by Coach Lepinski was a type of training called USRPT, which stands for "Ultra-Short Race-Pace Training." Coach Lepinski finds this type of training very effective and says it is used by all levels of swimmers. With this training, there is no emphasis on high yardage practices. Instead, the workout is at race pace, but for short distances, such as 25 yards, with 15-20 seconds rest.

An example of a USRPT set:

- Warm up approximately 500 yards
- Set #1 30 x 25 sprint on 15 seconds rest*
 - Easy 300 yards
- Set #2 20 x 25 sprint on 15 seconds rest*
 - Warm down 200 yards

**You must come in on your target split time for each sprint. Pick a stroke and your racing goal of 100 yards. Divide by 4 and this is the time you need to come in for every 25. Ex: Target 100 free is 1:00. You should come in on :15 for each 25. Then take 15 seconds rest after every 25. If you "fail" to hit target time, sit out one set of 25 and rejoin the group. If you "fail" twice in one set, begin a cool down and try again for set #2.*

I have found that this workout is great for me because often I do not have the time to put in more than 2,500 yards in a practice. Since applying USRPT to my practices, my times at meets have improved and my body has become used to swimming fast again. I have always been one to "push" my yardage and see how much I can actually do in the time allotted, but I have learned it is more about quality than quantity.

Many of the coaches discussed how swimming is such a great sport for life. Some had swimmers on their teams who were in their 70's, 80's, and 90's. They reminded all of us that it is one of the few sports that you can continue your entire life. One presenter, Dr. Justin Zumsteg, a Masters Swimmer who works in the field of sports medicine, has studied the effects of swimming on the body. He explained that Masters Swimmers lose bone density slower than those who are sedentary. Masters Swimmers also exhibit better cognitive performance than sedentary adults. These are just a few of the many benefits of the sport!

I had a wonderful experience in Nashville. I met so many inspiring coaches who I look forward to visiting at their meets around the country in the future. I would like to thank the NJLMSC for this opportunity for me to expand my knowledge as a coach and swimmer!

By Julie Schoenlank, Coaches Chair



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Calendar 2015

Ongoing Events

January 1 - December 31 USMS *Go The Distance* 2015 Fitness Event. Go to <http://www.usms.org/fitness/content/gothedistance> to enter this free event.

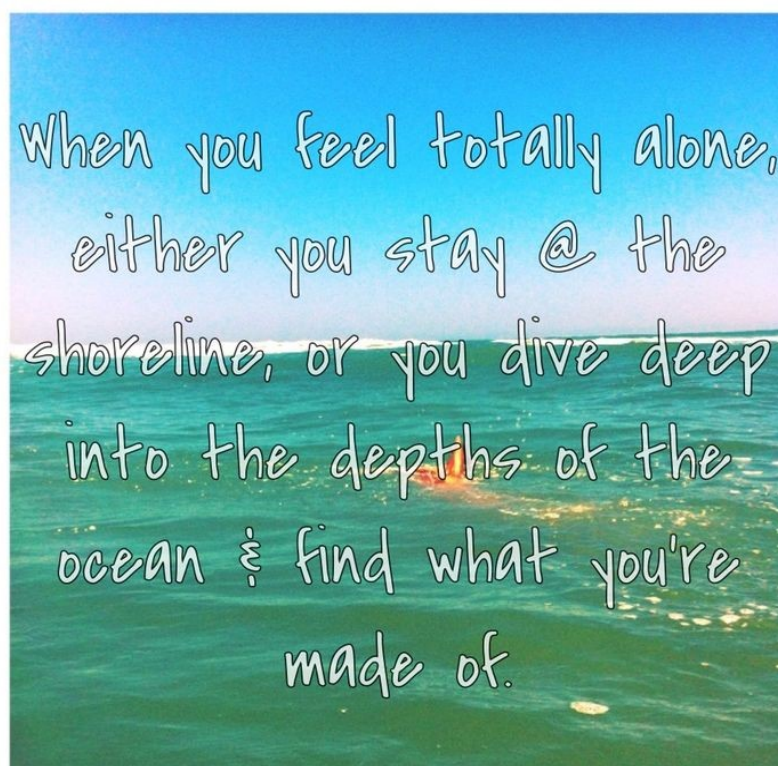
January 1 - December 31 USMS "Check-Off Challenge" National Fitness Event Postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2015 calendar year. [Information](#) includes online and paper entry.

Postal event 2015 Check-Off Challenge is a postal event see page 10.

Upcoming New Jersey Events

September 5 2nd Annual 'Last Chance End of the Summer 5K LCM Pool Swim', Cranford, NJ, September 5th, (Labor Day weekend), 50 x 100s LCM or 100 x 50s LCM, see page 11 for details.

September 13 Lake Hopatcong Open Water Swim Festival, Lake Hopatcong, NJ click [here](#) for entry.



Happy Birthday to July August Swimmers!

JULY Birthdays

Billy Allen
Enrique Azcurra
Alejandro Barrero
Adalgisa Barrero
Steven Becker
Patti Bell
Ron Blake
Todd Boone
Janice Brown
Tom Burkardt
Frank Calaprice
Louis Cappelli
Christopher Carew
Thomas Carr
Adam Carroll
Keith Cataldo
Karen Charen
Oleg Chebotarev
Kevin Chiella
Lorna Cialdella-Morehead
Joy Ciardullo
Charles Ciarfello
Lisa Ciccone
LaJoy Collins
Jeffrey Connors
Mark Corl
Barbara Cresse
Tim Crow
Sam Cynamon
Anthony D'Ambrosio
Walter Delacruz
Chuck Dender
Laurie Ditommaso
Capri Djatiasmoru
David Dorfman
Colleen Driscoll
John Duffy
Lisa Dunn
Michael Duprez
Karl Fenske
Joseph Filose
Jennifer Finotti-Sheppard
Suzanne Foy
Michael Freedberg
Chip Freund
Eric Goidel
Barry Goldblatt
Gregg Gordon
Laura Graham
Caren Guyett
Mark Haftkowycz
Michael Halfacre
James Harmon
Elaine Hope Farrington
Sandra Karyczak
Jerry Katz
Bryan Kelly
Trisha Kennedy

Cheryl Kerpez
Lori King
Ursula Kohama
Murat Koksel
Sam Kongsamut
Linda Kornreich
Christian Kroyer
Suzanne Kruep
Sandra Krut
Mike Leddy
Nai Lee
Kelly Lester
John Lynn
Erin Mackey
Shachar Malka
Jeanmarie Mallin
Michael Mannarino
Martin Mayers
Barbara McGregor
Andrea McGruther
Richard McKern
Jason Mckinley
George Messner
Maureen Mortell Koziol
Herve Morvan
Jemila Najjar-Keith
Anne Newman
Joseph Nguyen
Kellie Nicolao
Edward O'Hara
Carol Olsen
Louis Orgera
Alec Orgera
Steve Ostrander
Beth Poore
Rowan Prior
Mohammed Rahawi
Michael Randazzo
Sean Reilly
Michael Riccui
Michael Roesch
Micha Rozenbaum
James Ryan
William Saillot
Julian Setian
Norman Sorkin
Joseph Sottile
Nancy Steadman Martin
Amy Sugerman
Thomas Sullivan
Laszlo Szabo
William VanPelt
Wendy Weill
Linda Weingarten
Raphael Zagury
Jenny Zarzuela
Kaitlynn Zeiser

AUGUST Birthdays

John Ahearn
Alice Allen
Bonnie Archer
John Asfar
Nick Barclay
Linda Barton
Richard Benson
Arthur Bilenker
Jorge Blum
Tiffany Brennan
Jacqueline Broner
Judith Brown
John Buford
Randy Bugianesi
Jonah Buonsanto
Elizabeth Burton
Sally Butler
Janet Byrne Smith
Richard Cahayla-Wynne
Heather Cameron
Mary Carley
Christopher Cash
Bo Cederquist
Alejandro Centeno
Timothy Clewell
Charles Daniel
Ray Patrick David
Joe Davidoff
Abe De La Houssaye
Deborah DeGraw
Kristen Denaro
Stephen Dolan
Benn Doyle
Steve Elterman
Kevin Ewing
Brian Fallon
Melanie Fink
Donald Free
Richard Fronapfel
Lloyd Garten
Robert Gatto
Jeffrey Gomez
Kenneth Heyman
Randy Hill
Craig Hubert
William Hulse
Kathleen Hurley
Sebastian Irigaray
Marc Israel
David Juchniewicz
Rebecca Kalibat
Dayna Kendall
Doree Kesselbrenner
Thomas Koellhoffer
Stefan Koellmann
Joseph Koplik
Peter Langham
Jody Leibrock

Anais Leon
Mario Lepore
Gregory Lockard
Sam Luksich
William Maher
Laura Marino
Margaret Martonosi
Eric Materniak
Peter McCoy
Jelani Millard
Eileen Morrison
Luis Moyett
Ravi Nonavenakere
David O'Dougherty
Gerry Oakes
Clayton Paterson
Marcia Postallian
Kathy Raimonde
Peyton Randolph
David Rankel
Suzanne Reeves
Kathleen Reynolds
Amelia Rivera
Jude McCann Sanchez
Sarah Sangree
Julia Scales
Thomas Schmidt
Elie Schulman
Michael Schwebel
Sandra Seddon
Leon Semper
Tim Shallcross
Charlene Sloane
Donald Smart
Debra Smith
Adriana Snyderstrup
Brian Spillane
Jeffrey Szabo
Sarah Todd
Peter Turek
Luisa Var
Fitzgerald Ventura
Debra Weier
Jack Zakim
LI Zhang



Masters swimmer Karlyn Pipes inducted into the International Swimming Hall of Fame



By Rick Winters West Hawaii Today rwinters@westhawaii.com

The Class of 2015 ceremonies was held at the Santa Clara Convention Center in California on June 20.

The event was attended by over 500 guests, who included past and present Olympians and dignitaries, including five-time swimming Olympic medalist and Hall of Famer John Naber, who served as Master of Ceremonies.



Pipes called the induction ceremony “phenomenal” and she was happy to be there to celebrate a career that was not always on a straight path.

“Five years ago if you had asked me how I felt about getting into the Hall of Fame, my ego would have said ‘I deserve it’. I have been on such a journey since I stepped away from competing to learn about Karlyn and who she is when she is not breaking records. Through that process, now that I have received the recognition, I appreciate it instead of feeling like I deserve it,” Pipes said. “This is the pinnacle of every swimmer’s career.”

Only 12 people per year are selected for induction into the ISHOF. Inductees come from a wide variety of aquatic sports including swimming, diving, water polo and synchronized swimming. The ISHOF also inducts coaches and pioneer contributors.

Since its inception, only 14 Masters swimmers had been honored before this year.

Pipes is a versatile swimmer who has set 223 FINA Masters world records to date. She has set records in all four strokes, in the medley, and at every distance offered. Many of her records have stood the test of time, spanning four age groups, with some dating back 20 years. She has also been named Female Masters Swimmer of the Year three times by SWIM Magazine.

Pipes started swimming at the age of four and she competed in her first race for the Lompoc (California) Marlins. By the time she was 15 she was a Junior National Champion.

After living what she described as “a bad lifestyle” early on, which involved forfeiting a full-ride scholarship to the University of Arkansas and losing several jobs and relationships, she decided to get back in the water, but it wasn’t an easy turnaround.

“When I turned it around I first had to come to terms with the Karlyn from the younger days and her failures and successes that created failures,” Pipes said. “I had to give myself permission to get back into the water.”

Pipes credits much of the turnaround at the age of 31 to her mother, Adrienne Pipes.

“She is my biggest hero and my inspiration,” Karlyn Pipes said. “She attended the induction ceremony and I don’t think there was a moment where she wasn’t crying.

After getting her career back on track, Pipes quickly showed that like a fine wine, she only gets better with age.

Pipes was a winner right from the start. In her first Masters competition, she ranked first in the United States in seven events. A few years later she ranked first in every event in her age group, which included 53 different races of varying strokes and distances.

In addition to her Masters accomplishments, Pipes, at the age of 35, accepted a full athletic scholarship to Cal State Bakersfield, where she won three NCAA Division II individual titles. While in college, she became the oldest athlete to set an NCAA record. She graduated college in 1999 with a bachelor's degree in communications.

"It was so much fun," Pipes said. "Here is the crazy thing and most swimmers will tell you it is true, you are ageless in the water."

Pipes continued her success in Masters swimming after college and she was named World Masters Swimmer of the Year in 2004, 2007, 2008, 2009 and 2012. She was named one of the top 10 Masters swimmers of all-time by Swimming World Magazine.

Over the past few years, Pipes has moved away from Masters swimming and is now dipping her hand in triathlons. She most recently competed in the 2015 Lavaman, where she won her age group.

"In swimming, my career started taking a life of its own. It became my new addiction and it was defining who I was," Pipes said. "I decided it was time for a break and give myself permission to try other sports. It has been fun."

Pipes loves open water swimming, especially in Hawaii. She has found a lot of success in the local waters over the years, but it is not all about competing.

"[Swimming in open water] is more sociable, and you don't tend to work as hard," Pipes said. "When I swim open water here is the motto, 'if anyone sees anything interesting we stop.' We are not hell-bent on getting a distance, a time or a speed, it is about enjoying the camaraderie of your fellow swimmers and enjoying the beauty that Hawaii has to offer."

Pipes has lived in Kona since 2003 and for the past 10 years has been coached by Harry Canales and trains and competes for the Kona Dolphin (youth) Swim Team. She also owns Aquatic Edge, which offers local, private swim technique instruction, as well as swim technique clinics and camps worldwide.

Pipes has also started an inspirational speaking career and would like to volunteer her time to help coaches in underserved counties so they can help their kids and take their programs to a higher level. Pipes can be reached through her website aquaticedge.org.



Pipes is also currently working on a book, an autobiography called "The Do Over" which is scheduled to come out in late August through Amazon.com.

"The book will chronicle my struggles and victories in a very raw and honest way," Pipes said. "I don't spare myself at all as far as sharing the truth in hopes of inspiring others to do their own do over."

Kudos Kudos Kudos!!

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC LCM records at the USMS Summer LCM Nationals at the Spire Institute in Geneva, Ohio on August 6-9, 2015. Women 45-49: Ann Monaghan (49) 100 back - 1:14.87; Men 18-24: Kevin Ewing (21) 50 back - 28.95, 100 back - 1:02.98, 100 fly - 1:01.28, Eric Materniak (24) 50 breast - 30.33, 100 breast - 1:07.13, 200 breast - 2:23.56, 200 fly - 2:17.09, 200 IM - 2:15.56, 400 IM - 4:53.03; Men 45-49: Oleg Chebotarev (47) 1500 free - 18:47.65, 200 back - 2:38.17; Men 50-54: Jens Volker (50) 200 fly - 3:07.99; Men 60-64: Ken Niemi (60) 100 back - 1:20.54, 200 back - 2:56.61, Men 65-69: Richard Wallace (68) 1500 free - 27:20.45

Special congratulations to our National Champions: Eric Materniak (24) who won the 50 breast, 100 breast, 200 breast and the 200 IM, Scott Yeomans (51) who won the 800 free and Benn Doyle (57) who won the 200 breast.

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC LCM records at the Jason Nessel Invitational Meet at Rahway River Park on August 2, 2015. Women 55-59: Barbara McGregor (56) 50 back - 42.74; Women 80-84: Janet Moeller (81) 200 Breast - 5:40.80; Men 50-54: Bill Fallon (52) 200 back - 2:36.55; Men 85-89: Nickolas Demas (85) 50 free - :40.16, 100 free - 1:43.54; Paul Kiell (85) 200 Free - 4:11.83, 400 free - 8:37.93, 50 back - 1:00.30



As of August 8, 2015 - for the first time since the Go the Distance program was started, the New Jersey LMSC has the third highest mileage totals out of all 52 LMSCs! Pacific (with almost ten times as many members as NJ and Southern Pacific (with over four times as many members) still have the top 2 spots, but New Jersey's 1200 members have logged a total of 22,085 miles to come in ahead of both Florida and New England. The top 5 LMSCs and their miles logged are:

- ◆ Pacific 58,457 miles
- ◆ Southern Pacific 32,130 miles
- ◆ New Jersey 22,085 miles
- ◆ Florida 22,057 miles
- ◆ New England 21,712 miles

Despite having the highest percentage membership participation in the GTD program with almost 12%, NJ is still a long way from 100% participation!

This on-line fitness event is a great way to keep a log (you can log all of your fitness activities – not just swimming) and also serves as a tremendous motivator for you to stay consistent. 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.



Got some fun photos?
Vintage or recent, send
them our way!!

Sara Johnston

Editor

The Fastlane

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The Family that swims together....

Pictured are the Tsuzuki Family's three generation relays representing the Garden State Masters at the USMS Summer National Championships in Geneva, OH.

The relays included five descendants of Joy Tsuzuki (who's 85 years young!).



200 meter mixed freestyle relay swimming in the 200+ age group: (l-r) daughter Naomi Ewing, grandson Greg Ewing, Joy and son, Ed Tsuzuki.



Joy swam the 200 meter mixed medley relay in the 160+ age group with (l-r) Greg, daughter Mayo Tsuzuki and grandson Kevin Ewing.

The Jason Nessel Memorial Invitational in Rahway

Below... more than 50 Masters from the region enjoyed a beautiful day at the Jason Nessel Memorial Invitational in Rahway. Many fast times were recorded and it was a great opportunity for many to swim Long Course Meters.

Special thanks to Jeff Jotz for organizing this meet!

Hope to see everyone again here next summer!



THE 2015 USMS
**BIG ORANGE
CHECK-OFF ✓
CHALLENGE**

The 2015 Check-Off Challenge is a postal event designed to motivate swimmers to complete 18 pool events and an open water swim during the 2015 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical.

The events may be swum in practice or in meets, in yards or in meters, any time during 2015. The challenge is to complete all events or try new events. The event is open to all registered Masters swimmers. Enter by filling out the [online entry form](#) or send in a paper entry via U.S. mail using the [paper entry form](#).

Entries this year have come from as far away as Australia and the U.S. Virgin Islands and almost every state in between. Check out the video clip at https://www.youtube.com/embed/pD_utx85We4 then enter today. Your entry may just be the one to complete the 50 state sweep for the 2015 Check-Off Challenge.

The 2015 Check-Off Challenge is hosted by Tennessee Aquatics Masters Swimming and sanctioned by the Southeastern LMSC for USMS, Inc., sanction #155-S002.



Second Annual Last Chance End of Summer 5K Pool Swim



**Saturday, September 5th
7:30 - 9:30 am (7:15 Warmup)**

**Cranford Pool & Fitness Center
(Outdoors, long course meters!)**

FREE to 2015 NJ Masters members

100 X 50's Or 50 X 100's

It's Labor Day weekend but if you're around, get in a great end of the summer swim! And it's free courtesy of NJ LMSC for our members. Choose between 100 x 50's or 50 x 100's, we'll take the first 25 swimmers for each.

Register by emailing Linda Brown-Kuhn at lindabk11@gmail.com with your 2015 USMS registration number and choice of swim -- 50's or 100's.

We'll swim in rain but not thunder and lightning. There's no storm date. We are looking for a few volunteers to help count if you have a spouse or friend who's willing to lend a hand.

Cranford Pool & Fitness Center is located at 401 Centennial Avenue in Cranford, NJ 07016 at the intersection of Centennial Ave and Pat Fosella Place.