



**NJ Masters
Swimming
Annual Awards
Banquet
RECAP!**



Last month, the NJ LMSC hosted the Annual Awards Banquet held at the beautiful Basking Ridge Country Club. Seventy NJ Masters Swimmers and guests from throughout the LMSC got together to share a wonderful evening celebrating the milestone achievements of our Continuous Membership Recognition Program Award Recipients!

The NJ LMSC Board of Volunteers were also introduced and recognized for their passion and dedication to serving the NJ LMSC membership. Cocktail hour included a new, fun icebreaker game where attendees got to know their board volunteers, and had a chance to win some cool swag! The social hour, game and live music by NJ LMSC's very own Peter McCoy and friend Alan Bataille started the night off in a festive mood!

The NJ LMSC was honored to have Christian Kroyer as the special guest speaker this year! Christian is a fellow NJ Masters Swimmer who over the past 5 1/2 years has transformed his life to include multiple disciplines of athletic training and endeavors, including his foray into aquatic fitness with USMS. Banquet attendees were treated to a special video presentation where he shared his inspirational story and journey of change.

The evening of fun, socializing and delicious food included the tradition of raffling off many amazing door prizes throughout the night, as well as the grand prize of \$100 Gift Card to Swim Outlet!

We hope many of you will put this event on your calendar for next year and join in the festivities!

Check out the pics from the banquet pages 3 and 4!

Congratulations!

NJ Masters Swimming Continuous Membership Recognition Award Recipients!

30 YEAR MEMBERS

Bob Hopkins, Susan Kirk, Larry Lengle

25 YEAR MEMBERS

Ed Goracy, Jeffrey Jotz, Kathleen Reynolds, Toms Royal, Ed Tsuzuki

20 YEAR MEMBERS

Michael Leddy, William Mackolin, Richard Schluter

15 YEAR MEMBERS

*Tiffany Brennan, Dan Chamby, Joseph Donohue, Brian Fagan, Norma Fallon, David Feldman,
Rosanne Lemongello, Ann Monaghan, Kimberly Plewa, William Segal, Linda Twining*

10 YEAR MEMBERS

*Beth Bigham, Elizabeth Burton, Kevin Chiella, Lisa Ciccone, Ronald Epstein, Robert Fetter,
Erling Hoie, Cristina Judge, Ursula Kohama, Catherine Maloney Falicon, Carol Martyniuk,
Moirra McCullough, Richard McKern, Susan Olesky, Ellen Pease, Paula Pyrcz,
Michael Roesch, John Sabatino, Julie Sheaffer, James Sullivan, Christopher Swenson,
Leslie Trott, Marie Vellucci*

5 YEAR MEMBERS

*Paul Anderson, Sam Baldwin, Frank Calaprice, Steve Cozine, Ann Dandurand,
Theresa Dumont, Dan Fabrizio, Ken Fitch, Suzanne Foy, Gregory Geissman, Susan Gibson,
Mary Hager, Michael Halfacre, Jill Hendershott, Lucinda Hittle, Bill Imken, Marybeth Jacob,
Carol Jordano, Marin Kirk, Frank Kraljic, Kristin Krauss, Christian Kroyer, Martha MacNabb,
Eric Materniak, Patrick McCullough, Barbara McGregor, Jelani Millard, Adele Morgan,
Anne Murphy, Gloria O'Connell, Jim O'Day, Suzanne Reeves, Jennifer Roche,
Joel Rubenstein, Morgan Sawin, Tim Shallcross, Spencer Sullivan, Mieko Takenaka,
John Thomas, Peter Turek, Adele Vespa, Debra Weier*





Our beautiful banquet venue
Basking Ridge Country Club



NJ LMSC Board of Volunteers in attendance (L to R) Sarah Clark, Bill Reichle, Jen Bauman, Susan Kirk, Tom Brunson, Ed Tsuzuki, Chris McGiffin, Kim Plewa, Marie Velluci Not pictured: Sara Johnston, Marin Kirk, and Linda Brown-Kuhn



NJ Masters Swimming 30-year Continuous Membership Recognition Award Recipient ~~ Susan Kirk



NJ Masters Swimming 25-year Continuous Membership Recognition Award Recipients ~~ Jeff Jotz, Ed Tsuzuki





NJ Masters Swimming 15-year Continuous Membership Recognition Award Recipients ~ Kimberly Plewa, Rosanne Lemongello, David Feldman

NJ Masters Swimming 10-year Continuous Membership Recognition Award Recipients ~ Cathy Maloney Falicon, John (Chachi) Sabatino, Marie Vellucci



Beautiful and delicious NJ Master Swim Cookies from SugarSweets



NJ Masters Swimming 5-year Continuous Membership Recognition Award Recipients ~ Steve Cozine, Dan Fabrizio, Mary Hager, Lucinda Hittle, Marybeth Jacob, Christian Kroyer, Eric Materniak, Barbara McGregor, Peter Turek



Banquet Attendees ~ Bill Reichle, Cathy Maloney Falicon



Inspirational Featured Speaker ~ Christian Kroyer



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2019 Event Calendar

USMS Go The Distance 2019 Fitness Event

All 2019 USMS swimmers are eligible to enter this free event! [More information](#) Go The Distance Support Team email: events@usmastersswimming.org

2019 USMS Fitness Series held throughout the year. [Event information](#)

Swim University January 1 and ends on June 30.

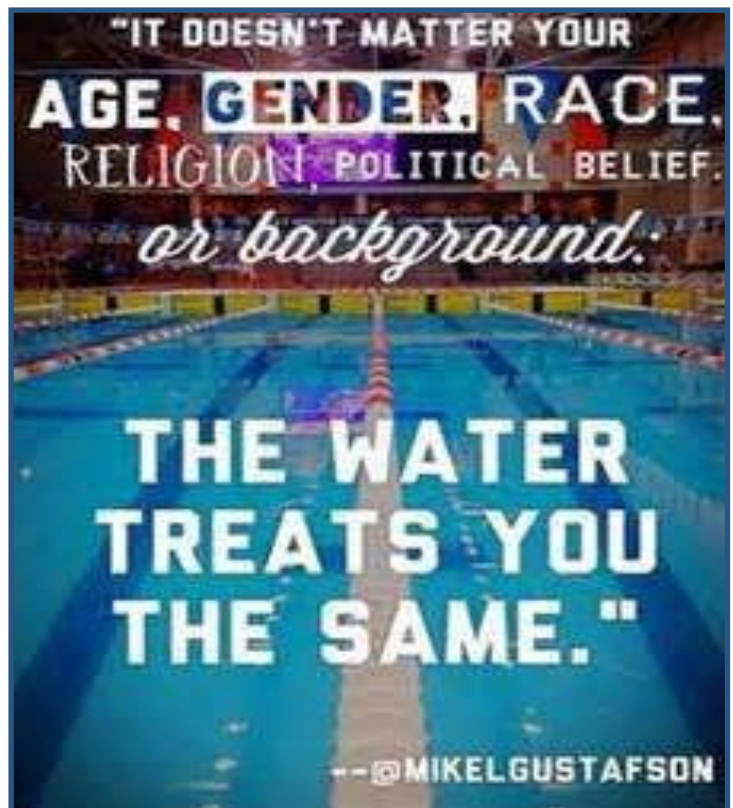
You can still sign up see page 10!

NJ LMSC Event Calendar

May 4 and 5, 2019, Somerset County YMCA Masters "Last Chance" SCY Swim Meet, Somerset Hills YMCA , Basking Ridge, NJ

May 11, 2019, Masters/Triathlete swim clinic at Rutgers University [More Info](#)

May 18, 2019, 2nd annual 75X75, 3:00 to 5:30 pm at the Berkeley Aquatic Club at 629 Central Ave, New Providence, NJ 07974



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

MAY MAY MAY MAY MAY

Richard Alexander
Egor Aronin
Lynn Ascione
John Baliko
Daniela Barbery
Jodi Barrish
Jackie Bauer
Lisa Baumann
Staci Blanket
Robert Bohack
JoAnn Bohenek
Joe Bordieri
Mark Borell
Leslie Bradley
Logan Brenner
Brian Campanale
Michael Cassidy
Brenda Contreras
Michael Cuneo
Asabi Davis
Laura DeVito
Jim Dragon
Shawn Duffy
Gary Dunchus
Quinten Fearon
Irene Fisher
Lan Ge
David Goldberg
Karen Gould
Laura Hartnett
Bob Hopkins
Marybeth Jacob
Stephen Johnson
Sara Johnston
John Krut
Joan Landers
Bryan Lee
William Mackolin
Morgan Magdanz
Andrew Maggion

Laurie Maher
Jamie Manser
Rob Mathis
Lena Matthews
Patrick McElroy
Julie McLaughlin
Paul McNutt
Patric Mills
Aaron Moore
Xavier Pazhayattil
Tom Pownall
Carlo Ramos
Arun Rao
Jamie Rusignuolo
Dorsey Sanchez
Jose Saud
Daniel Schloesser
Gail Seelig
John Shellem
Michael Simunek
Karen Sitton
Scott Snyder
Maria Stewart
Yve Sullivan
Christopher Townsend
Michael Tucker
Robert Varua
Gene Vassel
Zoe Volenec
Peter Vratimos
Arthur Wein
Randy Weintraub
Erik Werfel
Sasha Wolf
Roger Wunderlich
Ken Yanovsky
Catherine York
Donna Zak

...and to these swimmers when you see them!

JUNE JUNE JUNE

Philip Allocco
Jerry Ambrose
Barbara Berg
Alison Beverly
Gail Bialostok
Simon Bintley
Raymond Boffardi
Kathleen Borrone
Linda Brown-Kuhn
Tom Burger
Richard Callaghan
Gerri Callahan
Bruno Camara
Cara Cannilla
John Cannilla
Cori Caporimo
Bob Cashel
Steven Chestler
Natalie Chiesa
Tim Christian
Kristen Clark
Austin Clayton
Cindy Clements
Jennifer Closser
Arthur Costanzo
James Curd
Michelle Davidson
David DeSimone
Guy Dorgan
Eileen Egan
Kelly Eid
John Esser
David Fabian
Greg Faughnan
Brent Ferguson
Amy Ferris
Marcus Freeman
Kathryn Gardner

Natalia Gonzalez
Isa Grigoryev
Cynthia Harris-Frederick
William Haynes
Katie Hazlett
Ralph Hemecker
Gregg Heubach
Christine Hill
Peter Hockmeyer
Erling Hoie
Ray Hurst
Stacey Irvine
Amy Justice
Phillip Kardis
Gregory Kelly
Susan Kirk
Kaitlin Knoblick
A James Knutsen
Mary Konsolaki
Kristin Krauss
Martha MacNabb
Kevin Marshall
Elizabeth Melillo
John O'Connell
James O'Day
Michael O'Donoghue
Susan Olesky
Kelly Papa
Regina Papini
Kathleen Pappas
Ellen Pease
Antonio Peinado
Chrys Raheb
Emile Redwood
Corey Roberts
Michael Rudnick
Ellen Ryan
Omer Sabuncu

Gilda Schultz
William Segal
John Sheppard
Jennifer Shurmur
Peggysue Singe
Gertrude Sloan
Anna Sonstegard
Christopher Stephens
Gail Stevancsecz
Jennifer Tull
Lucila Vollbrechthausen
Alan Voorhees
Gerard Walker
Ronald Winter
Linda Witte
Jim Wood
E Dieter Wunderlich
Clifford Young
Soraya Zahedi
Peter Zhang

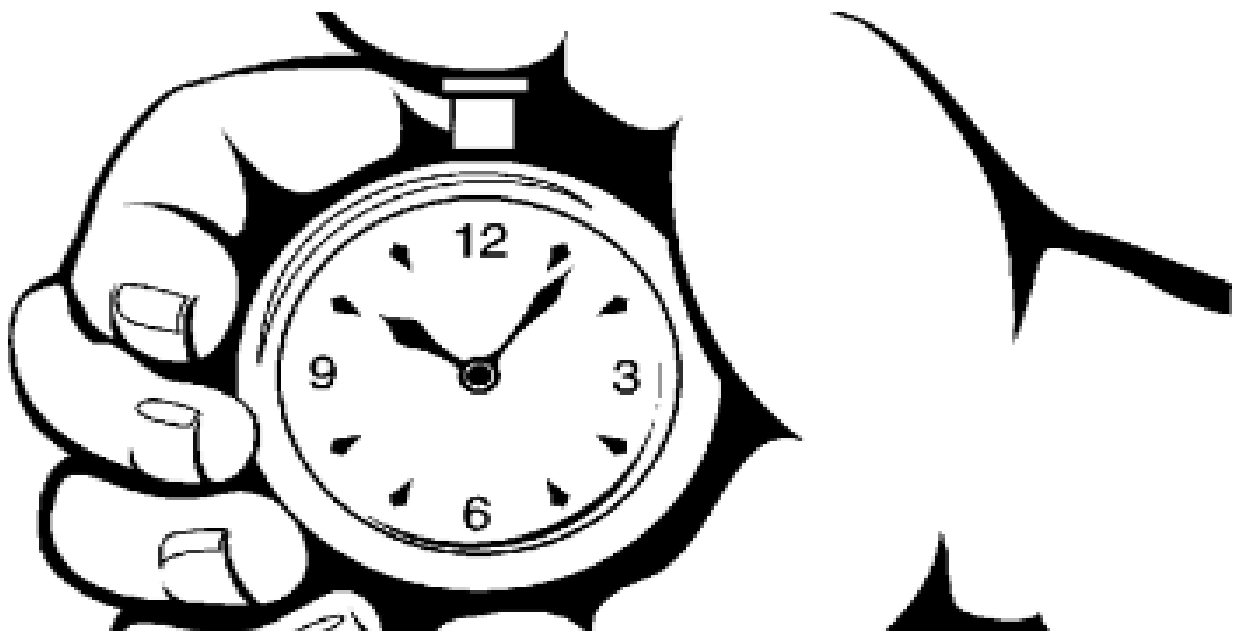


Whooo Hooo!

Congratulations to Alyssa Colasurdo (24) and Nancy Steadman-Martin (64) for setting new NJ LMSC SCY records at the Hawks Masters Spring Splash meet at Monmouth University on March 31, 2019. Alyssa swam a 2:38.77 in the 200 breast and Nancy swam a 1:17.97 in the 100 fly and a 1:18.90 in the 100 IM.

Congratulations to Frank McElroy, 71, for setting a new NJ LMSC SCY record in the men's 70-74 age group with a 21:18.19 in the 1650 yard freestyle at the New England SCY Championships at Harvard University on March 16, 2019

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the Ocean County YMCA Unofficial Team Championships meet at the Toms River YMCA on February 10, 2019. **Women 18-24:** Alyssa Colasurdo (24) 50 breast 32.29, 100 breast 1:09.14; **Women 45-49:** Alison Hayden (47) 200 breast 2:50.48; **Women 60-64:** Nancy Steadman-Martin (64) 200 IM 2:47.09





UPDATE:

Strong Showing in GTD Program

The 100 NJ Masters swimmers who are participating in the Go the Distance program have earned NJ an excellent 3rd place among all LMSCs nationwide in percentage of participation! The 6,890.4 miles swum by these swimmers also lands NJ a #3 spot in mileage among all 52 LMSCs nationwide. At the NJ club level you can see the miles that the top 5 clubs have churned out so far this year.

BERK 1883.20

GSM 1766.35

JAM 690.64

SCYM 603.98

RBAY 455.32

Here are the number of participants for the top 5 NJ clubs:

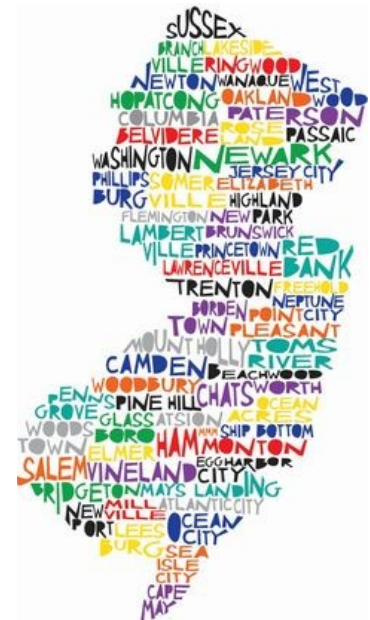
BERK 28

GSM 26

SCYM 10

RBAY 9

JAM 6



If you are a GTD member, encourage your teammates to join so NJ can break the century mark. Let's push our numbers past 100!

Still time to enroll in Swim University!

Swim University started on January 1 and ends on June 30 but new enrollees are welcomed. Here's how Swim University works: 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!

You can also minor in either butterfly, backstroke or breaststroke if you like. This is totally optional. To **earn a minor** in one of the strokes you need to swim one quarter of the distance of whatever degree you are aiming for. And you will have to keep track of mileage related to your minor all on your own. So if you earn an Associate's degree to get a minor you'd need to swim an additional 7.5 miles in one of the three strokes. For a Bachelor's degree you'd add 15 miles, for a Master's degree you'd need to accrue 30 extra miles in that stroke and for a PhD in swimology, 60 extra miles in one stroke would earn you a minor. Only two swimmers earned minors last year. Maybe more will give it a try this year.

At the end of the swim you'll receive an official unofficial diploma for whatever level of swim fitness achievement you attained plus you choose between 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 7 deadline for entering yardage. Feel free to ask any questions.





featuring workouts from fellow Masters Swimmers and Coaches

So send us a workout!

Jeff Jotz's Open Water Workouts

Warming weather means that open water swimming season in New Jersey and beyond will be here before you know it. While nothing is more helpful to prepare for an open water swim than to actually *practice* in open water, most of us face restrictions to jumping in a favorite lake, river, bay or ocean for a little workout.

I've long preferred to reduce my open water swims to manageable chunks - setting goals for certain distances or times whether I was swimming 1 mi. or 10K and adjusting my speed, breathing, kick (and sometimes my stroke) during specific legs of the swim. Open water workouts are more than swimming lap after monotonous lap of "garbage yards;" speed work is important if you wish to be successful entering and exiting the water, passing nearby swimmers, rounding turn buoys or dealing with conditions unique to open water.

On the following page are two similar pool workouts that can be adapted to your conditioning level, open water swim experience and available time.

See next page for workouts!

Jeff Jotz first learned how to swim at age 4 at Fanwood Scotch Plains YMCA. As a child and teenager, he swam for the FSPY Piranhas, Jersey Gators and was a member of four nationally-ranked, all-group state championship swim teams at St Joseph High School in Metuchen, NJ. In college, he competed for the University of Notre Dame water polo team.



Jeff is a certified ASCA/USMS Level 3 Masters Swim Coach and has coached age group, high school and Masters swimmers. He a former USMS Long Distance and Open Water All-American and served as Open Water Chairperson for the New Jersey LMSC. Since 2005 he has been conducting pool and open water swim clinics in New York City and New Jersey. He currently is an Assistant Coach for the Cranford Masters/Berkeley Aquatic Masters in Cranford, NJ. While at Cranford he has volunteered at adult learn-to-swim clinics and attended the 2016 USMS National Coaches Clinic.

Outside of the pool, Jeff serves as a Watershed Project Manager for the Union County (NJ) Department of Parks and Recreation and enjoys listening to music, hiking, camping and kayaking.



Continued!

Workout 1: No walls, no problem!

Warmup

300 choice

4 x 100 backstroke pull w/paddles. Imagine you are 7' tall and can cross a 25 yd pool in minimal strokes! Rest approx.. 10 seconds.

4 x 100 freestyle, lifting your head forward to sight about once or twice per length. Focus on an object at the far end of the pool.

Main Set

3 x 400 broken into: 1 x 300 freestyle breathe every 3 or 5. Rest approx.. 15 seconds

1 x 100 fast. Rest approx.. 30 seconds

100 easy

Speed set

8 x 75 build by 25. Rest approx.. 10-15 seconds. Heart rate should be elevated! You can also swim this with fins if you wish.

200 warmdown

Total distance: 3,200 yds.

Workout 2: Garbage yards? Hardly!

Warmup

300 choice

8 x 50: 25 "Tarzan swim" (head is out of the water looking forward), 25 freestyle. Pay attention to how your hips sink once you lift your head out of the water. Keep your hips near the water's surface by concentrating on a stronger kick than you're used to.

Main Set

3 x 550 ("broken 1650") freestyle. Rest approx. 20 seconds after each 550.

Descend each 550 (i.e. third one is faster than the first)

50 easy recovery

Speed Set

3 x 200 freestyle middle 100 is FAST. Approx. 20 seconds rest

200 warmdown

Total distance: 3,200 yds.

Want to know
more?



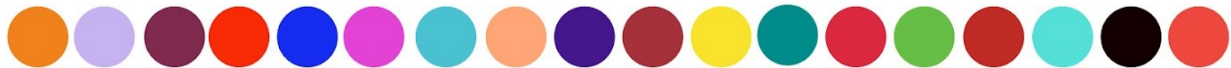
Check out this article on the USMS website for more info about training for open water swim events!

[USMS Open Water Article](#)





COMING SOON



Second Annual 75 x 75's

Last year, 30 swimmers took on the challenge of swimming the first ever 75 X 75's event. This year we hope to get even more swimmers to come together to swim 5,625 yards. We will hold the event on Saturday, May 18 from 3:00 to 5:30 pm at the Berkeley Aquatic Club at 629 Central Ave, New Providence, NJ 07974. Not our typical morning time but this way you can swim, burn a lot of calories and go out to a guiltless dinner. This is a free fitness event for all 2019 registered NJ Masters swimmers!

Check in is at 2:50. At 3:00 we could use some help changing the lanes we need from long course to short course. We'll shoot for a 3:15 start time. There will be refreshments after the swim. This event will be open to the first 50 swimmers who register. To register [CLICK HERE](#) to fill out a brief form with your current registration number and estimated 75-yard interval time. Registration opens on April 20. Any problems, contact Linda Brown-Kuhn at lindabk11@gmail.com.





The RBAY Masters entered the Hawks Spring Fling meet at Monmouth University, March 31.

Elliott Lehrer, Mark Weinstein, Meredith Lyndon & Sue Freeman-Patterson won the gold medal for the 50+ 200 free relay... and set a new team record!

BLAST *Past* from the

A Hudson River swim late September 2007



Paul Kiell is cheered as he graciously accepts his unexpected (and unearned) fifth place trophy — giving a brief moment of glee to septuagenarians around the world.

Thanks to a typo in the original results, 76-year-old MIF-stalwart Paul Kiell was initially awarded the prize for fifth-place male. While he knew this couldn't be correct, he graciously accepted the applause of his fellow swimmers, and then just as graciously turned over the trophy to its rightful recipient.

I G L A

nyc 2019

Team New York Aquatics is hosting a once-in-a-generation meet: [IGLA 2019](http://www.igla2019.org). This spirited annual meet takes place in a different city, worldwide.

The meet hosts a broad range of abilities and ages and often provides strong competition for the fastest swimmers. It's also a meters meet, which is a great way to earn top-10 rankings!

This year it's taking place the last week of June in New York City prior to citywide celebrations for the 50th anniversary of the Stonewall Uprising, a watershed moment in the modern LGBTQ equal rights movement.

www.igla2019.org

Swimming: SCM, Flushing Meadows, June 24-28

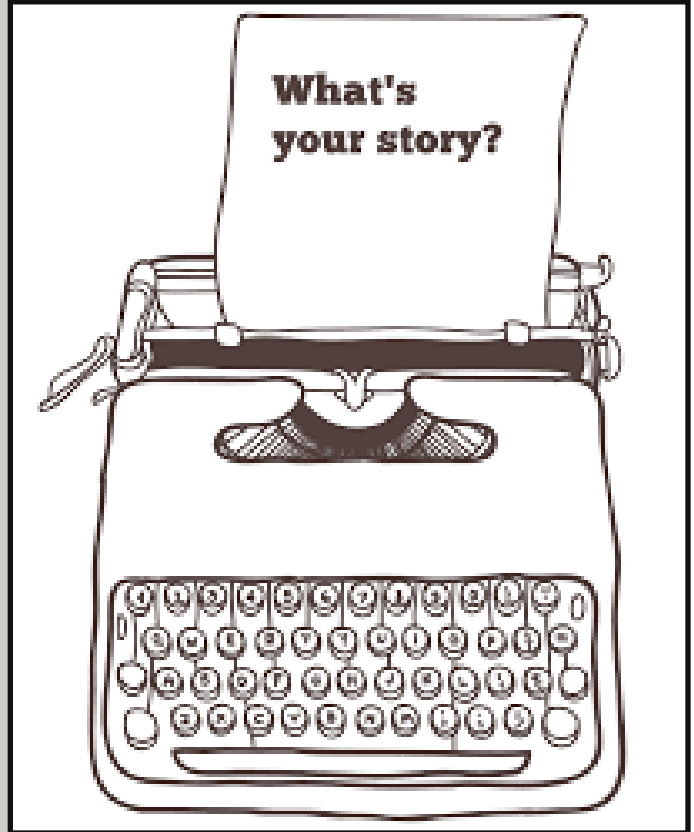
Open Water: 1-Mile, Brighton Beach, June 29

Registration closes May 10



Dear NJ LMSC members and fellow swimmers,

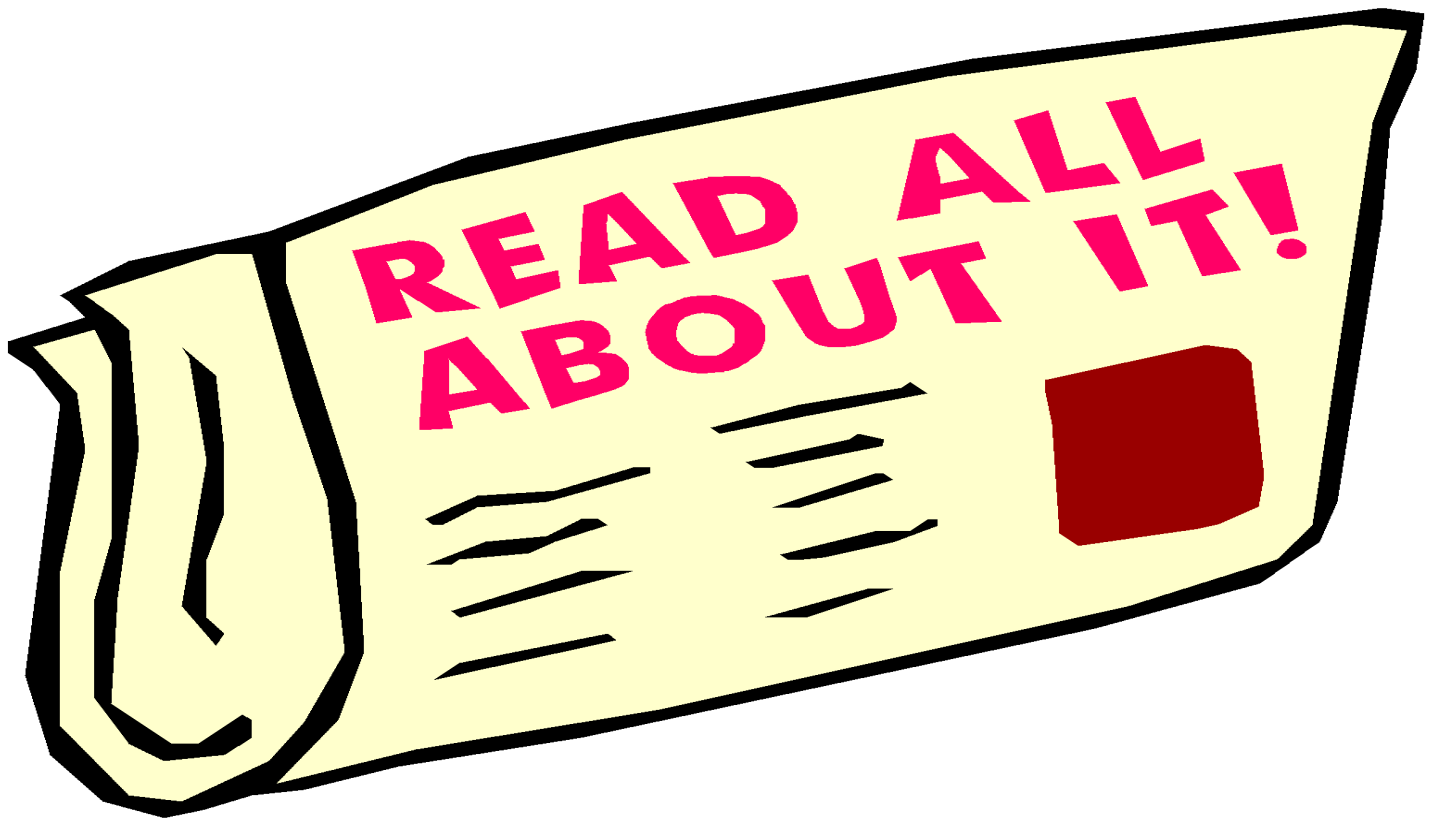
Do you have a wonderful swim experience you could share in the newsletter? Did you particularly enjoy swimming, a swim training experience or endeavor, or other swimming related activities that you might write about for an upcoming monthly publication? It can be as general or as detailed as you have 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 Sara Johnston (email in masthead, page 2) -- please also include NJLMSC in the subject line of email.

Thank you and happy swimming!



Editor Sara Johnston, e-address page 2

Send in your articles and pictures by

June 1, 2019



U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes health, wellness, fitness and competition for adults 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