

July/August 2016

EASTLANE

NJ LMSC Annual Meeting Sunday October 23



All NJ LMSC Masters Swimming members are invited and encouraged to attend the upcoming NJ LMSC Annual Board meeting, which includes the 2017 Officer Elections, to be held on Sunday, October 23, 2016.

The Annual Meeting will be held at 10:30am and the location is TBD. Please stay tuned for updates and additional details!

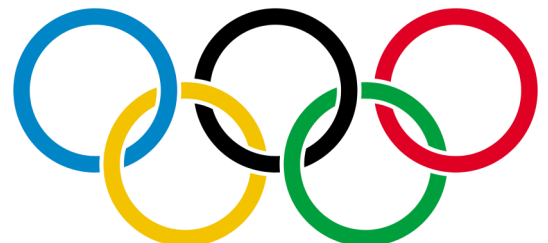
As we continue to grow our NJ LMSC volunteer group, please consider getting involved and sharing your passion for your sport. Nominations are currently being accepted for the positions of Chair, Vice Chair, Secretary, Treasurer, Registrar, Sanctions & Safety Chair, Top Ten/Records Chair, and Newsletter Editor. More information and a description 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 sqkirk@gmail.com. Thanks and hope to see you at the meeting!

Did you know there are Olympians who are fellow USMS Members?

U.S. Masters Swimming is proud to count a number of **Olympians** among its current and former members.

Click [here](#) to see!



NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk

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Vice Chair

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Treasurer

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Calendar 2016

Ongoing Events

January 1—December 31 USMS *Go The Distance* 2016 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 2016 calendar year. [Information](#) includes online and paper entry.

Postal event 2016 Check-Off Challenge

New Jersey Events

Saturday, September 10, Last Chance Swim Cranford Pool & Fitness Center, see page 7 for details

Sunday, October 23 ~~ NJ LMSC Annual Board Meeting, stay tuned for location!



JULY BIRTHDAYS!

Steven Becker
Patti Bell
Janice Brown
Tom Burkardt
Timothy Byrne
Frank Calaprice
Louis Cappelli
Christopher Carew
Adam Carroll
Keith Cataldo
Karen Charen
Oleg Chebotarev
Kevin Chiella
Lorna Cialdella-Morehead
Joy Ciardullo
Charles Ciarfello
Lisa Ciccone
Scott Cirillo
Charles Clark
Kyle Coffey
Elizabeth Colleran
LaJoy Collins
Jeffrey Connors
Mark Corl
Barbara Cresse
Tim Crow
Rachel Cullivan
Sam Cynamon
Anthony D'Ambrosio
Michael Daly
Maria DeLucia
Walter Delacruz
Alicia Demmerle
Morgan Dickens
Laurie Ditommaso
Capri Djatiasmoro
David Dorfman
Patrick Downey
Colleen Driscoll
John Duffy
Karl Fenske
Joseph Filose
Jennifer Finotti-Sheppard
Mark Fisch
Sacha Fleury

Suzanne Foy
Chip Freund
Layna Furuhata-Marion
Eric Goidel
Barry Goldblatt
Gregg Gordon
Robert Gottlieb
Laura Graham
Daniel Grant
Gail Greenstein
Amanda Grywalski
Caren Guyett
Mark Haftkowycz
James Harmon
Christopher Harris
Michael Hickey
Elaine Hope Farrington
Marian Janes
Jerry Katz
Bryan Kelly
Trisha Kennedy
Kerri Kiefer-Viverito
Lori King
Ursula Kohama
Murat Koksel
Sam Kongsamut
Christian Kroyer
Suzanne Kruep
Sandra Krut
Michelle Lambert
Mike Leddy
Nai Lee
Jonathan Lee
Elliott Lehrer
John Lynn
Gillian MacDonald
Jeanmarie Mallin
Michael Mannarino
Scott Mazur
Jonas McDavit
Barbara McGregor
Andrea McGruther
Richard McKern
Christine Miller
Andrew Mills

Maureen Mortell Koziol
Kairon Mullins
Charles Murphy
Tyler Naake
Joseph Nguyen
Benjamin Olesky
Louis Orgera
Alec Orgera
Lewis Paer
Annie Peters
Joseph Pickard
Kelly Pontecorvo
Beth Poore
Elaine Power
Michael Randazzo
Michael Roesch
Warren Rothman
James Ryan
Sami Saad
William Saillot
Nicole Schubert
Michel Serieyssol
Catherine Shannon
Michael Song
Norman Sorkin
Joseph Sottile
Barbara Stanley
Nancy Steadman Martin
Carolann Steere
Amy Sugerman
Thomas Sullivan
Kyle Sultzer
Kelsey Tonery
James Topolewski
Roy Vaccaro
William VanPelt
Barbara Vitolo
Julie Wagner
Catherine Wales
Wendy Weill
Lisa Woodring
Kaitlynn Zeiser
Jack Zierenberg



AUGUST BIRTHDAYS!

John Ahearn
Paul Aizenberg
Gulnaz Aksu
Bridget Alois
Jin Armstrong
Jaime Baccarella
Lauren Bach
Nick Barclay
Richard Benson
Michele Bernich
Arthur Bilenker
Jorge Blum
Brian Boardman
Kristina Bobo
Tiffany Brennan
Jacqueline Broner
Judith Brown
Randy Bugianesi
Elizabeth Burton
Sally Butler
Janet Byrne Smith
Richard Cahayla-Wynne
Heather Cameron
Mary Carley
John Carney
Dave Carvajal
Bo Cederquist
Alejandro Centeno
Timothy Clewell
Jason Cohen
Iulia Cole
Kathleen Cooney
Patrice Cummings
Charles Daniel
Courtney Dantone
Ray Patrick David
Joe Davidoff
Abe De La Houssaye
Arthur Deffaa
Gerardo Del Villar
Stephen Dolan
Christopher Doman
Paul Donnelly
Benn Doyle
Julian Drayer

Carol Drucker
Joe Dutton
Samantha Esnes
Jaclyn Fahey
Brian Fallon
Eric Florio
Donald Free
Richard Fronapfel
Lloyd Garten
Robert Gatto
Marco Gomes
Jeffrey Gomez
Jessica Graff
Douglas Grierson
Kenneth Heyman
Brian Higgins
Randy Hill
Craig Hubert
Kathleen Hurley
Marc Israel
Javier Jas
Daniel Jefferson
David Juchniewicz
Rebecca Kalibat
Roseanne Kanter
Doree Kesselbrenner
Kelly Kiessling
Thomas Koellhoffer
Stefan Koellmann
Joseph Koplik
Peter Langham
Ellen Lederman
Matt Lefkowitz
Anais Leon
Mario Lepore
Arleta Lobacz
Gregory Lockard
David Lockhart
Jacquelynn Lott
William Maher
Margaret Martonosi
Eric Materniak
Peter McCoy
Lauren McPherson
Michael Meinardus

Pippa Michaels
Jelani Millard
AE Miller
Marietjie Mostert
Luis Moyett
Arianna Munro
Abroo Muzaffar
Sten Nielsen
Ravi Nonavenakere
Elizabeth O'Connor
Gerry Oakes
Elske Parker
Clayton Paterson
Marcia Postallian
Kathy Raimonde
David Rankel
Suzanne Reeves
Kathleen Reynolds
Amelia Rivera
Christine Roche
Javier Rodriguez
Niccola Russo
Jude McCanne Sanchez
Michelle Jude Sanchez
Sarah Sangree
Julia Scales
Robert Schott
Michael Schwebel
Sandra Seddon
Tim Shallcross
Amyn Silberman
Charlene Sloane
Lisa Slover
Donald Smart
Brian Spillane
Danielle Tsuzuki
Peter Turek
Fitzgerald Ventura
Debra Weier
Jack Zakim



The Annual Jason E. Nessel Memorial Invitational Made A Big Splash!

More than 75 swimmers arrived at the Walter Ulrich Pool in Rahway on a brilliantly sunny August 7th to enjoy the annual Jason E. Nessel Memorial Invitational.

This was one of the largest turnouts in meet history, which remains the only long course (LCM) meet available in our LMSC. The age of the meet competitors ranged from 19 to 86 and featured 24 clubs from 5 states.

The Ulrich pool has hosted this summertime tradition for over 20 years and hopes to return in 2017 and beyond.



Photo Caption: Callahan (GSM) dives off of the starting block for her FIRST ever USMS swim (100m freestyle)!

Kudos Kudos Kudos!!

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC LCM records at the 2016 Jason E. Nessel Memorial Invitational meet at the Rahway River Park pool on August 7, 2016. **Women 30-34:** Erin Devlin (30) 50 breast - 37.69; **Women 65-69:** Sue Freeman-Patterson (65) 50 free - 44.98, 100 free - 1:51.70; **Men 70-74:** Jack Zakim (71) 200 free - 2:53.62, Jim Drag-on (72) 100 Breast - 1:34.62; **Men 85-89:** Paul Kiell (86) 800 free - 17:54.67 **Mixed 200-239 Relay:** Garden State Masters (Ken Niemi (61), Colleen Murphy (30), Jens Volker (51), Gerri Callahan (58)) 400 medley relay - 5:54.37 **Mens 280-319 Relay:** Garden State Masters (Jerry Katz (78), Lawrence Seidman (69), Jack Zakim (71), Arthur Wein (66)) 400 free relay - 5:37.37

Congratulations to Jens Volker (51) who lowered his own record in the 200 meter butterfly at the UMAC Masters Terrapin Cup at the University of Maryland in College Park, MD on July 9, 2016. Jens posted a 2:56.91 to break the record he set a year ago.

Congratulations to the following NJ LMSC swimmers who set long distance records in 2015 and 2016. At the Betsy Owens Memorial 2 mile cable swim in Lake Placid, NJ on August 15, 2015, Lori Freehand-Morris (53) set a new record in the 50-54 age group with a time of 54:47.14 and Beth Maloney (64) lowered her own record in the 60-64 age group with a time of 1:03:54.24

Congratulations to Eric Materniak (24) who broke his own record in the Men's 18-24 100 meter (LCM) breaststroke with a 1:05.63 at the 2016 Summer Solstice meet held at the Rutgers Sonny Werblin Rec Center on June 12, 2016

There is still time to sign up for The USMS Check off Challenge!

"Think like a human, swim like a fish"

The Check off Challenge is a great motivational tool to encourage your Master Swimmers of all abilities, speeds, and intentions to attend practices and to learn all strokes and improve their stroke techniques.

The towel and certificate have all 18 pool events listed plus one open water swim of any distance or location. As each participant accomplishes each swim event wherever this occurs (practice or meet or elsewhere), the swimmer can mark off or "check off" the event using pen on certificate and permanent marker pen on towel with fish design to indicate successful swim of that event. The fish has scales and each scale lists an event. The fitness swimmer will enjoy a feeling of accomplishment and can sport this success indicated on the towel or certificate as well as the competitive swimmer who may only check off events swam at sanctioned meets with official times or even more targeted at only checking off personal bests at sanctioned meets as a personal reward. It is an organized and fun way to see all the different events enjoyed that calendar year and to serve desires of the swimmer.

The price is \$30 per participant for the towel, cap, and certificate including handling and shipping all done by Cal Pro Sports for the Long Beach Grunions who are hosting this event. The deadline to sign up is November 1 and the event ends 2016 yearend.

To learn more, just click on the link below to view the cap, towel and certificate and sign up to participate.

[CLICK HERE](#)



3rd Annual Last Chance, End of the Summer 5K Pool Swim



Saturday, September 10th

7:30 - 9:30 am with a 7:10 Check in and 7:20 Warm up

Cranford Pool & Fitness Center, (Outdoor, 8 lane 50 meter pool)

FREE to 2016 NJ Masters members

100 X 50's

Or

50 X 100's

This is our latest Last Chance Swim ever so it really may be your last chance to get in a great, free, end of the summer swim! 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 2016 USMS registration number and choice of swim -- 50's or 100's plus your approximate interval time.

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 Street.

Smile your way through while correcting a common backstroke flaw

Paul J. Kiell, M.D.

I remember a useful tip for long distance runners. It was a way to correct the flaw of your bobbing up and down while at the same time encouraging you to run parallel to the ground, rather than up and down:

You would fix your eyes on an object, like a jutting branch of a tree, 50-75 yards away. If you bobbed too much, the branch seemed to go up and down. Conversely, if the branch stayed relatively stationary, your technique was then okay for that phase and you would adjust your footfalls accordingly.

You can do the same type of thing while learning swimming technique. All you need do first is to place one of those smiley stick-ems inside your goggles.



For me, what inspired it all was my zigzagging with hands hitting and attacking the lane lines during backstroke.

That backstroke defect had been stubbornly resistant, leading me to all but abandon the stroke. Then, in desperation, I remembered some things basic.

Basic here meant the head. If your head is not on right, other aspects of the stroke can fall apart. Ideally, in the long axis strokes, the head should lie in a relaxed position. But relaxed is not always so easy. I needed reminders.

The trick was to place a small stick-em smile label into the middle inside of the left goggle.



On my back, gently kicking, I then allowed my head to rest in the water, neck relaxed. Next, all I had to do was look upwards and see that spot and *not let it move*.

Getting the correct head position is part of this challenge. Doing it right, you'll have a thin stream of water coming over your face every few backstroke pull cycles. Just keep that dot directly above you, and, **DO NOT LET IT MOVE**.

Using the stick-ems is a little more convenient than the drill of balancing a glass of water or an apple on your forehead. In backstroke, nevertheless, it is essential, it is mandatory, to keep the head on straight and not let it move while at the same time relaxing the neck muscles. Repeat: You *must* keep your head on straight. Although where you affix the smile sticker inside the goggle may be something you have to play with, the important thing is to keep *that* dot as still as you can, at the same time allowing your hips to gently rotate.

So for a little less than \$3, I now have a lifetime supply of smile stickers that I carry in my swim bag. If nothing else, they take less room and weigh far less than an apple.



The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

