FASTLANE

NJ LMSC Newsletter January/February 2017

Reserve now for the 2017 NJ Masters Swimming Annual Awards Banquet Saturday, March 18

NEW JERSEY MASTERS SWIMMING
Swimming For Life

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2017 Event Calendar

January 1 - June 30 NJ LMSC Virtual Fitness Swim ~~ Swim University. To sign up contact Linda Brown-Kuhn at lindabk11@gmail.com.

January 1 - December 31, 2017 USMS Go The Distance 2017 Fitness Event. All 2017 USMS swimmers are eligible to enter this free event! Contact information: Go The Distance Support Team usmsgtd@yahoo.com More information

January 1 - December 31, 2017 USMS "Check-Off Challenge" National Fitness Event Event information

New Jersey Events

Saturday, March 18, 2017 – 6-10pm The NJ Masters Swimming Annual Awards Banquet at the The Dolce Hotel in Basking Ridge, NJ. Registration form. Early bird pricing available until March 1, 2017

Saturday March 25, 2017 – USMS Level 1 -2 Coach Certification class – Bridgewater Marriott

Saturday and Sunday March 25 – 26, 2017 – USMS /Berkeley Aquatics

Sunday March 26, 2017 – USMS Stroke clinic for swimmers – Berkeley Aquatics

Sunday, April 2, 2017 -- SAVE THE DATE ~~ 11:00am - 2:00pm The NJ Masters Swimming Board of Volunteers is excited to announce the Spring Pool Open Water Swim Clinic being sponsored by the NJ LMSC and being led by 2012 Olympian and 2016 Champion of the Traversée du Lac St. Jean 32km Fina Grand Prix race in Lac St. Jean in Roberval, Quebec Canada, Alex Meyer! Registration form

Remembering Doug Clark

Our hearts were deeply saddened with the news of the passing of Doug Clark in mid-December. He was our longtime fellow swimming mate, a member of the NJ Masters Swimming family for 19 years (since he came to America), and a good friend to many within our swimming family. Not only did Doug have a passion for swimming, but also for cycling and running which led him to become an elite, world-class triathlete.

The NJ Masters Swimming Annual Super Bowl Sunday 100 x 100s were one of Doug's favourite swimming events. He enjoyed the challenge and the camaraderie of the event with his fellow Masters Swimmers and always swam some extra yards after completing his 100 x 100s. At this year's 2017 Super Bowl Sunday 100 x 100s held just a few weeks ago, many of the swimmers joined in a collective tribute to Doug and swam at least an extra 100 yards in his honour and memory.

Doug faced off bravely fighting a 2 -year battle with brain cancer with such strength and courage and with his loving family continuously along his side. His spirit will live on as he was such an inspiration to many of us. Doug's brilliant wit and humour, his kindness yet fierce competitive spirit, and his Doug-isms will always remain in our hearts. You are missed dearly, you mighty bloke!!

NJ Masters Swimming 2017 Annual Awards Banquet Next Month

Make your reservations today!

NJ Masters Swimming is proud to announce and congratulate the 2016 New Jersey Masters Swimming Continuous Membership Award Recipients (listed below) for their respective levels of commitment to United States Masters Swimming! All 2016 award recipients will be honoured and presented customized awards at the 2016 Annual New Jersey Masters Swimming Awards Banquet and Social to be held during the evening of Saturday, March 18, 2017. The awards are each customized with the commensurate years of continuous NJ LMSC membership and can be viewed on the NJ Masters website. Please note that it will not be possible to mail these awards. If you are unable to attend the awards banquet, then we hope to see you at another future NJ LMSC event so that you can pick up your earned award.

The NJ Masters Swimming Board of Volunteers is also proud to announce that the 2017 recipients of the Lou Abel Distinguished Service Award are Rob/Cathy Copeland and Susan Kirk. Congratulations to you all and thank you for your years of dedication, service, and leadership that you have provided to the NJ Masters Swimming members. We look forward to honouring you at the awards banquet on March 18th!

The NJ Masters Swimming 2017 Annual Awards Banquet Registration form is now available. Early bird registration will be available through March 1st. Award recipients ~~ please keep an eye on your inbox for your special e-invitation!

We are also honoured to announce that the guest speaker this year will be Bridgette Hobart ~~ a world class marathon open water swimmer, event director of the Lake Hopatcong Open Water Swim Festival, a multi-year volunteer for the NJ LMSC Board, and the 2015 World Open Water Swimming Association Woman of the Year. She is a knowledgeable, insightful, and inspirational woman and we look forward to the opportunity for her to share stories of her journey with us!

The banquet will be held from 6:00pm - 10:00pm at the Dolce Hotel and Resort in Basking Ridge, NJ. Starting off with some live music by our very own NJ Masters Swimming musician, Peter McCoy, and his friend Don Giannico, during the cocktail hour and concluding the evening with the annual tradition of some random door prizes!!

If you have any NJ Masters swimming photos that you would like to share with your fellow Masters swimmers as part of the banquet slide show, please e-mail them to Chris McGiffin cmcgiff@aol.com by March 1st. We would love to add your photos to the montage celebrating the NJ Masters Swimming community throughout the years! Thanks!

We hope that you all can join us for an evening of celebration of our New Jersey Masters Swimming community!

25-year Award Recipients (4) 1992-2016

Paul Kiell
William Ruthrauff
Lawrence Seidman
Isaac Siskind

20-year Award Recipients (5) 1997-2016

Nickolas Demas
Andrew Maggion
Curtis (Wm) Miller
Regina Papini
Karen Shearly

15-year Award Recipients (9) 2002-2016

Gerri Callahan
Cedric Druce
Janet Estenes
Darek Hahn
Sally Kleeman
Mario Lepore
Julie Porro
Philip Sherratt
Jens Volker

10-year Award Recipients (20) 2007-2016

Denise Carlson
Lorna Cialdella-Morehead
Richard Clew
Christopher Esnes
Frank Fitzgerald
Donald Free
Jane Gardner
Stephen Glassman
Paul Grassie
William Haas
Sara Johnston
David Juchniewicz
Erika Maresca
Lyndsay McMeen (St. Onge)
Cande Olsen
Martin Rothfelder
James Ryan
Joy Tsuzuki
Lauren Twombly
Ilse Wolfe

5-year Award Recipients (44) 2012-2016

John Baliko
Greg Bassett
Patricia Beronio
Jorge Blum
Barbara Burton
Benedicte Callan
Bo Cederquist
Lawrence Chevres
Dylan Cohen
D. Lindsay Conner
Jeffrey Connors
Sharon Danzger
Michele Donato
David Dorfman
Guy Dorgan
Lynn English
James Ferriter
Robert Gatto
John Giancola
Christopher Gibson
Brian Glenn
Pauline Gyllenhammer
Atsushi Hamanaka
Daniel Kornick
Peter Langham

5-year Award Recipients (44) 2012-2016

Daniel Kaufman
Nai Lee
William Maher
Francesca Mancuso
Robert McAdams
Howie Miller
Kari Morrison (Clayton)
Matthew Murphy
Jim Pestrichelli
Indrek Porro
Joanne Porro
Michael Randazzo
Julia Scales
Paul Schaeffler
Kevin Schmidt
Charlotte Wei
Courtney Welsh
Craig Zaleck
Jeff Ziegler

Adult Learn To Swim: My experience

By James Ryan

There is always a beginning. Before any of us ever got into the water, some had to get the courage to enter the water. Once one enters the world of swimming, there are the basics like blowing bubbles and opening our eyes while keeping our heads under water that must be mastered. Over time, we learn more advanced activities, strokes, and techniques. As we move deeper into the sport it can be like entering a magical forest where we no longer remember the beginning, only significant moments along the way and where we are now. We know how to do most things. Over time, when we try to help others, the key to success is remembering the fundamental steps and processes that brought us to where we are now so we can effectively relate to those we teach, anticipate the areas of frustration, and ease students through the process. USMS Adult Learn to Swim lead instructor Dominic Latella led us down the right path, showing us that what has become second nature to us may be completely new to new students. We're teaching them a way of having fun and staying fit safely while building their confidence.

Jim Ryan entering the breaststroke glide phase

As one who has done Masters and YMCA age group coaching at various points over my lifetime, it had been more than a decade since I taught my sons and longer since I taught Red Cross or YMCA classes. I found myself observing adults at our community center trying to self-teach through observation and imitation. Seeing the frustration that would sometimes come from the fruits of their efforts not living up to their expectations, I found myself growing sympathetic to their plight, leading me to look into USMS Adult Learn-to-Swim certification.

USMS Adult Learn-to-Swim training serves as a tool for those who may be coaches or competitive swimmers to recalibrate and teach the fundamentals that may have been long forgotten over the course of time. Differing from traditional training, the course provides a "best practices" approach, tailored for adults, placing increased focus on overcoming fears and building confidence. For the instructor who has been away from instructing for a while and more focused on competition, the course recalibrated my thinking for the students for whom learning the basics will be an accomplishment, and provided us with a basic skills assessment structure to help us teach the basics without oversight. At the same time, for those who may have specific needs, such as getting their breathing synchronized with their strokes, those fundamentals were included as well. In brief, we're taught

how to present and teach the fundamentals for every level, right down to getting out of the pool! For this day and age of available equipment, even the use as learning tools is identified, covering cap, goggles and fins. There's no mystery. There are no points where one can get lost. It's a solid step by step process starting with the fundamentals and building from there. It's designed to instill confidence from the beginning.

When I first took the course, I had hoped to teach at our local club, but they were not receptive, and that can be one of the challenges ALTS instructors may face. For 2017, I am looking to teach privately at the pool of the student's choosing and perhaps connect with an organization that wants a certified USMS ALTS instructor. My target student will be in the 40+ range.

USMS Adult Learn-to-Swim (ALTS)

According to the Centers for Disease Control and Prevention, 37 percent of American adults *can't swim the length of a pool*, which puts them at risk of being one of the 10 people who drown *every day* in the United States.
USMS's resources and expertise uniquely positions us to address the problem of adult drowning. In 2013, our Swimming Saves Lives Foundation launched the inaugural April Is Adult Learn-to-Swim Month campaign to bring awareness to the staggeringly high drowning rate and to effect change by providing funds to programs offering adult learn-to-swim opportunities in communities across the country.

During the first April ALTS campaign, we discovered that our members and member-coaches needed more resources for teaching adults to swim and become safer in water. So in 2015, USMS launched its Adult Learn-to-Swim Instructor Certification Program. The curriculum draws from nationally recognized experts and includes the five basic water competencies identified by the American Red Cross.

We're also making ALTS lessons easier to find for adults who don't know how to swim, by providing a search tool to find certified ALTS instructors by ZIP code and by integrating information about our ALTS instructors and programs into our Places to Swim tool. In addition, we'll continue to build our library of ALTS articles and videos to serve as both inspiration and resource to anyone wanting to learn to swim or anyone wanting to become involved in learn-to-swim programming.

If you or a loved one doesn't know how to swim, please use our instructor database or Places to Swim on the USMS website. You will be able to use your ZIP code to identify places to swim within your area. You can contact the facilities in your area to see what kind of programs are available.

If you can't find adult learn-to-swim lessons in your area, or would like more information, please contact us at info@usms.org

For learn-to-swim lessons for CHILDREN, contact the USA Swimming Foundation's Make a Splash program.

How do I find adult learn-to-swim lessons?

Use our searchable certified-instructor database or Places to Swim search tool to find USMS programs in your area. Not all USMS programs offer learn-to-swim lessons, so you'll need to contact the programs and ask them if they offer lessons. You can also check our list of Swimming Saves Lives partners—these are programs that have offered adult learn-to-swim lessons in the past—to see if they're currently offering lessons. If you cannot find a program or instructor in your area, the USMS National Office can help. Contact Education Manager Holly Neumann at 941-556-6285.

GO THE DISTANCE UPDATE…

January 11, 2017 – New Jersey concluded the 2016 Go The Distance event with a third place ranking among all 52 LMSCs in the country! NJ ranked third not only in total miles logged but also in number of participants! NJ's total mileage of 37,452 is the highest annual total for NJ and was only surpassed by Pacific and Southern Pacific at 81,357 and 40,439 miles. Pacific and Southern Pacific have 12,213 and 5,046 total members respectively (NJ had 1,582 members in 2016), so once again, NJ had the highest percentage of their membership participate at 9.0%!

If you haven't already signed up for the 2017 event, please consider participating in this terrific fitness event. This free on-line 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. For the NJ LMSC membership note that you can also use GTD to track your mileage for the Swim University fitness event.

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 (5) LMSCs for 2016:

Pacific – 81,357 miles, 338 swimmers (2.8% of LMSC membership)
Southern Pacific – 40,439 miles, 177 swimmers (3.5% of LMSC membership)
New Jersey - 37,452 miles, 142 swimmers (9.0% of LMSC membership)
New England - 31,534 miles, 131 swimmers (5.2% of LMSC membership)
Florida - 25,534 miles, 110 swimmers (4.1% of LMSC membership)

January 1st, 2017 - Congratulations to the following NJ LMSC swimmers who broke NJ LMSC SCM records at recent meets. At the Dr. Bill Ross Memorial Masters Swim Meet at the Nassau Aquatics Center in East Meadow, NY on November 12, 2016, Michelle Davidson (46) set new NJLMSC SCM standards in the women's 45-49 100 fly (1:16.54) and the 200 fly (2:48.04). At the same meet, Laurie Ditommaso (54) also set new records in the women's 50-54 50 breast (42.37) and 50 fly (34.71).

Michelle Davidson (46) continued her record setting swims by setting a new NJLMSC SCM record in the women's 45-49 200 back with a 2:39.80 at the 4th Annual Solstice SCM Meet at the Germantown Indoor Swim Center in Boyds, MD on December 3, 2016.

December 16th, 2016 - Congratulations to Christopher Gibson (60) who set new NJ LMSC records in the men's 60-64 1500 meter free for both the Long Course and Short Course events. On June 19, Chris swam a 1500 LCM time of 19:47.94 at the Shut up and Swim Roy Dessloch Invitational meet at the Westside Aquatics Complex in Greenville, SC. Chris then swam a 19:40.43 1500 SCM in the Southern Masters SCM Swimming Championships at the University of New Orleans, LA Lakefront Arena Swim Center on December 11, 2016.

December 16th, 2016 - Congratulations to the following swimmers who set new NJ LMSC SCM records at the Somerset County YMCA Pentathlon Festival at the Somerset Valley YMCA in Bridgewater, NJ on December 10, 2016.

Women 50-54: Megan Tompkins (54) 50 free - 31.01, 50 fly - 34.79; Laurie Ditommaso (54) 100 breast - 1:34.86, 200 IM - 2:58.26; **Women 55-59:** Jane Ikeda (55) 50 fly - 42.45; **Women 60-64:** Nancy Steadman-Martin (62) 50 free - 34.18, 100 free - 1:12.95, 200 free - 2:30.48, 400 free - 5:12.77, 1500 free - 20:38.60; **Women 80-84:** Janet Moeller (82) 1500 free - 38:51.40

Men 50-54: Scott Yeomans (52) 1500 free - 19:26.00; Jose Faria (50) 50 back - 31.95; **Men 60-64:**Men 60-64: Ken Niemi (61) 200 back - 2:49.90; **Men 65-69:** Richard Bohan (65) 100 breast - 1:29.53; **Men 70-74:** Jack Zakim (71) 200 free - 2:42.56, 100 back - 1:29.70; Bob Hopkins (74) 200 fly - 4:48.89, 400 IM - 7:53.93

Women's Relay: 160-199 200 free relay - SCYM (Elizabeth Burton (51), Megan Stolarski (38), Suzanne Lemieux (46), Megan Tompkins (54)) 2:18.28

Men's Relay: 280-319 200 free relay - GSM (Lawrence Seidman (69), Jerry Katz (78), Jack Zakim (71), Arthur Wein (66)) 2:17.30 280-319 200 medley relay - GSM (Jack Zakim (71), Arthur Wein (66), Lawrence Seidman (69), Jerry Katz (78)) 2:46.56

Mixed Relay: 200-239 200 free relay - GSM (Deborah Cipriano (59), Laurie Ditommaso (54), Bob Hopkins (74), Jose Faria (50)) 2:12.18

December 1, 2016 - Congratulations to Paul Kiell (86) who set two new NJ LMSC SCY records at the Sussex County YMCA Adult Mini-Meet on October 15, 2016. Paul swam the 200 yard freestyle in 3:39.24 and the 100 yard backstroke in 1:48.88.

Say Happy Birthday to these fellow swimmers when you see them!

MARCH BIRTHDAYS

Vincent Amendolare
Katie Andrews
Vladimir Aronsky
Amy Ball
Chuck Beardsley
Linda Bjork
Caroline Block
Alexis Mara Broder
Leslie Brunell
Tom Brunson
Cheri Caprio
Sandra Carosi
Ryan Cathcart
Chris Chang
Lawrence Chevres
Zachary Chororos
Sandra Clarke
Pierce Cohalan
Glenda Cohen
Brett Cohen
Steve Cozine
Keith Demmerle
Erin Devlin
Michelle Dion
Michele Donato
Lynn English
Naomi Ewing
Katherine Fallon
Barbara Franz
Sue Freeman-Patterson
Glen Fries
Ana Garcia
Alex Gershowitz
Christopher Gibson
Susan Gibson
Christina Giordano
Melissa Griffie
Peter Groner
Diane Guvenis
Frank Haftel
Mary Hager
Ellie Harris
Mark Heiman
William Hennessy
Glenn Hofmann
Rick Hopkins
Norma Jones
Esta Kass
Patrick Kellachan
Laura Kenny

MARCH BIRTHDAYS

William Kosakowski
Elizabeth Krynska
Thomas Lawson
Suzanne Lemieux
Rosanne Lemongello
Larry Lengle
Jorge Lopes
Michele Lyons
Paul Marsac
Mary Marvel
Frank McElroy
Andrea McGee
Chris McGiffin
Lyndsay McMeen
Katherine Mcgrath
Diana Mentone
Reynard Morrell
Faye Morrone
James Mullaney
Alexander Murguly
Matthew Murphy
Kirsten Neville
Ken Niemi
John O'Brien
Edward O'Connor
Lynne Okulski
Debbie Peers
Heidi Pfefferkorn
Lynda Przedpelski
Lawrence Quinn
Sara Quinty
Kurt Rotthoff
Paul Schaeffler
Ari Schertz
Conner Schobel
Daniel Schrider
Nora Schultz
Dane Seltenreich
Bridget Sherratt
Steve Siano
Alessandro Sodi
Brian Sperazza
Hilary Stevens
Megan Stolarski
Korey Stoller
Lori Strauss
James Sullivan
Dwayne Taylor
Christine Taylor
Lauren Twombly

MARCH BIRTHDAYS

Nancy Wagner
David Wallman
Sheryl Walsh
Suzanne White
James White
Vanessa Wilcox
Deborah Young - Doyle
Bill Zalan
Craig Zaleck

APRIL BIRTHDAYS

Vinil Apelagunta
John Baran
Beth Bigham
Sandy Bluhm
Richard Bohan
Michael Bohan
Daniel Boland
Alexis Bota
James Brannigan
Barrett Bunnell
Lauren Byron
Benedicte Callan
Allison Canosa
Hillary Clark
Louisa Clayton
John Coyle
Rob Curry
Daisy DeSimone
Nickolas Demas
Lauren Diemar
Scott Duprex
Edward Eyring
Robert Falzon
Jose Faria
Deborah Fennelly
Ken Fink
Ken Fitch
Caitie Flum
Jacqueline Gattoni
George Glum
Melissa Goldstein
Catherine Hartford
Jill Hendershott
Tim Henshall
Mark Hoffman

APRIL BIRTHDAYS

James Hoke
Susan Howley
Andrew James
Daniel Judge
Daniel Kaufman
Joseph Kazmierczuk
Kathleen Keers-Nolde
Jacqui Koplik
Suanne Kowal-connelly
Alexander Kushner
Megan Livak
Susan Lockhart
Christina Mackay
Julianne Martin
Mark Menter
Desiree Merrell
Janet Michaels
Rita Nannini
Thomas Ollen
Karen Paffendorf
Michael Pasqual
Katherine Pennell
Nick Pierson
Terri Pisack
Michael Reinitz
Ira Rimerman
George Russ
Tom Sartorio
Martin Scheidl
Jennifer Selverian
Karen Shearly
Matthew Smith
Aaron Smith
Don Sumada
Jennifer Taras
Hilary Topper
Mayo Tsuzuki
Chris Valley
Marie Vellucci
Katharine Walden
Michele Walker
Dougin Walker
Ilse Wolfe
Scott Yeomans
Zachary Yocum
Caryn Zilka

Sixth Annual 50 X 50's A Success!

A banner year for this fun, post-holiday swim

A record 61 swimmers started off their 2017 with a splash at the 50 X 50's! Held on January 14 at the Berkeley Aquatic Club Center of Excellence, the event started with a mini clinic and then flowed into the 50 X 50's.

Thanks go to the ringmaster, Bill Reichle for his excellent lane arranging and to Judy Lee, Jeff Jotz, Beth Maloney, Sara Johnston, Adele Morgan, Michael Recchia, Ed Tsuzuki, Susan Kirk, and Sarah Clark for volunteering their coaching and counting talents.

Fresh from their swim --
front row L - R Carol Jordano Denis Kalish Fang Schmitz
back row L - R Suzanne Klein Aundray Dawson Julie Stine

Next year we're going to try to rent the whole pool to accommodate more swimmers and more intervals! Check the Facebook page for fun pics!

Congratulations! to all 95 of the swimmers who collectively swam 832,800 yards in the NJ Masters Swimming

Annual Super Bowl Sunday 100 x 100s!!

The pool vibe was electric and filled with the glowing success of accomplishment as many swimmers not only achieved their personal goals, but crushed previous swimming barriers!! Kudos to all!!

Please visit our New Jersey Masters Swimming Facebook page for numerous photos of the event!

Why do so many swimmers look forward to swimming the NJ Masters Swimming Annual Super Bowl Sunday 100 x 100s?? We were curious as to the source of their motivation and so we asked all of the participants. Here are their primary reasons to face the challenge and put forth such effort:

Looking forward to seeing everyone again next year for the 2018 NJ Masters Swimming Annual Super Bowl Sunday 100 x 100s!!

Save the Date and join in the fun, challenge, camaraderie, and success with your fellow NJ Masters Swimmers!

Dear NJ LMSC members and fellow swimmers,

Do you have a wonderful swim experience you could share in the newsletter? Did you particularly enjoy swimming, a swim training experience or endeavor, or other swimming related activities that you might write about for an upcoming monthly publication?It can be as general or as detailed as you have time for keeping in mind that it might be of interest to the readers of the NJ LMSC.

Also, please feel free to email us photos about any swim experiences including clinics, open water swims or races, swim meets, nationals, usa or usms, postals, 50x50s, 100x100s. Please add a caption highlighting you, your friends and perhaps others in your team. We would really appreciate any submissions you would share!!

Please email article and photos with captions to pialord@gmail.com. If you'd Iike I can send you a list of question prompts to assist you in writing an article .

Thank you and happy swimming!

Check out the Madison Area Masters!

The Madison Area Masters is a friendly group that swims together at Drew University, the Madison YMCA and other locations throughout the year. This is the 13th year that the swimmers have tracked their yardage.

White Caps winners of the Drew Masters Annual Yardstick Swim Competition!! Pia Lord Captain

The Masters group celebrated the impressive results recently at its 12th annual awards breakfast, with record participation. Hosted by longtime swimmers Bob Nissen and Joe Donohue at the Harding Township Library, the group celebrated not just its collective performance, but also team yardage (four teams were established) and numerous outstanding individual achievements.

During the year, many of the swimmers also compete in various Masters' swim meets, "open water" ocean races and even triathlons, often winning medals and leading their age groups in performance.

Throughout 2016, each swimmer submitted his or her swim yardage on a monthly basis. The results were then tracked on a user friendly web site developed by swimmer Doug Clark, so that swimmers could track total yardage and see how each was measuring up within the group.

At the end of the year, the swimmer with the most yards was awarded the coveted Golden Yardstick award. Every other swimmer in turn received a portion of a yardstick based on his or her performance as a percentage of the swimmer with the most yards.

And the entire crew presentation at the annual breakfast January 13th. Note yardstick cookie created by the overall winner Julia Scales who swam over 1000 miles this year!

Buffet Dinner - Cash Bar - Guest Speaker - Door Prizes - Time to Socialize With Your Masters Swimming Friends. Music will be provided during the cocktail hour by NJ LMSC's very own Peter McCoy and friend, Don Giannico.

Saturday, March 18, 2017
6:00pm - 10:00pm

Dolce Basking Ridge Hotel
300 North Maple Ave., Basking Ridge, NJ 07920

USMS NJ Masters Swimming

2017 Annual Awards Banquet

honouring our
2016 Continuous Membership Awards Recipients

Enjoy our beautiful, Basking Ridge venue, conveniently located off Route 287.

FEATURED SPEAKER BRIDGETTE HOBART

Bridgette Hobart is a 9-year member of U.S. Masters Swimming and a multi-year volunteer for the NJ LMSC. She is also a member of World Open Water Swimming Association, Marathon Swimmers Federation and Channel Swimming Association. She is the Event Director for the Lake Hopatcong Open Water Swim Festival, a charity event raising funds for animal rescue groups & K9 Teams, and The Finger Lakes Sampler staged swim event, where the proceeds benefit the Nazareth Swim Team.

Bridgette focuses on marathon swimming and has participated in these events to raise awareness and funds for charities focusing on health & wellness, youth programs and animal rescue groups. Bridgette has completed multiple marathon swims, including Manhattan Island, Catalina Channel, AZ SCAR Challenge, Rottnest Channel, English Channel, 120 mile 8 Bridges on the Hudson Staged Swim, and completed the length of all 9 swimmable NY Finger Lakes in the 2015 swim season. Upon completion of the English Channel on September 18, 2014, Bridgette became the 103rd person in the world to complete the Triple Crown of Open Water Swimming. Bridgette was awarded the 2015 World Open Water Swimming Association Woman of the Year and the 2015 Marathon Swimmers Federation Overall Performance of the Year by a Woman.

Bridgette resides in Lake Hopatcong, NJ with her husband, Bob, and many rescue pets. In addition to her career and marathon swimming, she enjoys speaking on her marathon swimming adventures and on how through visualization, positive thinking, learning from failure, team work, and embracing challenges you realize you can do just about anything for 30 minutes.

Congratulations to all of our 2016 NJ Masters Swimming Continuous Membership Recognition Award Recipients!

25 YEAR MEMBERS

Paul J Kiell, William Ruthrauff, Lawrence Seidman, Isaac Siskind

20 YEAR MEMBERS

Nickolas Demas, Andrew Maggion, Curtis (Wm) Miller, Regina Papini, Karen Shearly

15 YEAR MEMBERS

Gerri Callahan, Cedric Druce, Janet Estenes, Darek Hahn, Sally Kleeman, Mario Lepore, Julie Porro, Philip Sherratt, Jens Volker

10 YEAR MEMBERS

Denise Carlson, Lorna Cialdella-Morehead, Richard Clew, Christopher Esnes, Frank Fitzgerald, Donald Free, Jane Gardner, Stephen Glassman, Paul Grassie, William Haas, Sara Johnston, David Juchniewicz, Erika Maresca, Lyndsay McMeen (St Onge), Cande Olsen, Martin Rothfelder, James Ryan, Joy Tsuzuki, Lauren Twombly, Ilse Wolfe

5 YEAR MEMBERS

John Baliko, Greg Bassett, Patricia Beronio, Jorge Blum, Barbara Burton, Benedicte Callan, Bo Cederquist, Lawrence Chevres, Dylan Cohen, D. Lindsay Conner, Jeffrey Connors, Sharon Danzger, Michele Donato, David Dorfman, Guy Dorgan, Lynn English, James Ferriter, Robert Gatto, John Giancola, Christopher Gibson, Brian Glenn, Pauline Gyllenhammer, Atsushi Hamanaka, Daniel Kaufman, Daniel Kornick, Peter Langham, Nai Lee, William Maher, Francesca Mancuso, Robert McAdams, Howie Miller, Kari Morrison (Clayton), Matthew Murphy, Jim Pestrichelli, Indrek Porro, Joanne Porro, Michael Randazzo, Julia Scales, Paul Schaeffler, Kevin Schmidt, Charlotte Wei, Courtney Welsh, Craig Zaleck, Jeff Ziegler

REGISTRATION CARD

Cost: **Award Recipient** Complimentary | **2017 Registered Coach** $15 | **Member/Guests** $25
if paid by 3/1/17, $35 after 3/1/17, $40 at door

Name _____ USMS Number _____

Number attending _____ USMS Member _____ Guests

Phone _____ Email _____

Please make checks payable to NJ LMSC.
Mail completed form to: Kim Plewa 2278 Desisto Drive, Rahway, NJ 07065
Email inquiries to Kim Plewa emmik08@aol.com

Pool Open Water Swim Clinic

With Olympian Alex Meyer!

Sunday, April 2nd, 2017 from 11:00am- 2:00pm
Hosted by: New Jersey LMSC

The clinic will focus on developing open water swimming skills. In this clinic you will:

- **Learn tactics and strategies for open water racing**
- **Learn how to navigate well in different conditions**
- **Perform and practice turns around buoys**
- **Gain confidence and skill for swimming in packs**

Alex will be available for questions as well as pictures and autographs. Come join us for an experience that promises to be informative, fun, and give you a jump start on your preparations for your 2017 open water swimming/triathlon season!

Location: Berkeley Aquatic Club 629 Central Avenue New Providence, NJ

About Alex: Alex is a 2010 Gold Medalist in the 25K in the FINA World Championships, a 2011 Gold Medalist in the 10K U.S. Open Water National Championships, a 2012 Olympian, a back-to-back Gold Medalist in the 5K at the 2014 and 2015 U.S. Open Water National Championships, and in 2016 he culminated his career with an incredible Gold Medal swim in the challenging 32K Traversee du Lac St. Jean FINA Grand Prix race!! Alex offers a breadth of knowledge and insight for all levels of open water swimmers.

Since this clinic has been subsidized by the NJ LMSC, **the cost is only $25 for registered NJ LMSC Members! Space is limited,** so please register early. You can register by sending the completed form below with a check made payable to ***"NJ LMSC"*** to: **Susan Kirk 11 Waldon Road Califon, NJ 07830**

For any questions about the clinic, please email Susan Kirk: sqkirk@gmail.com

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Pool Open Water Swim Clinic: Sunday, April 2nd from 11:00am-2:00pm at the Berkeley Aquatic Club

First Name:_____Last_____

Address_____City_____State_____Zip_____

Phone: ( )_____Email _____

Emergency contact info: _____

Age: _____ 2017 USMS Registration # _____

Cost: ☐ $25

Send check **payable to NJ LMSC** to: Susan Kirk 11 Waldon Road Califon, NJ 07830

The deadline for the next issue is

April 7

Please send articles to aras33@comcast.net

U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes health, wellness, fitness and competition for adults through swimming. It does so by partnering with more than 1,500 adult swim programs across the country; promoting information via the bimonthly member magazine, SWIMMER, monthly e-newsletters, STREAMLINES, and website, usms.org; and by sanctioning and promoting pool, open water and virtual events and competitions. More than 60,000 adults are registered members of U.S. Masters Swimming