FASTLANE

NJ LMSC Newsletter March/April 2017

NJ Masters Swimming 2017 Annual Awards Banquet

On March 18th, the LMSC held the 11th Annual Awards Banquet at the beautiful Dolce Hotel in Basking Ridge, NJ. Our very own NJ Masters Swimming musician, Peter McCoy, and his friend Don Giannico, kicked-off the evening with some live music during the cocktail hour and set the atmosphere for a fun and entertaining night!

Keynote speaker Bridgette Hobart

The evening of celebration continued with honoring the NJ Masters Swimming Continuous Membership Recognition Award Recipients – congratulations to all! Also recognized were the Lou Abel Distinguished Service Award Recipients for the years of service and leadership that they have provided to NJ Masters Swimming members. Congratulations Rob & Cathy Copeland and Susan Kirk, and thank you for your dedication to the sport of swimming!

The evening was also highlighted by our special guest speaker, Bridgette Hobart. Bridgette is 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. The stories and knowledge she shared from her journey were insightful, entertaining and an inspiration for all swimmers.

The special night concluded with the annual tradition of some fun and unique door prizes. It was a great opportunity to relax, have fun and socialize with the swimming community. We hope to see you next year! PHOTOS AND MORE STARTING ON PAGE 8!

Check out what's inside!

Go the Distance update page 3
Memory Lane page 4
Birthdays page 5
Adult Learn to Swim recap page 6
Open water Swim Clinic Recap 7
Annual Banquet pics/recognition pages 8-12
Kudos and Coaches Clinic recap page 13

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

August 2017 (tentative) ~~ Jason E. Nessel Memorial Invitational LCM Meet

September 2017 (tentative) ~~ Last Chance 50 x 100s LCM Swim

The Latest Look at

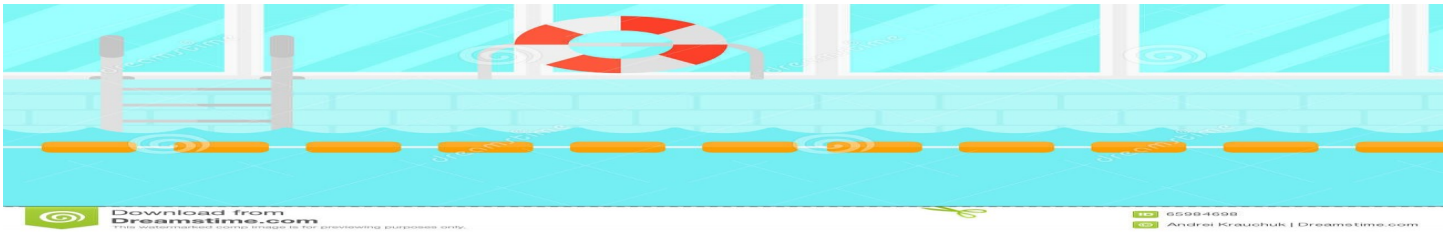
New Jersey continues to stand out in the **Go The Distance** program. NJ is now in second place for total mileage (9,405 miles) and 3rd place in number of participants (131). We are number one in percentage participation of members - but there are some new players - Gulf and North Texas are clearly pushing participation as they have 9.5% and 9.2% participation respectively - just behind our leading 10.7%! I believe this may be the highest ranking ever for NJ in mileage and number of participants! (*Thanks to Ed Tsuzuki for this analysis*).

Why do so many New Jersey Masters swimmers choose to participate in this program? Probably wanting to keep tabs on the exact amount swum and ease of entering the numbers online are common reasons why many swimmers say yes to this fitness flog.

Leigh Segal (in front row with black cap) with some of her Jersey Area Masters swimming buddies.

Leigh Segal has participated in Go the Distance since it began in 2010 so she's had lots of time to form opinions regarding what she likes most about GTD. Here are some of her thoughts ~~

- It motivates me to swim because I like how the calendar looks when the month is filled up.
- Unfortunately not many weight lifter icons on my flog although the weight lifter icon is the cutest and my favorite. The flog reminds me I should do more dry land, and not just "other."
- Flog mileage does not require too much speed or quality. Not sure that's a good thing but at least it's a clock-free event so the ego doesn't suffer.
- Laps with fins, pull buoy, paddles or other swim crutches count.... or at least they do on my flog.
- If I fall behind the progress/distance goal and am in the red zone.... poof!!! It'll turn green again if I reset the goal.
- Most important, when I log a swim it makes me feel happy. I can just enjoy swimming with my friends, log it and be grateful to have been there with them. A full flog is a sign of time well spent with the best of people.



Moments to Remember

by Paul J. Kiell

Seeing Cathy and Rob Copeland at our annual banquet sent me down memory lane. From the Fina 2006 international masters swim competition held at Stanford University, I have harvested two memorable moments:

The first was the gathering of flags and swimmers from all the nations in the stadium of one of Stanford's four 50-meter pools. Director and master of ceremonies for the event, Rob Copeland, would ask all to yell, "Welcome" in our native tongues.

The cacophonous din that answered his request reverberated into the days of competition. On the incline lining the competition pool Jeff Jotz and I were conducting a mock awards ceremony. From below at pool level, someone was enthusiastically giving us a thumbs up gesture. We waved back. At our signal the thumbs-upper with two others scampered up the little hill as one of them announced in broken English, "we take picture with you!" They were swimmers from the country of Slovenia (pop. 2 million) and they were following Rob's welcome order prescription.

Such was the true spirit of *our* little Olympics where we were the athletes called upon to learn about each other through the sport of swimming. Truly it was a moment to savor and remember.

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

May Birthdays

Richard Alexander
Lynn Ascione
Yves Baeyens
Janice Baker
John Baliko
Jodi Barrish
Jackie Bauer
Lisa Baumann
Robert Bohack
Patrick Bohan
JoAnn Bohenek
Brian Campanale
Julius Carallo
Casie Chegwidden
Barbara Christianson
Karol Ciechanowski
Dylan Cohen
Brian Cosgrove
Asabi Davis
Arnold DeGarcia
Frank DeRosa
Matthew Donovan
Jim Dragon
Gary Dunchus
Bill Eickelberg
Nkechi Ejimadu
Irene Fisher
Lan Ge
Michael Gemelli
John Giancola
David Goldberg
Karen Gould
Ljiljana Harding
Laura Hartnett
Bob Hopkins
Marybeth Jacob
Deepak Jain
Karyn Jarmer
Stephen Johnson
Sara Johnston
Randy Jones
Thomas Koehler
John Krut
Stephen Kunen
Andrew Maggion
Laurie Maher
Rob Mathis
Patrick McElroy
Julie McLaughlin
Paul McNutt
Linda Milburn-Pyle
Patric Mills
Aaron Moore
Cara Murphy

May Birthdays

Kevin Nervi
Colin Noonan
Jim Osman
Jennifer Palombo
Helen Paone
James Patten
Raymond Paul
Tom Pownall
Arun Rao
Carol Restrepo
Ramon Reynoso
Allison Rozsits
Neal Rubin
Jamie Rusignuolo
Dorsey Sanchez
Jose Saud
Andi Sawin
Jeffrey Schobel
Hillary Schranze
Gail Seelig
Clemildo Senger
James Smith
Sharon Snyder
Christopher Swenson
Amy Taylor
Anne Thompson
Brad Tidwell
Kate Truncale
Charlotte Vigeant
Maurice Vivanco
Peter Vratimos
Arthur Wein
Erik Werfel
Sasha Wolf
Roger Wunderlich
Fred Yang
Donna Zak

June Birthdays

Andrea Adams
Maixing Ai
Jerry Ambroise
John Basil
Pearly Besman
Gail Bialostok
Alyssa Billi
Simon Bintley
Raymond Boffardi
James Braddock
Erin Brown
Linda Brown-Kuhn
Richard Callaghan
Gerri Callahan
Bruno Camara
Andrew Capers
Cori Caporimo
Rafael Castillo
Stephanie Chamberlain
Tim Christian
Austin Clayton
D. Lindsay Conner
Arthur Costanzo
James Curd
Michelle Davidson
David DeSimone
William Dibble
Russ Dipallina
Guy Dorgan
James Dyer
Eileen Egan
Kelly Eid
John Esser
David Fabian
Brent Ferguson
Amy Ferris
Michael Fontana
Sandra Ford
Peter Furniss
Kathryn Gardner
Marc Gomberg
Natalia Gonzalez
Chuck Graf
Christopher Gregson
William Haynes
Ralph Hemecker
Erin Henricksen
Gregg Heubach
Christine Hill
Peter Hockmeyer
Erling Hoie
Ray Hurst
Stacey Irvine
Phillip Kardis

June Birthdays

Barbara Kay
Gregory Kelly
Susan Kirk
Patricia Kneeland
Mary Konsolaki
Kristin Krauss
Susan Long
Martha MacNabb
Kevin Marshall
Jennifer Mathews
Kevin McGee
Elizabeth Melillo
Kari Morrison
Katie Murtaugh
John O'Connell
James O'Day
Michael O'Donoghue
Susan Olesky
Regina Papini
Kathleen Pappas
Ellen Pease
Stephen Pinchac
Derek Pivko
Chrys Raheb
Rob Rebak
Melissa Reynolds
Corey Roberts
Michael Rudnick
Ellen Ryan
Gilda Schultz
William Segal
Julie Sheaffer
John Sheppard
Emily Sherrard
David Siconolfi
Marc Silberman
Pedro Silva
Michele Sprietsma
Christopher Stephens
Gail Stevancsecz
Joanna Telacka
Robert Toedter
Matthew Vella
Neelam Vijh
Jennifer Weiss
Robert Wertheimer
E Dieter Wunderlich

The "April is Adult Learn to Swim Month" initiative kicked-off in New Jersey on

Saturday, April 1 at the Cranford Pool & Fitness Center. Seven aspiring swimmers from a variety of communities responded to newspaper and NJLMSC publicity to "take the plunge". Five were fearful beginners, while two wanted to improve their skills. Cranford Masters swim team members, under the direction of USMS coach and ALTS instructor, Sally Kleeman, spent two hours in the water with the students. Sally certified the nine volunteers through USMS' ALTS volunteer instructor program. They are Patti Bell, Ed Eyring, Lan Ge, Nancy Goering, Jeff Jotz, Beth Maloney, Bill Reichle, Ying Wang, and Erik Werfel. The instructors proved themselves to be good listeners, responding to their students' stories and fears with compassion and encouragement. They said that, having always loved the water, it was eye-opening to see how debilitating the fear of water can be.

The swimmers were very comforted to have one-on-one instruction. Feeling safe in the experience, they responded with determination and dedicated effort. All participants were very pleased with the results they were able to achieve in their first attempt at swim instruction.

Both students and instructors are looking forward to returning for the second session, to be held on Sunday, April 23, from 6:00 -8:00pm. Openings are still available for new students.

For more info contact:

Sally at 908-709-7260 x 2307

Or at s-kleeman@cranfordnj.org.

NJ LMSC Pool Open Water Swim Clinic

with Olympian and FINA World Champion Alex Meyer

On Sunday, April 2nd, a full-house of NJ Masters Swimmers enjoyed an amazing Pool Open Water Swim Clinic conducted by Olympian and FINA World Champion, Alex Meyer at the Berkeley Aquatic Club!!

The clinic began with a workshop where Alex imparted universal nuggets of wisdom about open water swimming and shared relevant experiences that he had throughout his career.

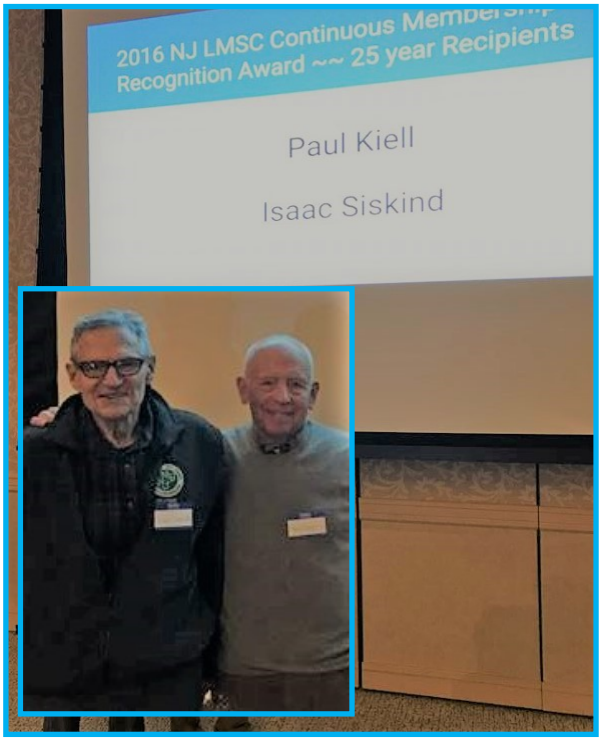
The group then took to the water where Alex introduced them to various tactics and strategies for open water swimming including navigation, sighting, drafting, and executing turns around buoys. The group had lots of fun practicing these skills in the large 4-buoy course.

Thank you to Alex, all of the clinic attendees, and to our marvelous volunteers for making this clinic such a grand success! Happy open water swimming to all in all of your future endeavors!!

Snapshots of the NJ LMSC Annual Awards Banquet!

20-year Continuous Membership Recognition Award Recipients ~~ Regina Papini and Curtis (Wm) Miller

2017 NJ LMSC Lou Abel Distinguished Service Award Recipients Cathy Copeland and Rob Copeland with fellow recipient, Susan Kirk



25-year Continuous Membership Recognition Award Recipients Isaac Siskind and Paul Kiell

15-year Continuous Membership Recognition Award Recipients ~~ Sally Kleeman and Janet Estenes

More snapshots!

The 2017 NJ LMSC Board of Volunteers — (LtoR) Kimberly Plewa, Sarah Clark, Bill Reichle, Chris McGiffin, Linda Brown-Kuhn, Susan Kirk, Tom Brunson, Jennifer Bauman, and Pia Lord (not pictured Ed Tsuzuki, Marie Vellucci, Marin Kirk and Sara Johnston).

Five-year Continuous Membership Recognition Award Recipient ~~ Patricia Beronio

Susan Kirk and Bill Reichle

NJ Masters Swimming 10-year Continuous Membership Recognition Award Recipients ~~ Jim Ryan, David Juchniewicz, Lorna Cialdella Morehead, and Erika Maresca

NJ Masters Swimming
2017 Yearly Award Recipients

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

10-year Award Recipients (20) 2007-2016

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

5-year Award Recipients (44) 2012-2016

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

Congratulations to Nancy Steadman Martin (62) and Jim Dragon (72) for setting new NJ LMSC records at the Ocean County YMCA Masters Meet on February 12, 2017 at the Ocean County YMCA. Nancy set a new record in the women's 60-64 100 fly with a 1:18.67 and Jim set a new standard in the men's 70-74 100 breaststroke at 1:24.97.

USMS Swimming Coach Certification Recap

On March 25, 2017 the USMS had a level one and two coach certification class to train new coaches at the Bridgewater Marriott Hotel. There were approximately 40 swimmers in attendance. There were at least 20 swimmers from New Jersey.

This clinic was excellent. Mel and Dominic were the instructors. Their teaching style was on the mark. They used some visual slides, demonstrations, group work and questions and answers. Mel's knowledge and insight was unbelievable. I am so glad that I attended this coaches certification class.

By Marie Vellucci

Swim University Virtual Swim ~~ Half way done!

There is still time to sign up and join the fun!!

Swim University's inaugural class of 2015 had 33 swimmers who logged in 5,456.93 miles. Mighty impressive. Swim University 2016's 39 graduates swam 6,583.37 miles! For Swim University 2017 let's aim for more than 7,000 miles!

We welcome alumni to enroll again and better their mileage and newbies to see what kind of degrees they can earn. Here's how it works: Swim University started January 1 and runs to June 30th. All you do is swim as much as you can and keep track of your mileage by using USMS's Go the Distance log which you must sign up for first. So during those six months if you swim 30 miles you'll earn your Associate's degree, 60 miles will get you a Bachelor's degree, if you log in 120 miles you'll have a Master's degree and for 240 miles you'll become a PhD in swimology!

This is a wonderful way to get yourself to the pool when fine spring weather might call to you! We challenge those who participated last year to go for a higher degree this year and for those PhD's out there, try for a higher-mileage PhD. And we're looking for a whole new crop of swim students too!

At the end of the swim you'll receive an official unofficial diploma for whatever level of swim fitness achievement you attained plus we'll have some goodie available, maybe a custom sling bag or cap.

To sign up, email Linda Brown-Kuhn at lindabk11@gmail.com with your USMS # and make sure you are participating in Go The Distance (find info at www.usms.org) so you can log in your swims from January 1 to June 30 with a July 7deadline for entering yardage. What degree will you go for? They are all homework free!

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!

The deadline for the next issue is

June 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