

# FASTLANE

## Congratulations Ed Tsuzuki on being selected as this year's USMS Capt. Ransom J. Arthur Award recipient!

*This award is the most prestigious USMS Volunteer Award and is given out annually to the USMS volunteer selected from a pool of nominations of volunteers who typically, over an extended period of time, has given the most to further the objectives of Masters Swimming. The NJ LMSC is very grateful to Ed for all of his dedication, service, and his stellar ambassadorship throughout the last couple of decades! We are all very proud of you, Ed and it is an honor to work alongside you!!!*



### **The Capt. Ransom J. Arthur M.D. Award**

This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters Swimming program in the United States.

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## 2018 Event Calendar

January 1 - December 31, 2018

### USMS Go The Distance 2018 Fitness Event.

All 2018 USMS swimmers are eligible to enter this free event! [More information](#) Go The Distance Support Team email:

[events@usmastersswimming.org](mailto:events@usmastersswimming.org)

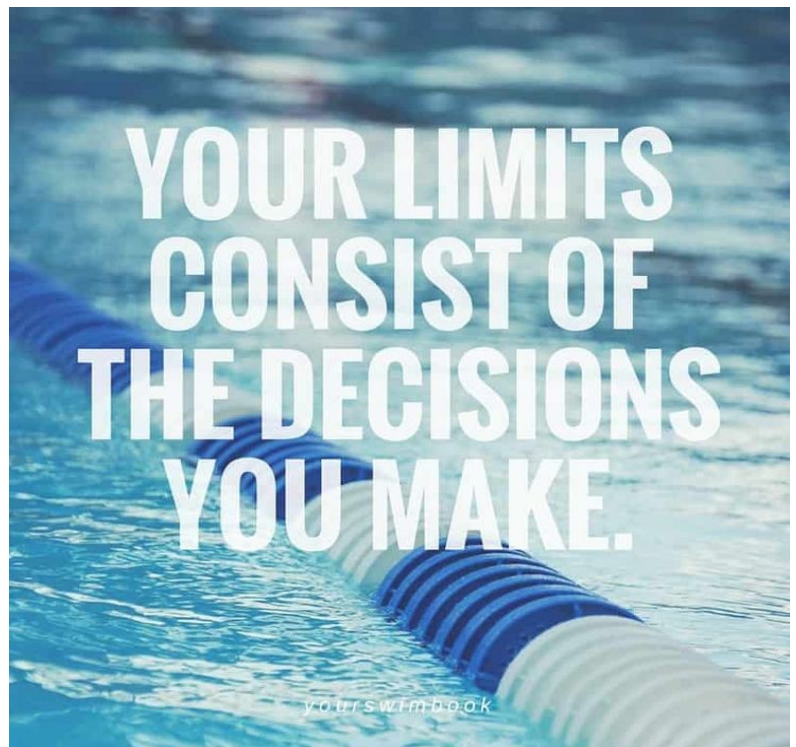
**2018 USMS Fitness Series** -- held throughout the year.

[Event information](#)

### New Jersey Events

September 1, 2018

Last Chance Swim Cranford NJ more to follow. See page 7 for details.



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

**July!**

Terrence Anderson	Karl Fenske	Jeffrey McConnell
Steven Becker	Jennifer Finotti-Sheppard	Jonas McDavit
Patti Bell	Emily Floria	Barbara McGregor
Dave Berlin	Suzanne Foy	Andrea McGruther
Ted Bohlman	Martina Freeman	Richard McKern
Janice Brown	Robert Freund	George Messner
Sonia Brown	Layna Furuhata	Morgan Miller
Tom Burkardt	Sandra Gogerty	Maureen Mortell Koziol
Frank Calaprice	Eric Goidel	Kairon Mullins
Louis Cappelli	Barry Goldblatt	Joseph Nguyen
Christopher Carew	Laura Graham	Nathan Olszewski
Adam Carroll	Neeraj Grover	Louis Orgera
Keith Cataldo	Mark Haftkowycz	Daniel O'Sullivan
Karen Charen	Michael Halfacre	Lewis Paer
Vincent Chen	David Hallman	Annie Peters
Kevin Chiella	Edward Hanna	Joseph Pickard
Lorna Cialdella-Morehead	James Harmon	Edward Podlovits
Joy Ciardullo	Chris Harris	Beth Poore
Lisa Ciccone	Catherine Hetzel	Elaine Power
Scott Cirillo	Michael Hickey	Maria Rawley
Charles Clark	Thomas Holt	Michael Roesch
Elizabeth Colleran	Elaine Hope Farrington	Darian Russell
LaJoy Collins	Joseph Jaffe	James Ryan
Michael Conlan	Jerry Katz	David Schore
Jeffrey Connors	Colleen Kayser	Norman Sorkin
Mark Corl	Cheryl Kerpez	Nicholas Speirs
John Cox	Kerri Kiefer-Viverito	Barbara Stanley
Tim Crow	Charlotte Klein	Nancy Steadman Martin
Walter Delacruz	Ursula Kohama	Amy Sugerman
Maria DeLucia	Murat Koxsel	Thomas Sullivan
Alicia Demmerle	Justin Kostelnik	Andrew Torres
Thomas Diemar	Jill Kralovanec	Debra Trachtenberg
Tom Dilger	Tara Krinsky	Neil Verwys
Laurie Ditommaso	Christian Kroyer	Chrisitna Walden
Capri Djatiasmoro	Suzanne Kruep	Wendy Weill
Robert Donnelly	Mike Leddy	Tania Wickes-Zuzzolo
David Dorfman	Elliott Lehrer	Lisa Woodring
Richard Endris	Jeanmarie Mallin	Kaitlynn Zeiser
Edson Espindola	Michael Mannarino	

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

## August!

John Ahearn  
Gulnaz Aksu  
Jennifer Balucha  
Nick Barclay  
Richard Benson  
Jorge Blum  
Kristina Bobo  
Tiffany Brennan  
Jacqueline Broner  
Randy Bugianesi  
Elizabeth Burton  
Sally Butler  
Maria Caminiti  
Michael Cammarata  
Maria Campese  
Mary Carley  
John Carney  
Dave Carvajal  
Alejandro Centeno  
Ruben Chavez  
Timothy Clewell  
Iulia Cole  
Kathleen Cooney  
Nela Dagosta  
Charles Daniel  
Joe Davidoff  
Arthur Deffaa  
Stephen Dolan  
Benn Doyle  
Dan Dugan  
Joe Dutton  
Jaclyn Fahey  
Brian Fallon  
Christopher Flood  
Hurley Fox  
Donald Free  
Dinah Fulton  
Robert Gatto

Jessica Gelsomino  
Marco Gomes  
Jessica Graff  
Douglas Grierson  
Miles Hersey  
Randy Hill  
Hao Huang  
Craig Hubert  
Kathleen Hurley  
Marc Israel  
Sally Jack  
David Juchniewicz  
Rebecca Kalibat  
Loga Kesavan  
Kelly Kiessling  
Dennis Kim  
Joseph Koplik  
Peter Langham  
Ellen Lederman  
Doreen Leitner  
Katherine Lennon  
Valerie Lensborn  
Mario Lepore  
Gregory Lockard  
David Lockhart  
Kef Louis  
Brian Lynch  
Greg Magdanz  
Matthew Manfre  
Margaret Martonosi  
Eric Materniak  
Hiroki Matsushita  
Cara McCormack  
Peter McCoy  
Lorraine McPhillips  
Pippa Michaels  
Jelani Millard  
Luis Moyett

Nicole Mulligan  
Ravi Nonavenakere  
Gerry Oakes  
Adrienne Ostrander  
James Payor  
Maria Pinto  
Marcia Postallian  
David Rankel  
Eileen Rath  
Suzanne Reeves  
Anna Resnick  
Kathleen Reynolds  
Tara Rice  
Joseph Ritter  
George Roa  
Hali Sampson  
Sarah Sangree  
Julia Scales  
Dorothy Schilling  
Robert Schott  
Jeremy Schroers  
Michael Schwebel  
Nicholas Schwed  
Sandra Seddon  
Tim Shallcross  
Charlene Sloane  
Lisa Slover  
Donald Smart  
Michal Spelda  
Brian Spillane  
Martha Story  
Summer Thomas  
Peter Turek  
Debra Weier  
Tom Whelan  
Jack Zakim

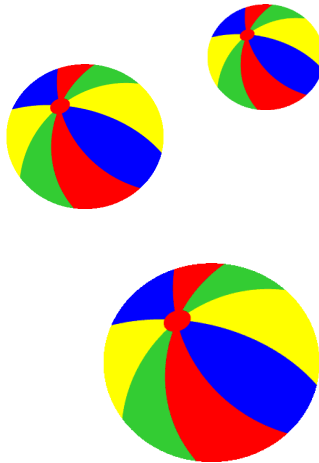


# Spring GTD Update

NJ has long been a top LMSC in the Go the Distance program. But Gulf continues its recent lead in percentage of members participating in GTD at 10.2% to our 9.3%. NJ is third in total mileage logged at 12,270.36, with Southern Pacific in second place with 12,695.1 miles and Pacific a clear number one with 24,877.24 miles.

Here's a peek at the top 10 NJ swimmers in GTD mileage at the moment:

- Lynn Ascione 363.94
- Dongho Choi 347.19
- Richard Callaghan 344.14
- Jodi Barrish 324.38
- Kimberly Plewa 316.14
- Robert Perkins 284.79
- Peter Langham 275.64
- Jeffrey Connors 273.93
- Jen Baumann 255.96
- Jim Ryan 240.25



Congrats to these swimmers and to all in the Go the Distance program!

# Fire Island Open Water Swim



**Hosted by Open Water Swim Long Island (openwaterswimli.com) and Sanctioned by the NJ LMSC, the Long Open Water National Championship (5K) and 1 Mile USMS Ocean Charity Swim takes place off the beautiful ocean shores of Fire Island at Atlantique Beach. Fire Island is a great destination offering weekly house rentals, hotels, restaurants, shopping and some of the nicest sandy white beaches in the world. Our Ocean Swim is the first of its kind to hit the Fire Island Shores. We also offer USA-Swimming 400 meter and 1 mile distance swims. Don't miss out on an experience of a lifetime!!**

**Online registration is open, [please click here](#) !!!**

**LAST CHANCE**

# 2018 Last Chance, End of the Summer 5K Swim

Summer's just starting but you should mark your calendars for Saturday, September 1. We'll hold the Last Chance 5K swim at the Cranford Pool & Fitness Center which will be free to 2018 NJ Masters members.

More info to come but it will be a morning event as in past years.





The intervals are longer for the "stroke" portions, if you choose to do free, just move up to the front of the lane, and use the opportunity to swim fast and enjoy a bit more recovery time.

The intervals given below are what we recently used for our "1:25" (per 100 free) lane, so feel free to adjust up or down as appropriate. Also, the workout below totals 4000 yards. Feel free to adjust the number of rounds of each section up or down as you wish.

Always begin with a good warm up, and use the warm up period to work on your stroke technique. I recommend using the snorkel and counting your strokes. Also, exaggerate your tight streamlines off each wall. Build good habits!

**Warm-up:**

300 @ 4:40 w/snorkel

4 x 100 @ 1:35

5 x 50 @ 1:00 (25 scull/w free kick; 25 swim)

**6 rounds of:**

150 free @ 2:10 followed by

75 @ 1:15 (stroke-free-stroke)

**4 rounds of:**

150 (25 fly-50 back-75 breast) @ 2:40 followed by

4 x 25 free (odd: fast, even: easy) @ :25

**Fins:**

**4 rounds of:**

75 free-stroke\*-free (\*IM order) @ 1:10 followed by

50 kick @ :50

2 x 100 Recovery on 1:40

Ed Tsuzuki has been coaching swimming for over 40 years, starting at the Juniper Lane (summer) Swim Club in Bridgewater, NJ in the late 70s. Ed has coached the Somerset Valley and Somerset Hills YMCA swim teams and continues to coach the Bernards High School swim team, where he has coached since its inception in 1988. Since retiring from Johnson & Johnson, where he was employed for over 34 years, Ed has added the Bernardsville Borough (summer) swim team to his coaching responsibilities as well as forming the Somerset County YMCA Masters (SCYM) club, which he coaches at the Somerset Hills YMCA in Basking Ridge. Ed serves on the board of the New Jersey Local Masters Swimming Committee, has served on the USMS Board of Directors for 8 years, and currently sits on the Board of Directors for USA Swimming. Ed is a Level 3 USMS coach and was named Somerset County Boys (high school) Coach of the Year in 2009 by the Star Ledger and is a 2010 inductee to the New Jersey Scholastic Coaches Association Hall of Fame. In 2015, Ed was selected by his peers as the Skyland Conference Raritan Division Boys Coach of the Year.

# Where's Dieter?

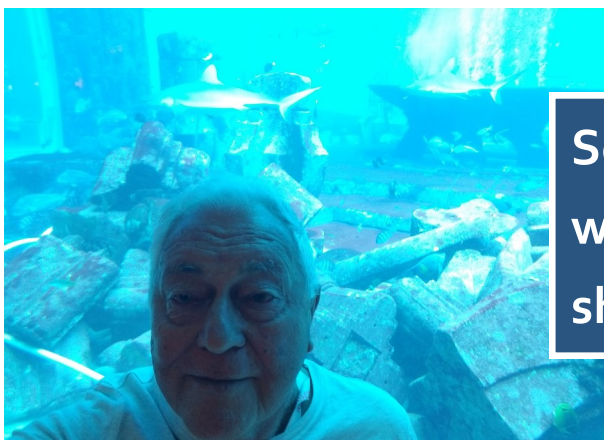


Training in Orlando

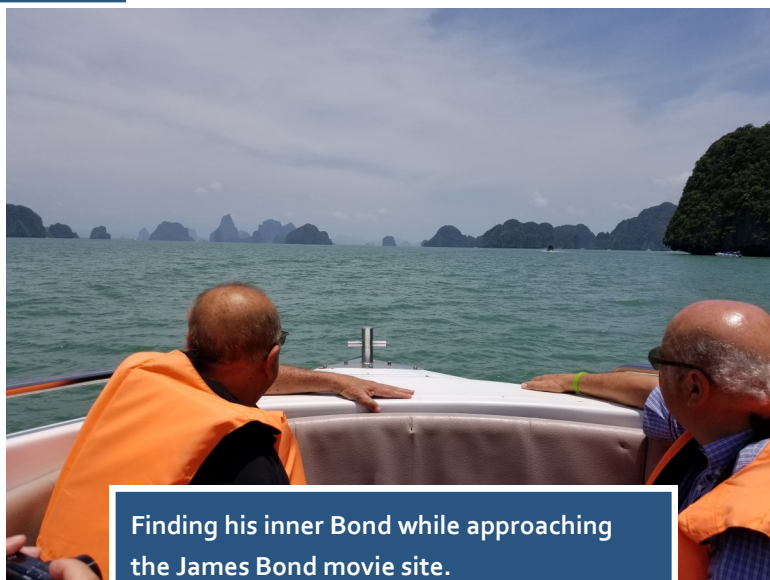
Presenting my US Masters swimming cap to Masters swimmer from Germany



Selfie with a shark



Pucket Thailand. The James Bond movie site.



Finding his inner Bond while approaching the James Bond movie site.

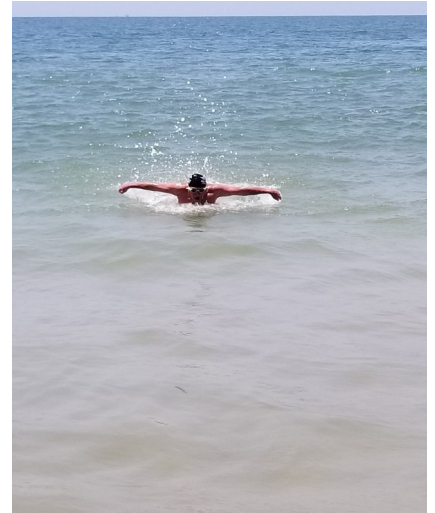
Dieter as a water gun deputy looking out for pirates



Our hotel room in the Djungle of Bali.



Working out in the Djungle of Bali



Training in the Indian Ocean

Taking a rest in the hotel pool in Bali.



# Improve Your Swimming Technique

By Bob Hopkins

My methodology for helping you to improve your swimming stroke technique is a three step process. First, to evaluate the way you currently swim by videotaping your swimming with an underwater camera or by just observing you swim. Then, identifying the component skills of the whole stroke that you are not doing correctly. Finally, prescribing a skill drill that, if done correctly and often enough over a long enough period of time, will teach you to execute that component skill correctly. My method is analogous to a doctor examining you, diagnosing your malady and then prescribing a medicine to cure you. The methodology teaches you to teach yourself to swim correctly.

Below are links to my evaluation sheets for all four swim strokes. The evaluation points (skills) are the ones that I feel are important to proper execution of each stroke and also ones which are most commonly not done well. If you are not executing one of the listed skills properly, put an X in the column to the right of the "Skills Needed" column to indicate that you need to do the skill drills listed in the columns to the right of the "X". For example in freestyle, if there is an X next to "horizontal body position", you need to do skill drills number 1, 2 and 3 in order to develop that skill.

Since most swimmers have most of the same stroke defects/lack of skills, this methodology works without my analysis of your strokes. Just do the skill drills and if you feel very clumsy and ill at ease doing any of them, you need to do that drill. The skill drills are both diagnostic and corrective of skill deficiencies.

Once your stroke deficiencies are identified and corrective skill drills prescribed, it is then up to you to "take your medicine" (aka do the skill drills). The more you do the skill drills, the faster you will reprogram your neuro muscular memory to correct technique. It typically takes an hour a day for three months to break the old habit and "burn in" the new neuro muscular pathways, so, patience is a key ingredient.

Once all component skills are developed via skill drill repetition, you need to incorporate those component skills into whole stroke swimming. The way you do that is to swim one length of the pool exactly right. Then do another length exactly right. Keep doing that until you can do one length of the pool correctly every time. Then start doing two lengths. And then three lengths. Keep increasing the distance you can swim correctly until you can swim correctly continuously. You may have to spend days or weeks on each step. Implementation of this process will span many months and will vary from person to person. The average time will be about three months but those with more natural ability will take less time and those with less natural ability will take longer.

Also check out the descriptions of all the skill drills used in this process in the links below. It is essential that you execute the skill drills exactly correctly so that you learn the correct movements. This is a process of reprogramming your muscle memory to unlearn the incorrect and learn the correct. It is a difficult but rewarding process that takes time and effort.

Flip turns are one of the most difficult movements to master. Below is a link to my Flip Turn Instructional Manual which will show you how a flip turn should be done. I outline a drill set you can use to learn how to execute a flip turn. Executing a good flip turn will speed up pool swimming dramatically.

The four phases that you will go through in this process are:

- 1 **unconscious incompetence**-you are swimming incorrectly and don't know it (before stroke evaluation)
2. **conscious incompetence**-you know that you are swimming incorrectly (after stroke evaluation)
3. **conscious competence**-you can swim correctly but only with concentration (you are doing the skill drills; each week you have to think/concentrate less to do them correctly)
4. **unconscious competence**-you swim correctly all the time and do not think about what you are

doing (this is after completion of each skill drill to develop component skills and then the gradual process of doing whole stroke swimming for greater and greater distances until you can swim correctly continuously); **this is the level you must attain**

If you would like me to help you with this process, let me know.

Pictures are better than words (kinesthetic feedback of correct technique by doing skill drills is best), so here are some videos of correct freestyle (the stroke most people are interested in) swim technique:

Click to see [A human](#)

Click to see [an animation \(swimsmooth.com\)](#)

Click below for a couple of websites for stroke technique information:

[The World's Top Swim Training Videos | Total Immersion Swimming](#)

[GoSwim](#)

As mentioned in the article, click below for:

[Swimsmart Freestyle Evaluator Chart](#)

[Swimsmart Freestyle Skill Drills](#)

[Swimsmart Butterfly, Back, Breast Evaluator Chart](#)

[Swimsmart Butterfly Skill Drills](#)

[Swimsmart Backstroke Skill Drills](#)

[Swimsmart Breaststroke Skill Drills](#)

[Swimsmart Flip Turn Instruction Manual](#)

Good luck with your journey to excellent stroke mechanics and please feel free to contact me if you have any questions.

Bob Hopkins  
Move More, Live Better  
[swimsmart@yahoo.com](mailto:swimsmart@yahoo.com)



**RBAY Masters  
Snapshots!  
Thanks for the photos  
Meredith Lyndon!**

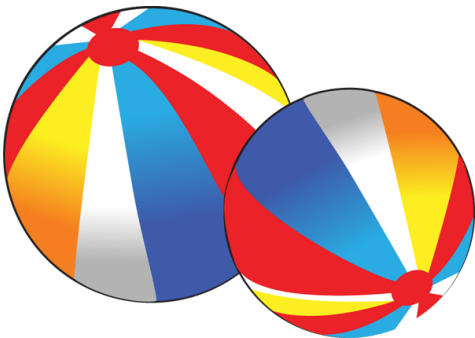


**RBAY Masters Elliott Lehrer & Frank Norek qualified for National Senior Games at Connecticut state meet in May. Nat's are being held in Albuquerque June 2019.**



**RBAY Masters finally has enough women to field an all female relay team. We only did the 4x200 free relay, but watch out, we are loaded with talent for the medley relay! Meredith Lyndon, Gloria O'Donnell, Sue Freeman-Patterson & Dot Schilling**

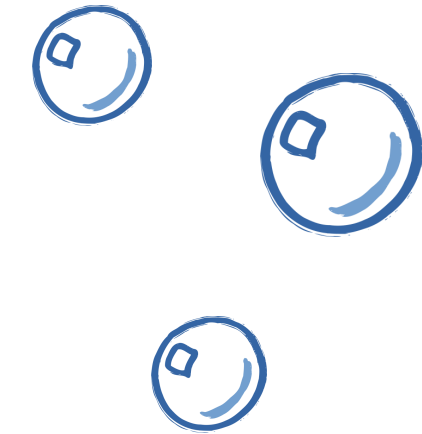
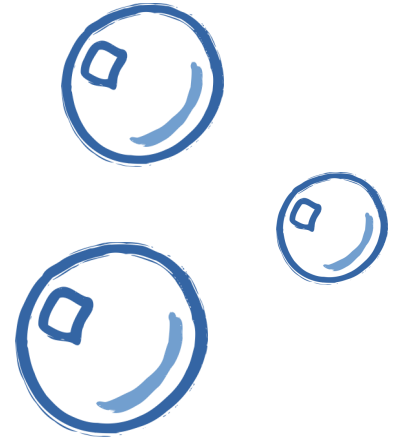
**RBAY Masters competed in Basking Ridge Y's last chance meet plenty of PB- thanks Ed for a great meet!**



# 2018 Colonies Zone SCY Championship pics!



**Princeton Area  
Masters James Ryan  
following his  
breaking of the 1650  
Zone Championship  
record for his age**



**Berkeley  
Aquatics NJ  
Master  
Steven Levine**





**“I went to Y Nationals in Fort Lauderdale from April 19-22. I had 4 PB times in 4 events. I placed 6th in the 200 breaststroke, crushing my old PB by 14 seconds. This meet is a lot of fun, outdoor swimming, 80 degree temps ( sigh....) and a well run meet. I was “adopted” by a Cincinnati team and met many others. A great meet, very good competition to try if you’re not ready for a USMS Nat’s. Also many thanks to my coach Jens Völker who provided workouts, encouragement and a pool to swim in the 2 weeks before ( my pool was closed). I hope my team decides to go next year, team competition & relays!!!”**

**Meredith Lyndon  
RBAY Master swimmer & Coach**

# 75 X 75

The first ever 75 X 75's went off without a hitch on May 20<sup>th</sup> at the Berkeley Aquatic Club. Thirty swimmers took on the challenge of swimming the 5,625 yards, some after completing the BAC practice! One swimmer, Dave Fabian, arrived midway through after completing a duathlon earlier that morning.

Thanks go to Bill Reichle for getting the swimmers organized and starting on time. And many thanks also to Jen Bauman, Kim Plewa, Susan Kirk, Sandy Bluhm, Sarah Clark, Sandra Seddon, Fang Schmitz, Andrew Eason, and Dave Fabian for switching the pool back to long course after the event. Also thanks to all who changed the pool to short course before the event. Sometimes it takes a village.

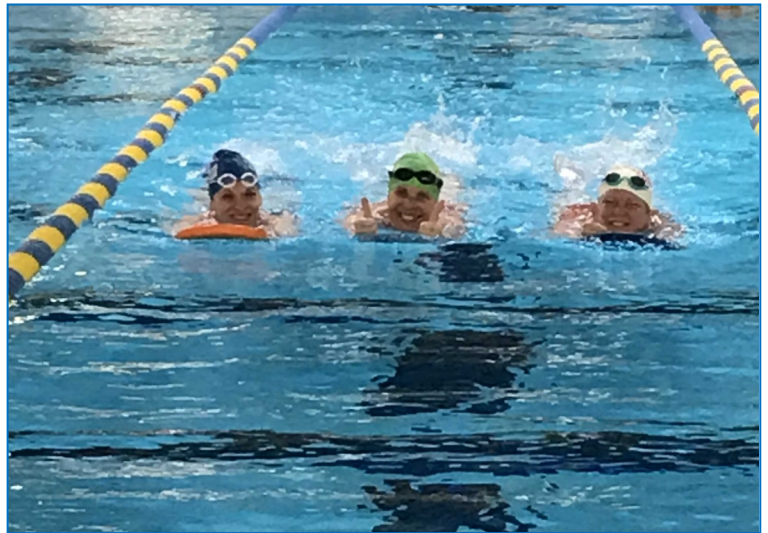




Andrew Eason,  
Fang Schmitz,  
Sandra Seddon  
and Patti Bell



**75X75  
FUN!**



Happy kickers from L to R: Kathleen  
Coffey, Nancy Wagner and Laura Graham



Susan Kirk, Sarah Clark, Flavio Pardo  
and Dave Fabian (in green cap)





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](mailto:pialord@gmail.com). If you'd like I can send you a list of question prompts to assist you in writing an article .

Thank you and happy swimming!



Editor Sara Johnston  
aras33@comcast.net

Send in your articles and pictures by

**August 1, 2018**

*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*