



Dear fellow swimmers,

As we continue navigating through this very challenging time due to the Covid-19 virus, we hope that you all are staying safe and also staying active! Since we are all feeling like fish out of the water, we've all had to become creative in discovering what land-based activities can satisfy our needs to keep moving, to workout, and to stay healthy while being very responsible with physically distancing ourselves from all others and assessing the risk factors of such solo activities.

We will get through this together and we look forward to the time when we can resume our Masters swim training safely and be back amongst our swim mates. We also sure do miss that eau de chlorine!!

I hope that we each take time out of every day to be grateful for all of the essential workers dedicated to serving on the front lines throughout this crisis.

Be safe!! Be well!!

With gratitude and hope ~~

Susan Kirk

NJ LMSC Chair

For More Information

USMS has built a dedicated section on their website for Covid-19 with lots of information.

Here is the link <https://www.usms.org/about-usms/covid19-information>

***** IMPORTANT UPDATE *****

Due to the COVID-19 crisis in our country, the 2020 NJ Masters Swimming Banquet has been postponed with a TBD date. Stay tuned for updates as the situation allows us to consider a reschedule date.

Thank you again for your support and dedication to the NJ Masters Swimming community.

NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk

908.313.6785

[sqkirk AT gmail DOT com](mailto:sqkirk@gmail.com)

Vice Chair

Sarah Clark

201.248.5659

[saritaylor71 AT gmail DOT com](mailto:saritaylor71@gmail.com)

Treasurer

Mike Recchia

551-482-4444

[mrecchia AT verizon DOT net](mailto:mrecchia@verizon.net)

Co-Registrars

Tom Brunson

973.279.7153

[tombrunson AT optonline DOT net](mailto:tombrunson@optonline.net)

Chris McGiffin

908.630.0166

[CMcGiff AT aol DOT com](mailto:CMcGiff@aol.com)

Sanctions & Safety Chair

Jen Bauman

973.219.9404

[swimmerj AT optonline DOT net](mailto:swimmerj@optonline.net)

Top Ten Records

Ed Tsuzuki

908.371.9179

[edtsuzuki AT comcast DOT net](mailto:edtsuzuki@comcast.net)

Newsletter Editor/Design

Sara Harrison Johnston

908.267.5494

[aras33 AT comcast DOT net](mailto:aras33@comcast.net)

Open Water Chair

Sarah Clark

201.248.5659

[saritaylor71 AT gmail DOT com](mailto:saritaylor71@gmail.com)

Event Coordinator

Kim Plewa

[732.213.7469](tel:732.213.7469) [emmik08 AT aol DOT com](mailto:emmik08@aol.com)

Coaches Chair

Ed Tsuzuki

908.371.9179

[edtsuzuki AT comcast DOT net](mailto:edtsuzuki@comcast.net)

Fitness Chair

Linda Brown-Kuhn

908.479.1038

[lindabk11 AT gmail DOT com](mailto:lindabk11@gmail.com)

Webmaster

Marin Kirk

[njlmscwebmaster AT gmail DOT com](mailto:njlmscwebmaster@gmail.com)

Officials Chair

Marie Vellucci

646.641.4236

[marielovestostswim AT aol DOT com](mailto:marielovestostswim@aol.com)

Special Projects

Chris McGiffin

908.630.0166

[CMcGiff AT aol DOT com](mailto:CMcGiff@aol.com)

Bill Reichle

908-587-2053

[reichsswim AT aol DOT com](mailto:reichsswim@aol.com)

UPCOMING EVENTS

USMS Go The Distance 2020 Fitness Event

All 2020 USMS swimmers are eligible to enter this free event! [More information](#) Go The Distance Support Team email:

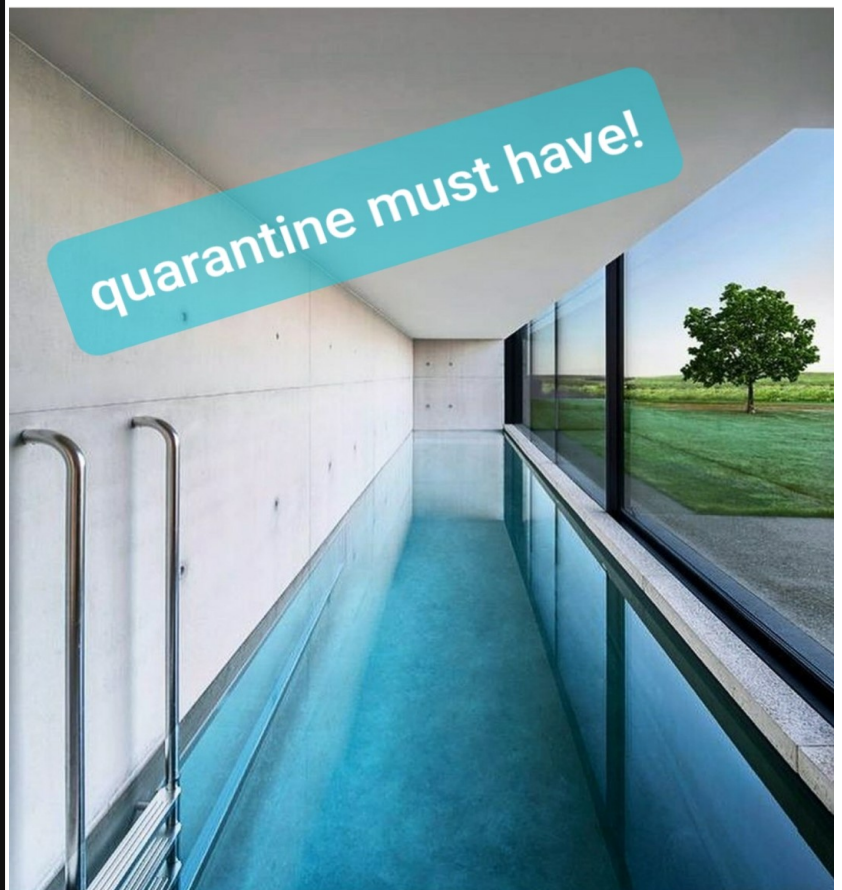
events@usmastersswimming.org

2020 USMS Fitness Series held throughout the year. [Event information](#)

[NJ LMSC Event Calendar](#)

April 25 Sussex County YMCA Adult Mini Meet TBD, postponed

July 2020 Transplant Games TBD, postponed





Life with no swimming....Members share their workouts!

In response to Susan Kirk's call for stay-at-home workouts I suggest we merely look back to the days we didn't have pools or gyms to go to or any scientific equipment and get down to basics: For example, doing pushups, making the "bridge" and taking walks or jogging, Or if you don't feel like going outside, walk up and down stairs. Once swimming pools are open emphasize basic technique, i.e., workouts consisting mostly of drills. . As for eating, cut down more on any excess, that is cakes, candy, etc. And remember, there is a life out there without the swimming pool.

~~~Paul

*The last time I was in the water was 3/16. I usually swim M-F and run on the weekends. Now I just run. I live at the beach. It's flat and very few people around. I go early morning and keep my 6 feet from any other people. I get in 6 miles each day. In addition to running, I have been Jump Roping. I told my husband we need to open the backyard pool early. I will need to be a little creative. Maybe even a tether situation would be good. This is something that I did in a "Swim Boot Camp" workout*

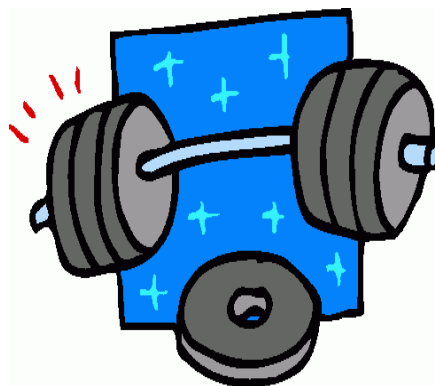
~~~Kathy

I'm doing online dryland training and long cardio walks. Reawakening my terrestrial muscles!! M-W-F is total body work, T-Th-Sat is abs, Sun is stretch day. A fellow open water marathon swimmer friend of mine (she is also a certified personal trainer) is leading them.

~~~Susan

*I have been doing 100 squats a day, broken up in sets of 20. Between each set I do some free weight upper body exercises and ab work. I also walk minimum of 4 miles a day with my 2 year old dog!*

~~~Sara



I'm doing virtual workouts in the morning - high intensity interval training (HITT) and PiYo classes with friends, and running in the evenings to keep my cardio. I also mix in some extra strength training with a kettlebell, core work and push-ups and taking occasional livestream yoga class from my regular yoga studio.

~~~ Kim

# Some fun links to some swim-related materials!

*Thanks Ed Tsuzuki for suggesting we include this list of on-line resources from*

*Chris McPherson, the coach of the Ensworth Aquatics Masters club in Nashville, TN.*

## Websites

[USMS.org](#) – You can find a plethora of masters’ specific articles and videos, and as a USMS member, you can read *Swimmer Magazine* and *Streamlines* online, as well as access various interesting blogs.

[Swim Like A. Fish](#) – Abbie Fish is an Ensworth Masters swimmer and is an incredibly talented swimmer and coach; she is excellent with swimming technique instruction! Follow her on Facebook and Instagram, subscribe to her newsletter, and think about joining [The School of Fish!](#)

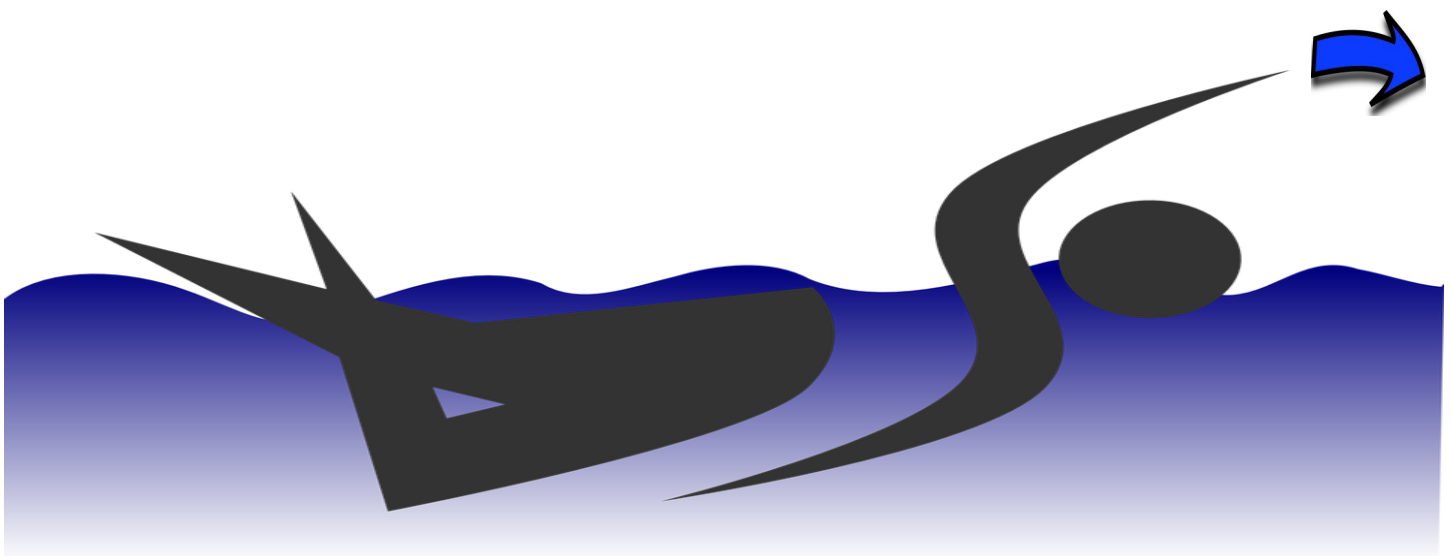
[The Race Club](#) –Run by Gary Hall, Sr., who runs very successful technique-oriented swim camps, develops many articles and videos focused on swimming technique, and has been a resource for many in the top-level of USA Swimming. [Gary is now partnered with USMS and is offering for a limited time a FREE 2-month trial and 20% off the membership fee](#) to join The Race Club.

[Swimming World Magazine](#) – Swimming news, articles, stroke technique videos, etc.

[SwimSwam](#) – Swimming news, articles, videos, etc. You can follow on FB or Instagram for daily updates. Recently posted an [At Home Swim Training](#) page with options to check out.

[GoSwim](#) – a membership-based site providing many helpful videos on swimming technique; sometimes free videos available on Twitter, etc.

[Gain Swimming](#) – “...customized dryland training for swim teams of all sizes.” (Endorsed by the Ensworth Aquatics age group team who uses Gain Swimming’s approach for their dryland workouts.)



## FREE Online Offerings

***NOTE:** Please use caution when trying new dryland fitness routines, especially if they are not created specifically for adults or Masters' swimmers. We want to use time out of the water to maintain and improve fitness, but we do not want to create injuries.*

**Swim Like A. Fish** (Abbie Fish) – See above for information, and check out these below:

[Free Dryland Workouts for Swimmers](#)

[Social Distancing & Can't Swim-Do These 5 Exercises.](#)

**Swimmers Edge Yoga** (Trina Schaetz) – Trina is recognized within the USMS and USA Swimming community for her yoga workouts designed for swimmers. Trina is now offering a free 30-day trial for her online classes.

**Swimming Specific Yoga** (Jeff Grace) – Jeff is offering 2 FREE months (until May 31<sup>st</sup>) of online yoga classes for swimmers. Jeff is partnered with SwimSwam and has been recommended by many in the masters' swimming community.

**Planet Fitness** Planet Fitness is offering FREE "Home Work-Ins;" you can access workouts on Facebook Live @7pm Eastern Time or do them later by finding the videos here on their [Facebook page](#).

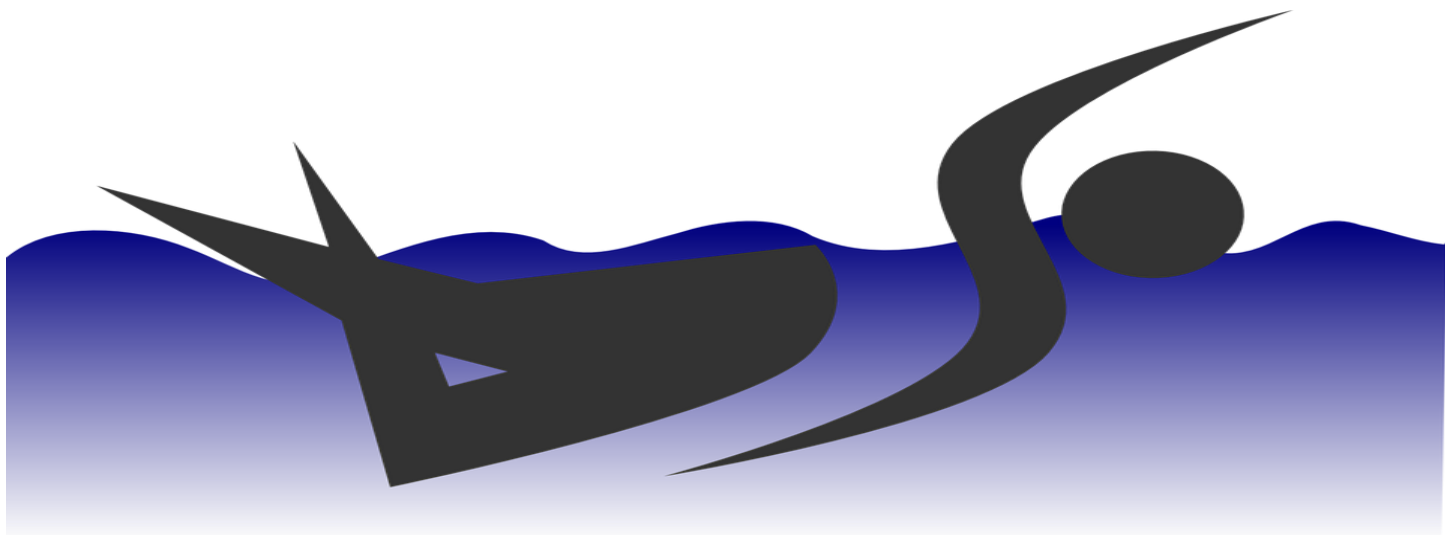
**GoSwim** – Second week of FREE technique videos; site is completely open to peruse.

## Instagram Offerings

**Swim Outlet** (@SwimOutlet) –Live at-home dryland workouts (10-11am PST) catered to swimmers.

**Swim Like A. Fish** (@theafish1) – Daily dryland routines, technique instruction, and inspiration.

**Gain Swimming** (@gain\_swim) – Home Workout Series; daily dryland workouts. Note: Created for USA Swimming teams, so be careful and modify, as necessary.



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

## MAY MAY MAY MAY MAY MAY

Richard Alexander  
Lynn Ascione  
Yves Baeyens  
John Baliko  
Jodi Barrish  
Jackie Bauer  
Lisa Baumann  
Robert Bohack  
JoAnn Bohenek  
Mark Borell  
Leslie Bradley  
Logan Brenner  
Casie Chegwiddden  
Connie Curtis  
Asabi Davis  
Robert DeLucia  
Joseph Dettmore  
Laura DeVito  
Jim Dragon  
Gary Dunchus  
Bill Eickelberg  
Irene Fisher  
Melissa Friedman  
George-Paul Gaskin  
Lan Ge  
Michael Gemelli  
Laura Hartnett  
Bob Hopkins  
Chuck Hutton  
Marybeth Jacob  
Sara Johnston  
Fred Kotar  
Stephen Kunen  
Vanessa L'Heureux  
William Mackolin  
Andrew Maggion  
Laurie Maher  
Rob Mathis

Patrick McElroy  
John McIntyre  
Paul McNutt  
Patric Mills  
Aaron Moore  
Kyle Plucinsky  
Kelly Quinn  
Arun Rao  
Alexander Rawley  
Michael Read  
Stefan Rosales  
Chad Safran  
Dorsey Sanchez  
Jose Saud  
Daniel Schloesser  
Jeffrey Schobel  
Hillary Schranze  
Gail Seelig  
Clemildo Senger  
James Smith  
Scott Snyder  
Christopher Swenson  
Christopher Townsend  
Michael Tucker  
Maurice Vivanco  
Zoe Volenec  
Peter Vratimos  
Arthur Wein  
Erik Werfel  
Patrick White  
Sasha Wolf  
Roger Wunderlich  
Ken Yanovsky  
Donna Zak  
Christopher Zappile

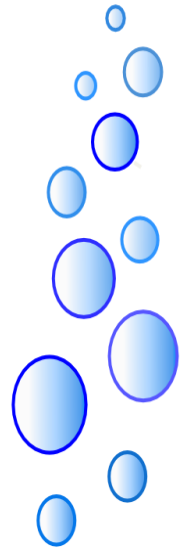
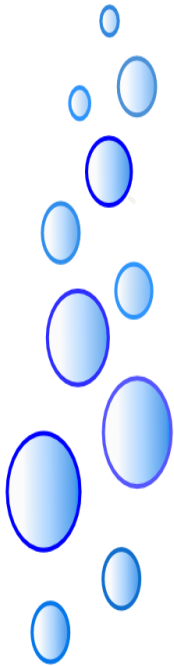
...and to these swimmers when you see them! 

## JUNE JUNE JUNE JUNE JUNE

Maixing Ai  
Nikol Alexander-Floyd  
Philip Allocco  
Jerry Ambroise  
Philip Ankel  
Kate Aufort  
Matthew Beksell  
Barbara Berg  
Alison Beverly  
Gail Bialostok  
Simon Bintley  
James Braddock  
Erin Brown  
Linda Brown-Kuhn  
Richard Callaghan  
Gerri Callahan  
Bruno Camara  
Cara Cannilla  
Cori Caporimo  
Steven Chestler  
Austin Clayton  
Cindy Clements  
Arthur Costanzo  
James Curd  
Michelle Davidson  
David DeSimone  
Marian Desimone  
Marissa Devine  
Guy Dorgan  
Eileen Egan  
Kelly Eid  
John Esser  
David Fabian  
Greg Faughnan  
Amy Ferris  
Kristin Fisher  
Sandra Ford  
Marcus Freeman  
Josh Friedman  
Natalia Gonzalez  
Katie Hazlett  
Ralph Hemecker  
Gregg Heubach  
Christine Hill  
Peter Hockmeyer  
Erling Hoie  
Ray Hurst  
Stacey Irvine  
Phillip Kardis  
Kat Kazaba  
Erin Kennedy

Susan Kirk  
Kaitlin Knoblick  
A James Knutsen  
Mary Konsolaki  
Kristin Krauss  
Joshua Licata  
Martha MacNabb  
Kevin Marshall  
Emeka Nwani  
Kathleen Ochab  
John O'Connell  
James O'Day  
Michael O'Donoghue  
Susan Olesky  
Bree Olivari  
Kelly Papa  
Regina Papini  
Kathleen Pappas  
Stephen Pinchac  
Sara Poponak  
Esther Prikril  
Chrys Raheb  
Jane Riff  
Corey Roberts  
Ellen Ryan  
Omer Sabuncu  
Diana Santa Maria  
William Segal  
John Sheppard  
Gertrude Sloan  
Michele Sprietsma  
Robert Stefanik  
Christopher Stephens  
Gail Stevancsecz  
Charles Stillwell  
Megan Sweeney  
Jennifer Tull  
Lucila Vollbrechthausen  
Alan Voorhees  
Gerard Walker  
Olivia Winters  
Linda Witte  
E Dieter Wunderlich  
Soraya Zahedi  
Peter Zhang

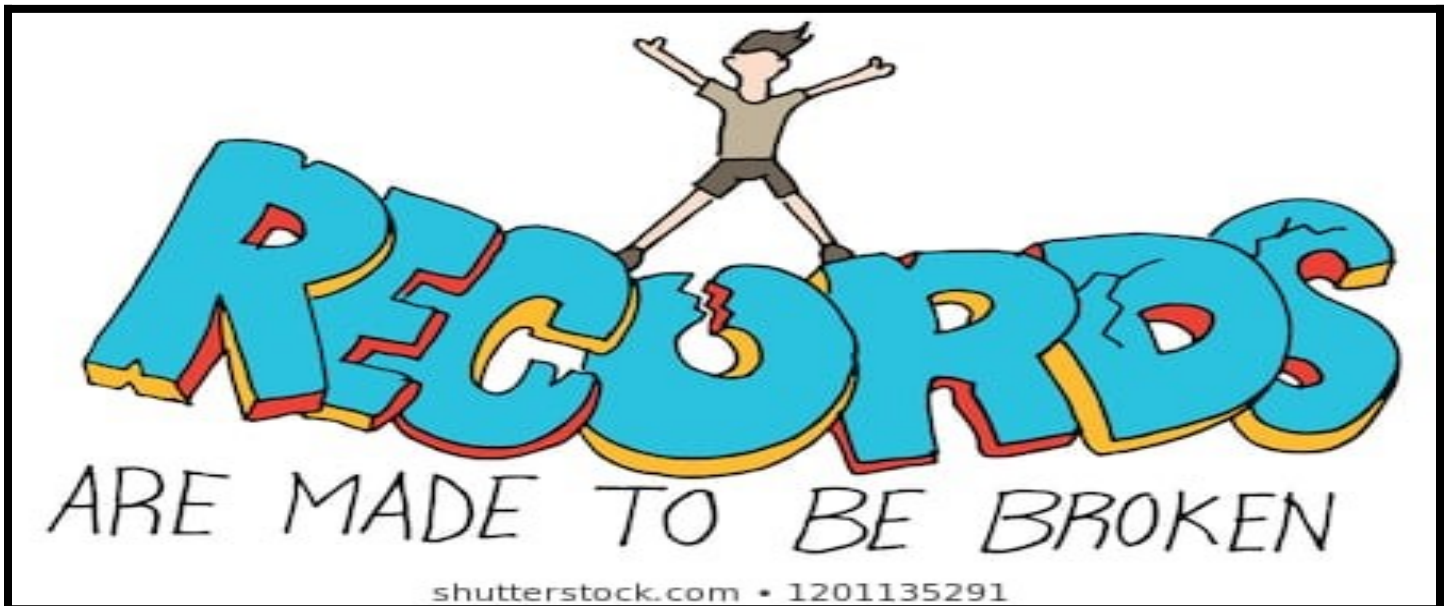
# Awesome!



**Chuck Belinsky had his best time yet in the 50 yard butterfly 70 to 74 age group at the 2020 OCY Unofficial Masters Team Championships!**

**Pictures from a fun Jersey Area Masters Princeton training group practice! The water looks great! Thanks JAM Head Coach Sandra Franc for submitting them!**





**Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCYM records at the Ocean County YMCA Unofficial Team Championship meet on February 9, 2020! Women 65-69: Nancy Steadman Martin (65) - 100 free 1:05.91, 500 free 6:04.07, 1000 free 12:26.57, 100 back 1:16.74, 200 breast 3:13.31; Women 90-94: Joy Tsuzuki (90) - 50 back 1:57.99; Men 18-24: Dan Betts (23) - 500 free 4:57.11, 100 IM 54.81; Men 55-59: William Segal (55) - 50 back 27.90, 100 fly 57.06**

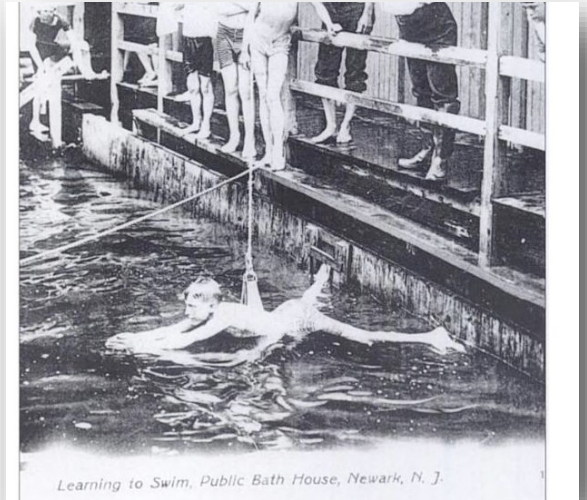
**Congratulations to Ken Niemi (65), who set new NJ LMSC SCM men's 65-69 age group records in the 100 and 200 meter backstroke with times of 1:20.50 and 2:53.24 respectively at the 2020 Albatross Open held at the Kennedy Shriver Aquatic Center in North Bethesda, MD on February 29, 2020. Ken's 200 meter backstroke also broke the men's 65-69 meet record.**

**Congratulations to Rob Freund, 57 for setting a new NJ LMSC SCY record at the USMS Spring Nationals in Mesa, AZ on April 25-28, 2019. Rob swam the 100 IM in 1:01.36 to set a new standard in the men's 55-59 age group.**



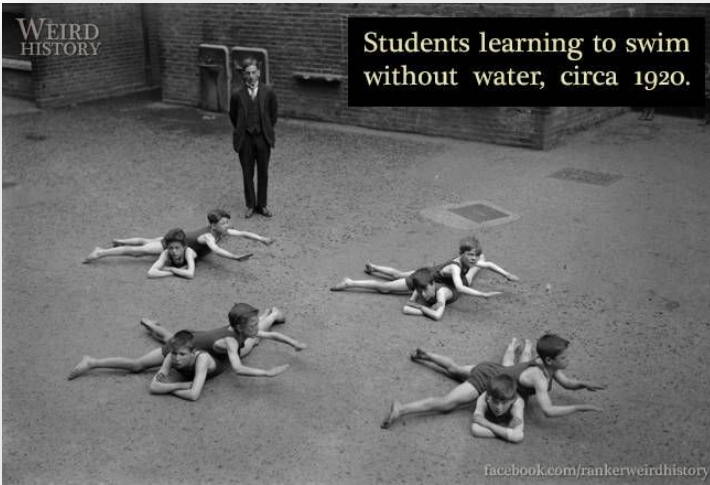
# Back In The Day

Turn back time! Learning to swim with water....



# Back In The Day

And without water...



# Let's Head to the Beach!!



## **New Jersey Shore Point-to-Point Virtual SwimDeadline extended**

**This new virtual swim is due to end on June 30, but due to the extraordinary circumstances that we find ourselves in, the deadline will be extended. The new date will be determined once all normalizes. Hang in and hang on.**



**Calling all swimmers!**

**Send in your workouts, we'd love to share them with other swimmers!**

**Editor Sara Johnston**

**e-address page 2**



shutterstock.com • 224153917



**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!!**

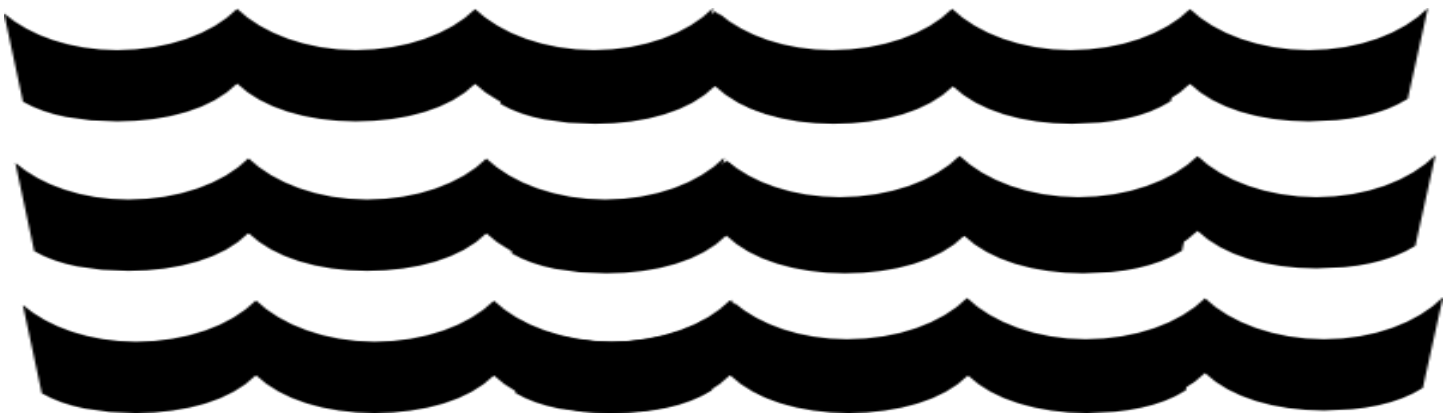
**Please email article and photos with captions to Sara Johnston (email in masthead, page 2) -- please also include NJLMSC in the subject line of email.**

**Thank you and happy swimming!**

Don't Miss the  
**DEADLINE!**

**Editor Sara Johnston, e-address page 2  
...send in your articles and pictures by**

**June 1, 2020**



*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*