



HELLO
SUMMER

Lots of good stuff in this issue including photos from the 75x75,s a review of a USMS Coaching Certification program, and a new coach's workout! Also, check out page 5 for some open water info!

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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

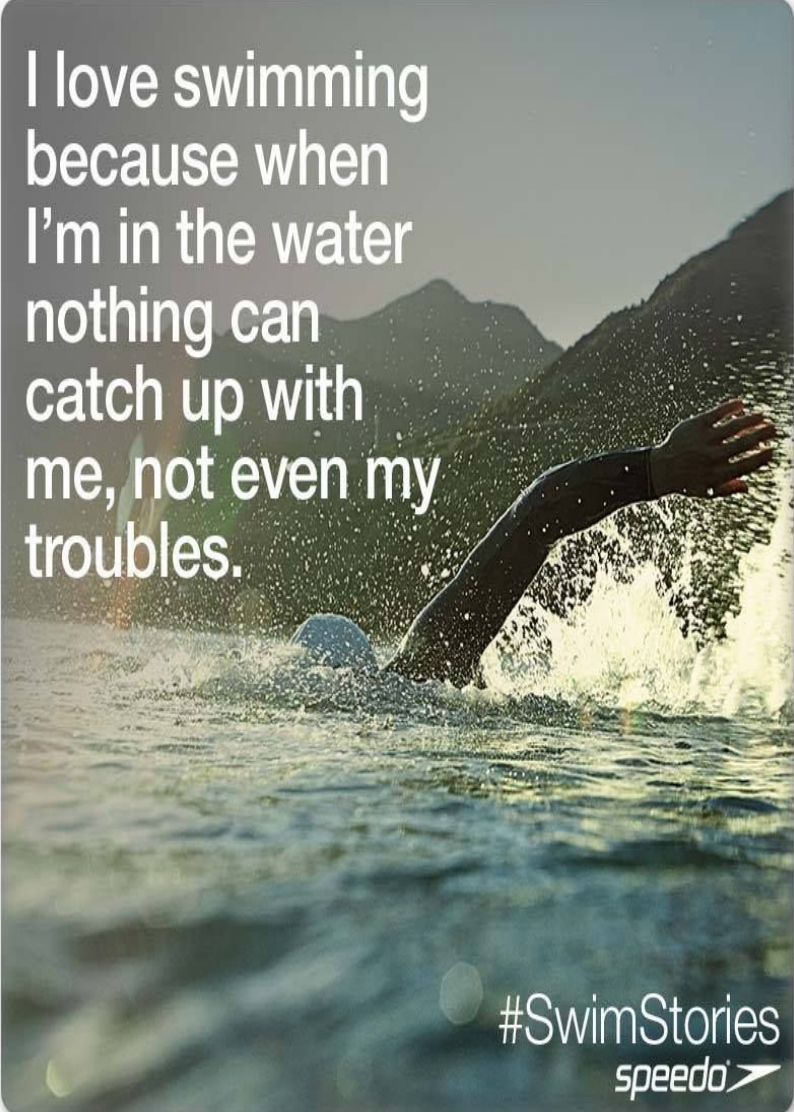
Team email: events@usmastersswimming.org

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

NJ LMSC Event Calendar

Sunday August 4, 2019 Jason Nessel Memorial Invitational (LCM) Rahway River Park

September 7, 2019 Last Chance Swim, 5,000 meters. Cranford Pool. Details to follow.



I love swimming
because when
I'm in the water
nothing can
catch up with
me, not even my
troubles.

#SwimStories
speedo

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

JULY JULY JULY JULY JULY

Billy Allen
Terrence Anderson
Patti Bell
Nick Bloomer
Ted Bohlman
Janice Brown
Joseph Brown
Tom Burkardt
Marek Bykuc
Frank Calaprice
Louis Cappelli
Adam Carroll
Keith Cataldo
Karen Charen
Vincent Chen
Kevin Chiella
Lorna Cialdella-Morehead
Joy Ciardullo
Lisa Ciccone
Scott Cirillo
Charles Clark
LaJoy Collins
Michael Conlan
Karl Conrad
Mark Corl
John Cox
Tim Crow
Walter Delacruz
Alicia Demmerle
Stephanie Dempsey
Thomas Diemar
Tom Dilger
Laurie Ditommaso
Capri Djatiasmoro
Bryan Doepken
Pauline Doherty
Robert Donnelly
Richard Endris
Edson Espindola
Alina Fidziukiewicz

Mack Fox
Suzanne Foy
Martina Freeman
Robert Freund
Layna Furuhata
Sandra Gogerty
Eric Goidel
Amanda Gonzalez
Mimosa Gordon
Laura Graham
Neeraj Grover
Mark Haftkowycz
Michael Halfacre
James Harmon
Mike Heinz
Peter Hoefele
Elaine Ann Hope Farrington
Joseph Jaffe
Jerry Katz
Kerri Kiefer-Viverito
Murat Koksel
Jill Kralovanec
Christian Kroyer
Suzanne Kruep
Desiree Larson
Anne Laurita
Mike Leddy
Elliott Lehrer
Jeanmarie Mallin
Jonas McDavit
Barbara McGregor
Andrea McGruther
Richard McKern
Christina Megherian
Andrew Mills
Diego Molano
Maureen Mortell Koziol
Kairon Mullins
Hao Nguyen

Karen Noble
Louis Orgera
Lewis Paer
Rita Patel
Joseph Pickard
Beth Poore
Elaine Power
Michael Randazzo
Maria Rawley
Michael Roesch
James Ryan
David Schore
Norman Sorkin
Barbara Stanley
Nancy Steadman Martin
Thomas Sullivan
Alan Svensen
Andrew Torres
Debra Trachtenberg
Luis Trivino
Neil Verwys
Igor Voloshin
Wendy Weill
Lisa Woodring
Qiang Zheng



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

AUGUST AUGUST AUGUST

John Ahearn
Paul Aizenberg
Gulnaz Aksu
Richard Benson
Jorge Blum
Kristina Bobo
Tiffany Brennan
Jacqueline Broner
Judith Brown
Randy Bugianesi
Elizabeth Burton
Sally Butler
Michael Cammarata
Maria Campese
Mary Carley
John Carney
Dave Carvajal
Timothy Clewell
Kathleen Cooney
Charles Daniel
Joe Davidoff
Stephen Dolan
Meghan Donaldson
Benn Doyle
Paul Duffy
Joe Dutton
Jaclyn Fahey
Brian Fallon
Christopher Flood
Donald Free
Meghan Gallic
Robert Gatto
Douglas Grierson
Fredrik Havstein
John Hendy
Simon Hooks
Craig Hubert
Kathleen Hurley

Marc Israel
Sally Jack
Miye Jacques
Javier Jas
David Juchniewicz
Rebecca Kalibat
Katie Kanofyeva
Kelly Kiessling
Thomas Koellhoffer
Joseph Koplik
Kevin LaCour
Peter Langham
Christopher Lazazzaro
Ellen Lederman
Matt Lefkowitz
Mario Lepore
Gregory Lockard
David Lockhart
Andre Lopes
Brian Lynch
Greg Magdanz
Lynn Magnusson
Diana Marcum
Margaret Martonosi
Dennis Matanda
Eric Materniak
Amanda Mathus
Cara McCormack
Peter McCoy
John McKenna
Lorraine McPhillips
Ben Meaker
Pippa Michaels
Jelani Millard
AE Miller
Eduard Mostert
Luis Moyett
Nicole Mulligan

Kenneth (Casey) Murphy
Ravi Nonavenakere
Gerry Oakes
Marcia Postallian
David Rankel
Eileen Rath
Suzanne Reeves
Tara Rice
Joseph Ritter
Armando Rivas
Sarah Sangree
Dorothy Schilling
Robert Schott
Michael Schwebel
Sandra Seddon
Tim Shallcross
Charlene Sloane
Donald Smart
Michal Spelda
Martha Story
Raghava Krishna Suram-
palli
Wesley Swainston
Allison Tolpa
Peter Turek
Laura Tyson
Debra Weier
Kyle Williams
Jack Zakim
Kim Zerba
Russell Zomback



Don't forget about the USMS Website lots of good info!

*Check out this training article
on open water swimming!*

[Click here for Open Water Training Article!](#)



OPEN WATER SWIMMING!



It is an exciting time of year if you are an open water swimmer. The season has begun in New Jersey. Whether you are a novice or experienced swimmer, there are many options for you within driving distance.

If you are a beginner and are looking to get your feet wet, try the Lap the Lake swim which has a half mile option <https://runsignup.com/Race/NJ/FranklinLakes/LaptheLake>, Steelman in PA <https://www.athlinks.com/event/11th-annual-steelman-open-water-swim-2019-32148>, or the Lake Hopatcong Open Water Swim Festival <https://swimlakehopatcong.com/>.

There are also many options to do one mile races down the Jersey Shore throughout the summer. These races attract swimmers of all ages and are fundraisers for various lifeguard organizations.

For the more advanced swimmer, you may want to try Montauk Ocean swim which has a 5K option <http://montaukplayhouse.org/oceanswim/>, The Breezy Point swim in Coney Island <https://cibbows.org/events/breezy-point-swim-2019/> or the Triple Dip in Coney Island.

For a complete list of open water swims, please visit the NJ Masters Open Water Calendar <https://docs.google.com/spreadsheets/d/1Hd6fgBhWR03zo2OAmayxcTgnbXS1e5r3MgrtehSjRtM/edit#gid=1102256440>. If you know of a swim in the area that is not on the calendar, please send me an email and I will add it.

Sarah Clark
Open Water Chair
saritaylor71@gmail.com

Open Water Fun Memories!



Two thumbs up
from
Ed Tsuzuki
at the
Lake
Hopatcong
Open Water
Swim Festival
2017



Stephen Kunan,
David Feldman,
Susan Kirk &
Laura Graham
at the
New Jersey
Shore
Open
Water Race
2017.





GTD Stays Solid in NJ

Keep on rocking the GTD New Jersey!!

The 102 (yes, we made it past 100) NJ swimmers who are a part of the Go the Distance program are cranking out the miles. In April, our GTD mileage total was 6,890.4 miles which earned NJ a #3 spot in mileage among all 52 LMSCs nationwide. We are still at #3 but our total mileage has shot up to 12,288.9 miles!

We are also #4 among the top 10 LMSCs in number of participants:

Pacific — 211
North Texas — 38
Southern Pacific — 125
New Jersey — 106

Thanks to Ed Tsuzuki for doing a labor intensive look at the percentage of participation among the 52 LMSCs. Here are the results:

North Texas — 16.89%
South Dakota — 10.39%
Gulf — 9.86%
Arkansas — 9.21%
Missouri Valley — 9.21%
New Jersey — 9.03%
Snake River — 9.01%

New Jerseyites, watch out for Snake River!

Among NJ LMSC clubs, here are the number of participants in the top 5 clubs:

BERK — 28
GSM — 27
SCYM — 12
UC07 — 12
RBAY — 9

And here are the top five NJ LMSC clubs for percentage of participation:

RBAY — 45.0%
JAM — 29.2%
GSM — 19.6%
PAA — 17.6%
RBY — 14.3%



Congratulations... to Nancy Steadman-Martin (64) for setting the following new 60-64 age group NJ LMSC SCY records at the Colonies Zone Championships at George Mason University (VA) on April 5-7, 2019. 100 free - 1:03.49, 100 fly - 1:17.86, 200 fly - 2:42.91, 100 IM - 1:16.05, 400 IM - 5:39.90

Congratulations... to Laurie Ditommaso (56) for setting a new NJ LMSC SCY record in the 55-59 age group at the YMCA Masters National Championships at the YMCA of Central Florida Aquatic Center on April 14, 2019. Laurie posted a 28.54 in the 50 freestyle.

Congratulations... to the following NJ LMSC swimmers for setting new NJ LMSC SCY records at the USMS Spring Nationals in Mesa, AZ on April 25-28, 2019. Women 45-49: Alison Hayden (47): 200 fly 2:26.69; Women 60-64: Nancy Steadman-Martin (64), 100 fly 1:16.59; Men 25-29: Eric Materniak (27): 100 breast 57.84

Congratulations... to the following NJ LMSC swimmers for setting new NJ LMSC SCY records at the Somerset County YMCA Last Chance Meet at the Somerset Hills YMCA on May 5, 2019. Women 60-64: Nancy Steadman-Martin (64), 100 breast 1:32.20, 50 fly 36.64; Women 70-74: Mary Hager (71), 100 free 1:29.37, 200 free 3:11.56; Men 55-59: Scott Yeomans (55), 500 free 5:25.70; 200 back 2:20.39; Men 60-64: Benn Doyle (60), 50 breast 31.25, 100 breast 1:09.87, 200 breast 2:33.21; Men 75-79: Jim Dragon (75), 50 free 27.77, 50 breast 36.36, 50 fly 30.10



75 x 75's – An Afternoon Delight!



Twenty-four swimmers tackled the second annual 75 X 75's on a balmy May 18 at 3:00. The event was free and open to all currently registered NJ LMSC swimmers and was held at the Berkeley Aquatic Club in New Providence.

A special thanks goes to Bill Reichle, Kim Plewa, Susan Kirk, Dave Fabian, Jen Bauman, and Sarah Clark who helped convert the pool from long course to short course for the event and then back again to long course. It would have been quite a feat to swim 75 x 75's long course!



[More pics on following page!](#)



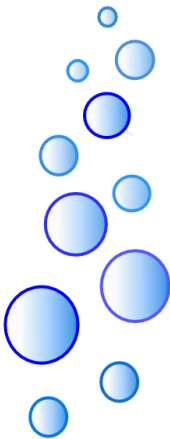
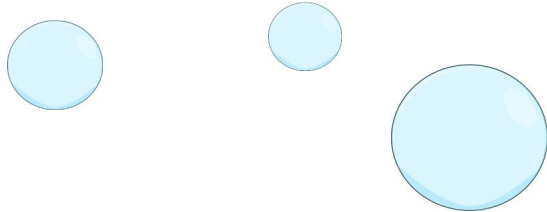
Katie and Bill Fallon



**Soraya Zahedi
Marcia Postallian
Juli Harpell-Elam**



**Jen Bauman,
Kim Plewa
and Dave Feldman**



**Dave Fabian, Sarah Clark and
Susan Kirk**



USMS Level 3 Coach certification class Recap

By, GWMS Head Coach, Amber-sky Green

On April 6th, I had the opportunity to attend the USMS Level 3 Coaching Certification Class in Boston. One of the major takeaways from the clinic was on the subject of “delegation”. Running a Masters program can be time consuming between writing a daily workout, supervising practices, administrative functions, etc. Bringing people into the fold is not just helpful, it is a necessity to running a successful program and the benefits reverberate throughout.

The message was thus: by delegating responsibilities to club members, you not only ease your workload, you also make your members feel like they are a part of something special, they have invested their own time and energy into the program and thereby feel more involved. In some ways, this message reaffirms some strategies that I already utilize. My personal preference is to delegate the organization of social activities. As a team, I feel that activities outside of the pool are tantamount in creating and continuing a successful program. That is why we try to organize various social events that help bring together our members and their families outside of the pool. Whether it is dinner after a meet, drinks on a Saturday night, or fundraiser event, these social events create a fun atmosphere that everyone can participate in. I like to ask for volunteers to organize such functions. The volunteer activity coordinator can pick the venue, the date, the time, create flyers, send out emails, and do whatever else he or she feels will be best to advertise the event to the entire team. These social activities also have an additional benefit in that they give family members an opportunity to see how much fun it is to be part of a program such as Masters. This may cause them to “take the plunge” themselves and join, in turn helping build the program as well as creating a sense of community and camaraderie.

I have been an active Masters Swimmer since 2006. Since then, I have thoroughly enjoyed all of the experiences I have had thus far both in the pool as an athlete and on the deck as a coach. I started coaching Masters in 2008 in addition to coaching age group swimming while living in Omaha, Nebraska. There I had the opportunity to coach along side of some of the greatest people and I am beyond grateful for all that they have taught me and their continued support. Upon my move back to NJ in August of 2018 I pioneered the Green Wave Masters Program. Starting from scratch we now have 35 active members and I am excited to expand further in the coming months and years. I am the mother of five children who all swim or have swam (three collegiately in schools varying from NCAA Division III to Division I, one currently in High-school, and one currently in elementary school). All told, I have an extreme passion for the water and the opportunity to assist in providing all adults a chance to be part of it.





L-R Christine, Geri, Jens, Francesca, Meredith and Kelsie. We are trying our best to recruit Kelsie & Francesca to join the Masters!!

This by far was the best ever swim clinic I have ever been to. Rutgers head coach Jon, assistant coach Kelsie and top ten NCAA swimmer Francesca Stoppa ran this excellent clinic on Saturday May 11. We focused on Free and back this clinic and Coach Jon wants to hold more in the future. We've already begged for a Fly & Breast clinic to be next.

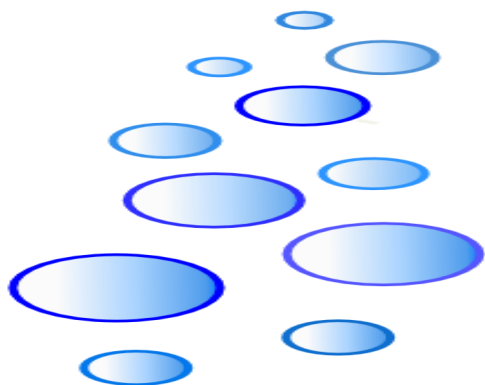
We had fun, frustration and correction. All was explained in a way that I understood the mechanics, the why's and finally the doing. Being video'd was a huge plus along with Coach critique. Sigh.... pictures don't lie, lots of work ahead for me!

Can't give enough accolades to this new clinic! A few participants are missing from photo, I didn't remember to take the photo until the end, Sorry ladies! Thank you Rutgers coaches!!

— Thanks Meredith Lyndon for always sending in great photos!



Michael Lehrer (left), and Vincent Chen, Matthew Liu and Aaron Lucerna (left to right bottom photo) all RBAY Master swimmers qualified for the NJ state Special Olympic championships that will be held in June. Michael also swims for the special Olympic team, the Old Bridge Robins. Vincent, Matthew & Aaron also Swim for the special Olympic team RBAY Piranahs, besides doing their Master workouts. We are so proud of them! Watch out for their new relay come the next Masters meet!



JUST Add WATER

featuring workouts from fellow Masters Swimmers and Coaches

So send us a workout!



Head Coach Chris Swenson joined Kean at the start of the 2018-19 season following stints at Princeton University, The University of Notre Dame, Saint Peter's University and Rowan University. In his first year as head coach, the team saw many accomplishments, including setting 19 school records, more than doubling their point total at the Metropolitan Conference Championship,

and moving up two spots in the final conference standings from the previous year. Also under his direction, Freshman Tori Hayes earned the first NJAC Rookie Swimmer of the Week honors in program history. Prior to Kean, Swenson was the volunteer assistant coach for the men's team at Princeton for two seasons, working directly with the sprint, stroke and IM groups. His efforts helped Princeton secure a 2nd place finish at the 2018 Men's Ivy League Swimming Championship, where they set a school record in the 800 free relay and had the Ivy League champion in the 200 fly. During his time, the Tigers had five selections to the All-Ivy second team.

While at Notre Dame, Swenson was the Director of Operations for Men's Swimming and Diving. The Fighting Irish landed the 9th ranked recruiting class in the country, earned 3 Honorable Mention All-Americans and a fifth-place finish in the Atlantic Coast Conference. He managed all logistics and helped organize the Notre Dame Swimming Camp for over 200 athletes.

Warmup:

400 loosen

4x50 kick/drill @1:10

4x50 drill/build @1:00

4x25 3/2/1/0 (breaths by lap) @:30

Main set:

3x

4x100 free @1:30 focus on breathing and breakouts

4x75 stroke (50 drill/25 build to fast finish) @1:30

4x50 MAX EFFORT @1:30

100 loosen

300 warm down

Total 4200

SWIM TO FIGHT CANCER ON LONG ISLAND

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SATURDAY, AUGUST 3RD, 2019

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OPTIONS | KID'S SPLASH**

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SWIMACROSSAMERICA.ORG/NS**

*Celebrating its 19th year of fighting cancer in Nassau and Suffolk counties, Swim Across America has raised over \$9.4 million locally. You have the opportunity to make a tangible impact in our community by joining us August 3rd or at one of the dozen **pool swims** this summer.*

WHAT'S YOUR STORY

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**

August 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