

# EASTLANE

## *Swim University Celebrates its First Graduation!*



A huge congrats to all Swim University participants!! Instead of donning caps and gowns, the Swim University participants have obviously been pulling on caps and suits and hitting the pool quite a lot.

Check out the swim fitness degrees they earned on page 5 (total miles logged from November 2014 – April 2015). All totaled the 33 participants swam **5,456.93** miles!! This is one smart swim group!

*By Linda Brown Kuhn*



## NJ LMSC VOLUNTEERS

### *Chair/Secretary*

**Susan Kirk**

908.313.6785 [sqkirk@gmail.com](mailto:sqkirk@gmail.com)

### *Vice Chair*

**Chris McGiffin**

908.630.0166 [CMcGiff@aol.com](mailto:CMcGiff@aol.com)

### *Treasurer*

**Bill Reichle**

908.587.2053 [ReichsSwim@aol.com](mailto:ReichsSwim@aol.com)

### *Co-Registrars*

**Tom Brunson**

973.279.7153

[tombunson@optonline.net](mailto:tombunson@optonline.net)

**Chris McGiffin**

908.630.0166 [CMcGiff@aol.com](mailto:CMcGiff@aol.com)

### *Sanctions & Safety Chairman*

**Jen Bauman**

973.219.9404 [swimmerj@optonline.net](mailto:swimmerj@optonline.net)

### *Top Ten Records*

**Ed Tsuzuki**

908.371.9179 [edtsuzuki@comcast.net](mailto:edtsuzuki@comcast.net)

### *Newsletter Editor/Design*

**Sara Harrison Johnston**

908.267.5494 [aras33@comcast.net](mailto:aras33@comcast.net)

### *Open Water Co-Chairs*

**Marie Vellucci**

646.641.4236

[marielovestoswim@aol.com](mailto:marielovestoswim@aol.com)

**Sarah Clark**

201.248.5659 [saritaylor71@gmail.com](mailto:saritaylor71@gmail.com)

### *Event Coordinator*

**Lynn Ascione**

201.825.0328

[lynnascione@optonline.net](mailto:lynnascione@optonline.net)

### *Coaches Chair ;*

**Julie Schoenlank**

[nyswim02@yahoo.com](mailto:nyswim02@yahoo.com)

### *Fitness Chair:*

**Linda Brown-Kuhn**

908.479.1038 [lindabk11@gmail.com](mailto:lindabk11@gmail.com)

### *Webmasters*

**Bridgette Hobart**

[bhobart@ptcllc.com](mailto:bhobart@ptcllc.com)

**Jason Pintinalli**

[jpintinalli@ptcllc.com](mailto:jpintinalli@ptcllc.com)

## 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.

### *Upcoming New Jersey Events*

**June 13** Wycoff YMCA Lap the Lake, Wycoff, NJ

.5 miles, 1.2 miles & 2.4 miles

<http://www.wycoffymca.org/wp-content/uploads/2015/01/Open-Water-Swim-Registration-Form-2015.pdf>

**June 13** Asbury Icebreaker Asbury Park, NJ

More information coming soon on this new event

<http://www.tnya.org/events/asbury-park-open-water-event/>

**August 2** The Jason E. Nessel Memorial Invitational 2015 Long

Course Meter Meet at the Rahway River Park Pool in Rahway, NJ

Event information and online registration is open!! Contact infor-

mation: Jeff Jotz [jjotz@yahoo.com](mailto:jjotz@yahoo.com) click here for [Event information and online registration that's now open!!](#)

**July 11** USMS Sanctioned 2015 Fire Island 1 Mile, 5K & 10K

Ocean Swim Charity Fundraising Event, Our fellow NJ LMSC Masters

Club, Open Water Swim Team, will be hosting a USMS Sanctioned

Ocean Swim on Saturday, July 2015 in Fire Island, NY. Registration

is open! Click here [Online registration](#)

**Save the date, 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

For a complete list of all of the open water swims in the area please visit the 2015 Open Water Swim Calendar.

<https://docs.google.com/spreadsheets/d/1Hd6fgBhWR03zo2OAmayxcTgnbXS1e5r3MgrtehSjRtM/edit#gid=1102256440>

If you know of any swims that are not on the Open Water Calendar, email Sarah Clark [saritaylor71@gmail.com](mailto:saritaylor71@gmail.com)

# Happy Birthday to May June Members!

## MAY Birthdays

Richard Alexander  
Lynn Ascione  
Yves Baeyens  
Janice Baker  
John Baliko  
Karen Barbosa  
Jodi Barrish  
Jackie Bauer  
Lisa Baumann  
Andrew Becker  
Christine Biondi  
Robert Bohack  
JoAnn Bohenek  
Tink Bolster  
Penny Boorman  
Bodo Borgards  
Barbara Burton  
David Calabrese  
Fred Caravousanos  
Dylan Cohen  
John Cummings  
Asabi Davis  
Arnold DeGarcia  
Vincent DelCid  
Zita Doktor  
Matthew Donovan  
Jim Dragon  
Bill Eickelberg  
Irene Fisher  
John Forrestal  
Lan Ge  
Michael Gemelli  
John Giancola  
David Goldberg  
Kathy Herring  
Bob Hopkins  
Marybeth Jacob  
Deepak Jain  
Stephen Johnson  
Sara Johnston  
Thomas Koehler  
Dawn Kozak  
John Krut  
Stephen Kunen  
Kathleen Livelli  
William Mackolin  
Andrew Maggion  
Grace Martinez

Nancy Maurer  
William Mazza  
PatricknMcElroy  
Julien McLaughlin  
Patric Mills  
Aaron Moore  
Cara Murphy  
Kevin Nervi  
Donna Norman  
Jonathan Norris  
Jennifer Palombo  
Helen Paone  
Kelly Quinn  
Arun Rao  
Peter Ronco  
Neal Rubin  
Jose Saud  
Richard Savino  
Gail Seelig  
Dan Simonetti  
Andrea Smith  
Christopher Swenson  
Amy Taylor  
Brad Thornton  
Ann McKay Thoroman  
Edward Vander Veen  
Sal Vitale  
Peter Vratimos  
Emily Waters  
Arthur Wein  
Erik Werfel  
Sanford White  
Guangyu Xu  
Fred Yang



## JUNE Birthdays

Philip Allocco  
Jerry Ambroise  
Carmen Balentine  
Eric Barna  
Michael Barron  
Melissa Benford  
Gail Bialostok  
Simon Bintley  
Raymond Boffardi  
Kevin Boler  
James Braddock  
James Brady  
Linda Brown-Kuhn  
Vincent Buro  
Richard Callaghan  
Gerri Callahan  
Andrew Capers  
Cori Caporimo  
Bob Cashel  
Tim Christian  
Kari Clayton  
D. Lindsay Conner  
James Curd  
Michelle Davidson  
Lindsay DeLaRosby  
Guy Dorgan  
Eileen Egan  
Kelly Eid  
Matt Ellis  
John Esser  
David Fabian  
Brent Ferguson  
Amy Ferris  
Sandra Ford  
Robert Franks  
Peter Furniss  
Kathryn Gardner  
Ethan Giventer  
Chuck Graf  
William Haynes  
Ralph Hemecker  
Erin Henricksen  
Marcy Hirschfeld  
Peter Hockmeyer  
Erling Hoie  
Ray Hurst  
Eric Israel  
Mark Jacobs

Gregory Kelly  
Susan Kirk  
Mary Konsolaki  
Kristin Krauss  
Mike Llerandi  
Carolyn Loudermilk  
Bryan Lutz  
Carl MacDonald  
Martha MacNabb  
Anna Ming  
Tristan Morel L'Horset  
Greg Moriates  
Katie Murtaugh  
Debra Noble  
John O'Connell  
James O'Day  
Michael O'Donoghue  
Susan Olesky  
Regina Papini  
Kathleen Pappas  
Ellen Pease  
Stephen Pinchac  
Derek Pivko  
Norman Provost  
Brian Pyhel  
Eric Ramsay  
Rob Rebak  
Jane Riff  
Corey Roberts  
Michael Rudnick  
Nina Sabatini  
Gilda Schultz  
William Segal  
Julie Sheaffer  
Vadim Shikhalibekov  
David Siconolfi  
Connor Signorin  
Gertie Sloan  
Robert Stefanik  
Christopher Stephens  
Gail Stevancsecz  
Robert Toedter  
Carrie Treadwell  
Matthew Vella  
Donald Walsh  
Jennifer Weiss  
Trebor Wright  
E Dieter Wunderlich

# Kudos Kudos Kudos

**Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the Colonies Zone Championships at George Mason University on April 10-12, 2015. Women 60-64:** Nancy Steadman Martin (60) 100 free - 1:03.63, 200 free - 2:15.58, 1650 free - 20:30.03; **Men 18-24:** Jeffrey Gomez (24) 100 back - :50.57, 200 back - 1:50.23; **Men 50-54:** Scott Yeomans (50) 200 free - 1:57.42; **Men 70-74:** Jim Dragon (70) 50 Free - 26.15, 50 back - 34.49, 50 breast - 33.58, 50 fly - 28.27

**Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the Sussex County YMCA Adult Mini-Meet on April 18, 2015. Women 80-84:** Janet Wehrlen-Moeller (80) 100 fly - 2:43.80, 100 IM - 2:06.64; **Men 50-54:** Scott Yeomans (50) 1000 free - 11:39.94

**Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the 2015 Nationwide USMS Spring National Championships at the NISD Aquatic Center in San Antonio, TX on April 23-26, 2015. Women 50-54:** Megan Tompkins (52) 50 free - 27.05, 100 free - 58.07; **Men 18-24:** Eric Materniak (23) 50 breast - 26.85, 100 breast - 58.49, 200 breast - 2:07.74, 200 fly - 1:57.95, 400 IM - 4:14.13; **Men 80-84:** Norman Bartner (80) 50 Free - 32.52

By Ed Tsuzuki

## Outdoor Summer Swimmin'

Outdoor summer Long Course Meters workouts will be held at the Ulrich Pool Rahway River Park Rahway, NJ beginning in late June and running through early August! Monday through Friday 6:00am - 7:30am. \$8.00 per workout or \$35/week for 2015 USMS members. Jeff is also looking for a P/T Masters coach to help out one or two mornings a week (6:00am - 7:30am). Please contact him if you are interested. For more workout information, contact Jeff Jotz [jjotz@yahoo.com](mailto:jjotz@yahoo.com).



### Event Registration is Open!

Sunday, August 2, 2015

The Jason E. Nessel Memorial Invitational

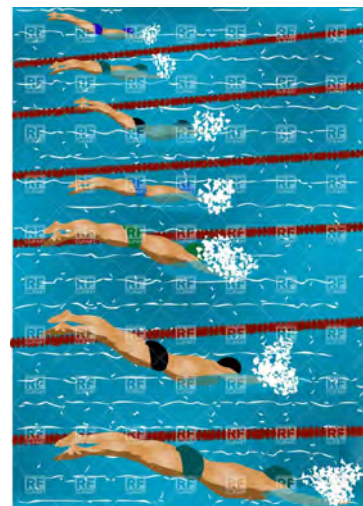
2015 Long Course Meter Meet

Rahway River Park Pool in Rahway, NJ

[Event information and online registration is open!](#)

Contact information: Jeff Jotz [jjotz@yahoo.com](mailto:jjotz@yahoo.com)

Click for [online registration!!](#)



# Congrats Swim University 2015 Graduates



## Here's a list of degrees earned:

### PhD of Swimology

**(240 miles +)**

Jim Ryan 488.32 miles  
Bridgette Hobart 436.22 miles  
Beth Maloney 285.67 miles  
Peter Langham 283.34 miles  
Lynda Przedpelski 269.61 miles  
Susan Kirk 260.30 miles  
Bill Reichle 253.67 miles  
Robert Gatto 253.18 miles

### M.S. -- Master's in Swimming

**(120 miles +)**

Pia Lord 235.60 miles  
Sharon Danzger 187.86 miles  
Gail Seelig 186.96 miles  
Aaron Smith 182.63 miles  
Benjamin Zhou 180.73 miles

*Continued next page*

## **M.S. -- Master's in Swimming continued**

Ed Tsuzuki 157.86 miles  
Mark Haftkowycz 154.96 miles  
Fang Schmitz 152.28 miles  
Patti Bell 145.62 miles  
Sandra Seddon 135.31 miles  
Matt Gann 130.74 miles

## **B.S. -- Bachelor's in Swimming**

### **(60 miles +)**

Janice Baker 115.14 miles  
Erik Werfel 111.55 miles  
Cathy Falicon 111.28 miles  
Steve Jones 99.51 miles  
Francesca Mancuso 92.82 miles  
Lindsey Holmes 81.28 miles  
Julie Schoenlank 71.68 miles  
Sally Kleeman 70.68 miles  
Aaron Moore 69.15 miles  
Lan Ge 68.19 miles

## **A.S. -- Associate's in Swimming**

### **(30 miles +)**

Neil Chambers 56.19 miles  
Carol Martyniuk 55.92 miles  
Paula Pyrcz 40.05 miles  
Linda Brown-Kuhn 32.73 miles

*Thanks to all who joined in for our first virtual fitness swim program. We'll probably offer this program again next fall so consider registering then.*

# *The White House*

## *Indoor Swimming Pool*

As the men and women of New York opened copies of the New York Daily News on March 14, 1933, they learned of a campaign to raise money for building the president a swimming pool at the White House. The effort was a way to honor President Franklin Roosevelt, a New York native who suffered from the crippling disease, poliomyelitis. The President often swam at therapy pools at his Hyde Park home in New York or at a center in Warm Springs, Georgia.

The campaign was a success, and the workmen gathered around the pool on June 2, 1933 to listen to President Roosevelt, who spoke from his wheelchair and thanked them for their work. The pool was built inside the west gallery between the White House and the West Wing in place of the old laundry rooms, which were moved to the basement of the mansion. Arched ceilings and high rows of half-mooned windows surrounded the rectangular pool. French doors opened into the Rose Garden. The president's pool was a modern-day showcase of technology, featuring underwater lighting, sterilizers and the latest gadgets. For several years, he used it multiple times a day. Harry Truman swam in it frequently—with his glasses on.





Part of the mural, now in the Kennedy Library ([Kellyhinde6](#) )

In 1961, as a gift from his father, a huge mural was painted (by Bernard Lamotte) on three walls of the swimming pool room for President Kennedy. It featured a Caribbean scene with many sailboats on calm waters. The opposite long wall was fitted with mirrors. John Kennedy sometimes held swimming races with Cabinet members. He liked the pool so much that he made a habit of stopping by at noon, stripping down for a swim, and padding back to his bedroom for lunch and a nap in nothing but a robe. He did the same at the end of the day, dressing again for dinner. As a result, Chief Usher JB West observed, "John F Kennedy wore three separate suits of clothes every day of his White House life." During the Johnson administration, the walls were hung with dozens of bathing suits of all sizes so that guests could swim.

Hillary Clinton, who had wanted an indoor swimming pool for the governor's mansion in Arkansas, proposed renovating the pool and moving the news media to a new media center to be built under the West Wing drive. The pool was found to be intact (capable of holding water), but the idea never got past the initial planning stage. (adapted from *The Washington Post*)



## *The White House Outdoor Swimming Pool*



*The swimming pool and cabana in 1992 ([HABS](#))*

The swimming pool and cabana were installed in 1975 by Gerald Ford, an avid swimmer. Ford didn't want to evict the White House press corps in order to refurbish the indoor swimming pool under the [Press Briefing Room](#). When it was complete, President Ford showed off for the press and continued to use it frequently. Jack Ford immediately took scuba diving lessons in it. A cabana was later added to provide a changing area and showers and to screen the pool from the West Wing. An underground passage was even created from to allow the first family to get to the cabana from the [West Wing ground floor](#) without going outside.

Later, Amy Carter practiced her diving technique here. Barbara Bush was one of the pool's most frequent users, despite once having discovered a rat sharing the water. Hillary Clinton also enjoyed it (she considered renovating the indoor pool and moving the press to a new facility). The Clintons also installed an outdoor spa.



## Asthma very common among Olympic-level swimmers

By Kathryn Doyle

(Reuters Health) – Swimmers, especially endurance swimmers, are more likely than other water sport competitors to have asthma, according to a new study of Olympic athletes.

Researchers found that about a quarter of competitors in swimming events had verified asthma, although it was more common among athletes from some parts of the world than others.

The intensity of swimmer training, or long hours spent in the water, may expose swimmers to more chlorine byproducts compared to divers or other athletes who spend less time breathing just at the water's surface, experts said.

A long-term study would help distinguish “between athletes with asthma who self-select to swimming and those who have asthma as a result of exposure to endurance training practices,” said lead author Dr. Margo Mountjoy of McMaster University Waterloo campus in Ontario, Canada.

Mountjoy is a practicing sports physician in aquatics and a member of a Therapeutic Use Exemption Committee for the International Olympic Committee and the World Anti-Doping Association.

She and her coauthors studied objective evidence of asthma among all aquatic athletes who competed at the 2005, 2007 and 2009 FINA World Championships and the 2004 and 2008 Olympic Games in swimming, synchronized swimming, diving, water polo and open water swimming events.

Athletes with asthma were required to show proof of airway obstruction with a clinical test in order to use their inhaled medications, which are otherwise prohibited during competition.

Most years, swimming events had more participants with asthma or other airway obstruction than other aquatic events. At the 2008 Olympic Games, an exception, the synchronized swimmers and open water swimmers also had high asthma rates.

Each year, between 12 and 25 percent of swimmers had asthma. In 2008, almost 25 percent of swimmers, 26 percent of open water swimmers and 22 percent of synchronized swimmers had asthma.

In general, more athletes in endurance events like triathlon, pentathlon or cycling had asthma than those in nonendurance sports like fencing, volleyball or table tennis, the authors note.

Asthma was more common in aquatic endurance sports, which included swimming, open water swimming and synchronized swimming, than in nonendurance events like diving, they write in the *Journal of Allergy and Clinical Immunology*.

“I was not surprised to find that swimmers had a high prevalence of asthma,” Mountjoy told Reuters Health by email. “What was surprising for me to find was that there were significant differences between the endurance and non-endurance sports, as well as the distinct geographical distributions.”

More athletes from Oceania, Europe and North America had asthma than those from Asia, Africa and South America, the authors found.

“It was also interesting to find that although asthma is more prevalent in women than in men in the general population, this gender difference was not evident in the elite aquatic population,” Mountjoy said.

Some postulate that the chlorine-derived chemicals in the air of aquatic training facilities may cause asthma, she said.

“It is exposure to the chlorine and chlorinated compounds that is responsible for the changes in airway hyper responsiveness,” said Dr. Don McKenzie, who studies respiratory exercise physiology at the University of British Columbia in Vancouver.

The more swimming you do, the more the risk increases, and elite athletes spend the most time with the chemicals, McKenzie, who was not involved in the new study, told Reuters Health by email.

“If you swim in non-chlorinated pools, lakes, ocean etc. then the risk disappears,” he said.

Alfred Bernard of the Catholic University of Louvain in Brussels, Belgium, agrees the chlorine-based oxidants building up at the surface of pools that the elite swimmers actively inhale penetrate deeply in the lungs and probably cause asthma.

Divers and water polo players may hyperventilate less than elite endurance swimmers, breathe more through the nose and do not continuously inhale the chlorine-laden air just above the water’s surface, which may explain the decreased prevalence of asthma, Bernard told Reuters Health by email.

Historically, asthmatic children may have been encouraged to practice swimming and may go on to other aquatic disciplines, Mountjoy said.

“Swimmers should be aware that if they have a chronic cough, shortness of breath, or wheezing, they should seek medical attention for appropriate testing and treatment,” she said. “They should also ensure that their training environment has appropriate ventilation with respect to air quality.”

Asthmatic swimmers were no more or less likely to earn medals than other athletes, Mountjoy noted, which means it may not affect performance if properly treated.

“The health benefits of swimming are numerous and the risk of developing asthma at the elite level does not negate these other important health benefits,” she concluded.

SOURCE: Journal of Allergy and Clinical Immunology, online March 24, 2015.



I enjoyed every bit of my swimming career. I think that's the most important advice - to enjoy what you do

— Summer Sanders —

AZ QUOTES

# You swim like a high school girl! Or can you?

*This past winter, the Scotch Plains-Fanwood High School girls swim team completed their dream season to win their first state championship since 2005 at the NJSIAA Public B state final at The College of New Jersey. Their Coach, Jess Hulnick, shares a typical workout with us, see how you do! Add the dry-land for added challenge!*

Start + 125

5 x 100 IM ½ kick, ½ swim 2:00

8 x 25 push offs :40

odds free, evens dolphin, explode off wall and kick until you feel yourself slow down

8 X 25 IM Order :40 build to a good finish

8 x 25 turns from middle 1:00

20 x 50 on 1:30

1-4 Free / stroke + 5 Burpees

5-8 Stroke / free + 20 cross crunches

9-12 IM order + 10 push-ups

13-16 Free breathe 3/5 + 5 double jumps

17-20 IM / free + 10 reverse push-ups

1 x 200 IM 25 kick/ 25 swim 3:30, 3:45, 4:00

4 x 25 fast fly on :30

1 x 200 IM 25 kick, 25 swim 3:30, 3:45, 4:00

4 x 25 fast back on :30

1 x 200 IM 25 kick, 25 swim 3:30, 3:45, 4:00

4 x 25 fast breast on :30

1 x 200 IM 25 kick, 25 swim 3:30, 3:45, 4:00

4 x 25 fast free on :30

For the 200IM, the kick is fast and underwater for as long as you can keep your speed up. One stroke into wall off of kick to work on good turns.



A Naval Academy photo of one of their senior classes re-enacting the Marine Corps' raising of the flag at Iwo Jima