

FASTLANE

NJLMSC Newsletter

November/December 2017



Great things to start 2018!

Annual Banquet info — page 8

Annual 50 X 50 swim — page 11

Annual 100 X 100 swim — page 12

Coach workout — page 13

Swim University — page 14

And lots more good stuff!



NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk

908.313.6785

sqkirk@gmail.com

Vice Chair

Sarah Clark

201.248.5659

saritaylor71@gmail.com

Treasurer

Bill Reichle

908.587.2053

ReichsSwim@aol.com

Registrar

Tom Brunson

973.279.7153

tombrunson@optonline.net

Sanctions & Safety Chair

Jen Bauman

973.219.9404

swimmerj@optonline.net

Top Ten Records

Ed Tsuzuki

908.371.9179

edtsuzuki@comcast.net

Newsletter Editor/Design

Sara Harrison Johnston

908.267.5494

aras33@comcast.net

Newsletter Special Members Feature

Pia Lord

pialord@gmail.com

Open Water Chair

Sarah Clark

201.248.5659

saritaylor71@gmail.com

Event Coordinator

Kim Plewa

732.213.7469 emmik08@aol.com

Coaches Chair

Susan Kirk

sqkirk@gmail.com

Fitness Chair

Linda Brown-Kuhn

908.479.1038

lindabk11@gmail.com

Webmaster

Marin Kirk

marin.n.kirk@gmail.com

Officials Chair

Marie Vellucci

646.641.4236

marielovestowim@aol.com

Special Projects

Chris McGiffin

908.630.0166

CMcGiff@aol.com

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! Contact information: Go The Distance Support Team usmsgtd@yahoo.com [More information](#)

January 1 - December 31, 2018 USMS "Check-Off Challenge" National Fitness Event [Event information](#)

New Jersey Events

January 1, 2018 - June 30, 2018 The NJ Masters Swimming Swim University Virtual Swim.

Sunday, January 14, 2018 The NJ Masters Swimming Annual 50 x 50s will be held on Sunday, January 14, 2018 from 10am - 12:30pm at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ. See page 11.

Sunday, February 4, 2018 The NJ Masters Swimming Annual 100 x 100s will be held on Sunday, February 4, 2018 from 8am - noon at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ.

Sunday, February 11, 2018 Ocean County YMCA Masters Meet (SCY) [Online entry and meet information](#)

Saturday, March 24, 2018 6:00pm - 10:00pm 2017 NJ LMSC USMS Continuous Membership Recognition Program Award Recipients at The Basking Ridge Country Club in Basking Ridge, NJ.

Sunday, March 25, 2018 The NJ LMSC welcomes back world-renowned Masters Swimmer Karlyn Pipes as our clinician for 2 clinics on Sunday, March 25th to be held at the Somerset Hills YMCA. More details will be forthcoming soon!



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

JANUARY BIRTHDAYS

Heidi Applegate
Kirby Azurin
Angela Barr
Greg Bassett
Judy Baum
Leisa Begley
Aparna Belgaonkar
Fay Bizub
Gregory Blessing
Richard Bogues
Sandra Brighthouse
Joscelin Burrer
Michael Byrne
John Callahan
Michael Caputo
Stephani Carroll
Alan Chodosh
Sarah Clark
Mike Cohen
Bobi Commer
Clare Cook
Michael Doerr
Joe Donohue
Keith Drayer
Kathleen Dunn
Linda Erickson-Paul
Sarah Exposito
Jacqueline Fagan
Bill Fallon
Gregory Fernicola
Carolyn Fischer
Jane Fisher
Richard Flores
Bruce Ford
Steven Friedberg
Joachim Fruebis
Alex Galinskiy
Jacqueline Glasser
Nancy Goering

JANUARY BIRTHDAYS

Edward Goracy
Melissa Grappone
Geoffrey Grice
Jonathan Grubb
Shruti Gupta
Pauline Gyllenhammer
Darek Hahn
John Hall
Atsushi Hamanaka
Peter Hempel
Brig Henderson
Rajesh Kakani
David Kaufman
Kirsten Kellstrom
Kathy Kelly
Bryan Krut
Irene Lam
Russel Lane
Joanne Lazzaro
Judy Lee
Dominika Lenart
Wendi Lui
Francesca Mancuso
Keri Mandell
Anthony Marcus
Ricardo Mattos
Amanda Maxwell
Michael May
Jessica McAloon
Curtis Miller
Deborah Murray
Stephen Neville
Maria Nobles
Pavel Nouel
Jesse Novak
Sharon Dana Oley
Cande Olsen
Kim Patchett
Danielle Plagge

JANUARY BIRTHDAYS

Kimberly Plewa
Joseph Puvogel
German Ramos
Bill Reichle
Elizabeth Robb
Christopher Rodrigues
Sean Rudden
Timothy Salmon
Romeo Sanchez
Kevin Schmidt
Fang Schmitz
Leigh Segal
Philip Sherratt
Gary Shore
Cathy Signorin
Rachelle Slater
Julie Stine
Jennifer Sullivan
John Szabo
Joseph Szeffinski
Susan Thiel
Thomas Toomey
Richard Truche
Joy Tsuzuki
Lynn Tsuzuki
Candess Tucker
Adele Vespa
Paul Vlecidas
Jens Volker
Philip Von Schondorf
Ali Wade
Steven Waskow
Sharon Waxmonsky
Andrew West
Robert Weston
Ken Wilson
Michelle Wriede
Jeff Ziegler

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

FEBRUARY BIRTHDAYS

Ryan Algenio
Dennis Andal
Paul Anderson
Russ Ball
Benjamin Balmy
Lourival Baptista
Thomas Baumann
Ben Behrman
Laurie Birch
Heather Blank
Anthony Bosco
Cormac Brady
Corinne Buda
Gary Cameron
Denise Carlson
Richard Carlson
Kristin Cassinelli
Dan Chamby
Deborah Cipriano
Neil Conley
Aundray Dawson
Aran Degenhardt
Raymond DeWire
Kyl Dixon-Anderson
Seth Dressekie
Jeacqueline Escobar
Janet Estenes
Brianna Farfel
Olympia Fiedler Lord
Robert Fisch
Frank Fitzgerald
Jennifer Freeman
Adam Friedberg
Rosemarie Froeder
John Giannasca
Laura Gibson-Rimer
Ronald Gilbert
John Giordano

FEBRUARY BIRTHDAYS

Michael Goldberg
Frank Goldstein
Yumei Guo
Jon Halpern
Lurlene Harrison
Michael Haynes
Lucinda Hittle
Susan Hubert
Mark Hutcheson
Jane Ikeda
Joanne Jaeger
Jeffrey Jotz
Alexander Kardis
Kevin Kelly
Michael Kerr
Eun-Sol Kim
Youngho Kim
Sally Kleeman
Mark Kruzel
Brian Kusterer
Kenneth Larossa
Michael Lavitt
Nancy Lester
Ryan Lewis
Craig Lockner
Kelly Loofbourrow
Elizabeth Luzzatto
Erika Maresca
Kathryn Marsh
John McCarthy
John Menninger
Thomas Miller
James Milone
Ryan Milun
Drew Moll
Keri Motl
Lisa O'Connor
Gerald O'Mara

FEBRUARY BIRTHDAYS

Michael O'Neill
Jeanne Perantoni
Indrek Porro
Lauren Post
Erica Potts
Heidi Remak-Ziff
Rob Ripp
Jennifer Roche
Nicholas Russo
Nicole Sabbatino
Carla Scaturro
Keith Scharf
Julie Schoenlank
Richard Schubert
Scott Seibel
Megan Sellers
Forrest Shoemaker
Ann Shortino
Murray Simon
Kellie Stamm
Caitlin Stroh
William Sullivan
Richard Tang
Meghan Tansey
Wojciech Telacki
Alane Theofield
Yuta Tsuboi
Faith Ulsh
Larry Van Horn
Shayne Veramallay
Andrea Vianello
Patrice Weil
Courtney Welsh
Codge Whitting
Emmett Wood
Mary Young
Evelyn Yuen



Congratulations to Laurie DiTommaso (55) who set new NJ LMSC SCY records at the Sussex County YMCA Adult Mini-Meet on October 14, 2017. Laurie broke the women's 55-59 records in the 50 fly (29.99) and 100 IM (1:11.28).

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the Eastern Express Veterans Day Meet on November 11, 2017 at The College of New Jersey. Women 55-59: Laurie Ditomasso (55) 50 breast - 36.28; Women 65-69: Heidi Remak-Ziff (65) 50 free - 33.03, 100 free - 1:12.49, 200 free - 2:47.50, 100 IM - 1:28.40; Men 75-79: Bob Hopkins (75) 500 free - 8:06.91, 1650 free - 26:51.33, 200 IM - 3:14.44



Go the Distance Finishes the Year Strong

NJ held on to its #1 rank in percentage of participation among all the LMSCs nationwide in Go The Distance swimmers. And little NJ still ranked third in total mileage and number of participants. NJ's percentage of participation is 9.61%, Gulf is 8.89%, North Texas is 8.34% and then it dips down to 5.93% for Indiana.

Top 6 LMSCs mileage:

Pacific	66,544.67
Southern Pacific	32,703.14
New Jersey	30,875.70
New England	24,167.84
Gulf	20,885.73
Florida	20,878.52

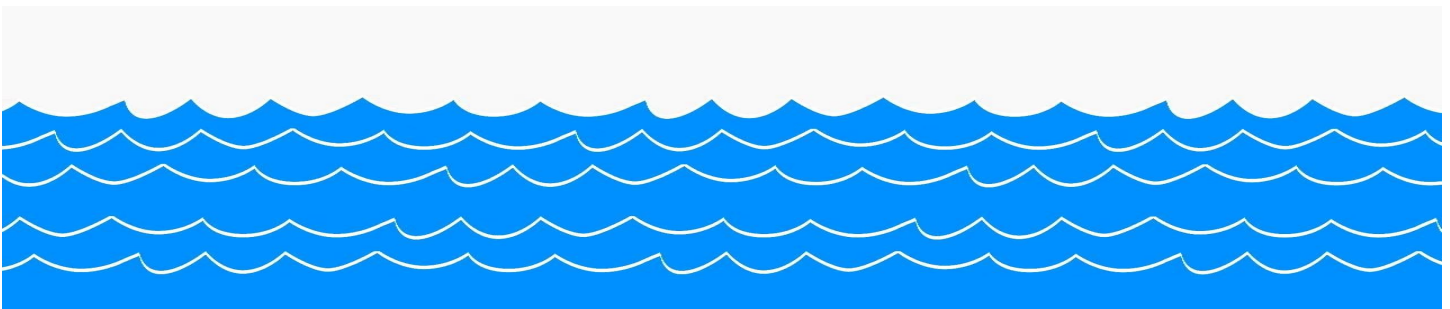
Congratulations to everyone in the Go the Distance program! Here are the swimmers with the 10 highest miles swum.

Way to go!!

Name	Total
James Ryan	902.40
Julia A Scales	839.49
Lynn Ascione	728.19
Kimberly A Plewa	709.84
Jodi L Barrish	686.44
Richard C Callaghan	684.59
Jennifer L Bauman	620.99
Peter D Langham	604.80
Irene S Fisher	567.78
James N Hoke	562.48



[Click for more Go The Distance](#)



NJ LMSC Board Volunteers

We would like to take a moment to express our sincere gratitude to all of our dedicated and hard-working NJ LMSC Board volunteers! Your shared passion, selfless giving of your time and efforts, and consistent work for Masters Swimming in NJ has helped to maintain our high level of service to our members and is greatly appreciated! It is a true pleasure serving with you all and we are looking forward to a wonderful year ahead in 2018!

Congratulations to all returning NJ Masters Swimming Board Volunteers on your recent re-election/re-appointment!!

Elected volunteers:

Chair: Susan Kirk

Vice-Chair: Sarah Clark

Registrar: Tom Brunson

Treasurer: Bill Reichle

Top Ten/Records: Ed Tsuzuki

Newsletter Editor: Sara Johnston

Secretary: Susan Kirk

Sanctions & Safety Chair: Jen Bauman

Appointed volunteers:

Open Water Chair: Sarah Clark

Fitness Chair: Linda Brown-Kuhn

Officials Chair: Marie Vellucci

Webmaster: Marin Kirk

Events Coordinator: Kim Plewa

Coaches Chair: Susan Kirk

Newsletter Member Articles Contributing Editor ~~ Pia Lord

Special Projects ~~ Chris McGiffin

We all look forward to an exciting year ahead of continuing to serve our NJ LMSC members as best we can!!



Annual **BANQUET**



**NJ Masters Swimming 2018
Annual Awards Banquet
Saturday, March 24, 2018
6:00pm - 10:00pm**

Please join us as we celebrate our **2017 NJ LMSC USMS Continuous Membership Recognition Program Award Recipients** at our new venue, The Basking Ridge Country Club in Basking Ridge, NJ.

We are excited to announce that the guest speaker this year will be **Karlyn Pipes**, Hall of Fame swimmer, FINA Masters world record holder and author.

We are looking forward to Karlyn sharing her stories with us of her inspirational journeys to becoming a world champion swimmer.

More information coming soon!



Nominations are open for the 2017 Lou Abel Distinguished Service Award. The Lou Abel Distinguished Service Award, established in 2011, has been created in memory of Lou Abel (1936-2010), who as a 25YR Continuous New Jersey USMS member, had a strong role in the creation of Masters swimming in NJ and who remained a constant presence in the NJ Masters swimming community for the rest of his life. Lou served in many capacities as a local leader and it was his dedication and enthusiasm that inspired many adults to remain active and fit through swimming. The award is intended to honour current or past members of the NJ LMSC swimming community who, like Lou, have contributed significantly to the growth and activities of Masters swimming in New Jersey.

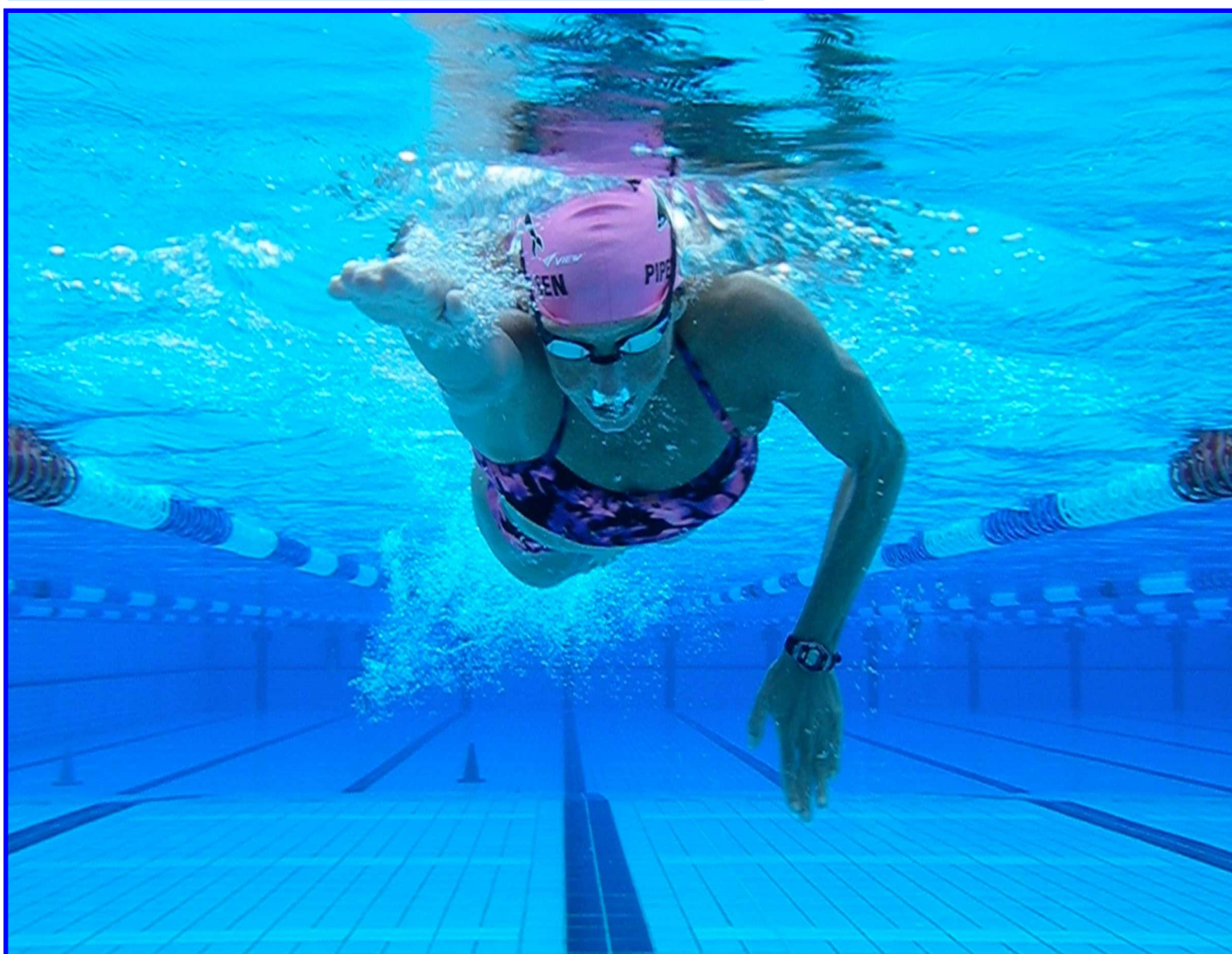
Any current member of the NJ LMSC may nominate any current or past NJ LMSC member for this award.

The official [Nomination form](#) should be completed and emailed to Susan Kirk at sqkirk@gmail.com or mailed to her at: 11 Waldon Road, Califon, NJ 07830. **The deadline for nomination submissions is Thursday, January 18, 2018.**

The award recipient(s) will be selected from the received nominations by the NJ LMSC Board and, if any recipients have been selected, the award winner (s) will be honored at the NJ LMSC Annual Continuous Membership Awards Banquet.

SAVE THE DATE!!!

On Sunday, March 25, 2018, world-renowned Masters Swimmer Karlyn Pipes will be returning to New Jersey to offer both a morning and an afternoon clinic opportunity for all of our NJ LMSC members. Detailed information and registration will be opening soon.



7th Annual...

50/50

The NJ Masters Swimming Annual 50 x 50s will be held on Sunday, January 14, 2018 from 10am - 12:30pm at the Berkeley Aquatic Club Center of Excellence at 629 Central Ave, in New Providence, 07974.

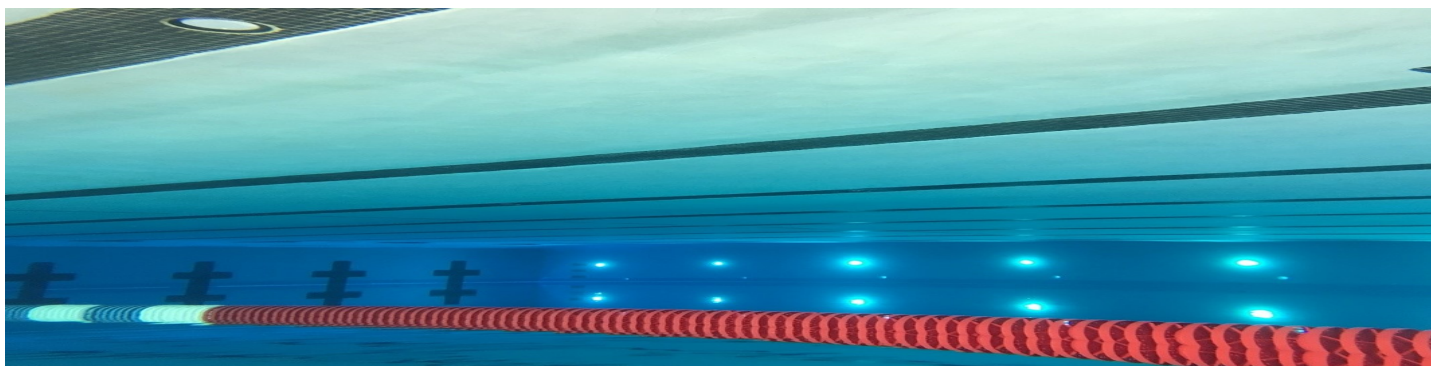
The format will be slightly different from previous years. From 10-10:30 we will hold a mini clinic designed for more novice swimmers focusing on stroke technique; open to 15 swimmers. Then at 10:30, the 50 X 50's will start and the great news is that this year we have the whole pool which will be short course. So we can handle 75 swimmers.

Swimmers participating in the clinic first, arrive at 9:45. Those just swimming the 50 X 50's please arrive at 10-10:15. Refreshments will be available after the swim.

Registration will open on January 1, 2018. This FREE event, sponsored by the NJ LMSC, is open to NJ LMSC swimmers with 2018 registration.

To register, email Linda Brown-Kuhn at lindabk11@gmail.com with your name, 2018 USMS registration number, and approximate 50 interval. The event is open to the first 75 swimmers.

If you would like to participate in the mini clinic for novice swimmers let me know when you register. That clinic is limited to 15 people.



It is time to up your training!!



The 2018 NJ Masters Swimming Annual Super Bowl Sunday 100 x 100s will be held on Sunday, February

4, 2018 from 8am - noon at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ.

The event is FREE to any 2018 NJ LMSC USMS registered swimmer, but the event will be limited to the first 100 eligible swimmers.

Online registration will begin on Wednesday, January 3, 2018.

Look for detailed event announcement and registration information via email!





featuring workouts from fellow Masters Swimmers and Coaches

This issue's workout is brought to you by Jeff Jotz. Jeff 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 is 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.

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

Warmup

300 choice
 200 side kick w/fins
 4 x 50 stroke/free :10
 rest

Main Set – no fins

1 x 400 free :30-:45 rest
 4 x 100 free :10-:15 rest
 1 x 300 stroke/free/stroke by 100 :30 rest
 3 x 100 stroke/free by 50 :10-:15 rest
 1 x 200 stroke or IM :20 rest
 4 x 50 stroke :10
 rest

25
 easy

9 x 75 25 worst stroke :15 rest
 25 best stroke
 25 free

200 warmdown

Break is over, school is back in session...

Swim University is Back – But with a **Twist!**

The fourth year of Swim University will begin on January 1, 2018. This year we're going to add a little something extra for those want to garner even more academic or should we say "swimademic" distinction.

Here's how the basic Swim University works: The program starts 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!

But this year on top of that you can 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.



This is an excellent way to push yourself during the cold winter months when it's not always so easy to bundle up to go to the pool!

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.

back to school means

back to the pool!

Why Russell Wilson? Click link to find out!



Russell
Wilson
and his
swim
buddy
Pablo
from
Columbia.

[Click Here](#)



Check out two of our affiliated clubs with the NJ LMSC, Garden State Masters (GSM) and Jersey Area Masters (JAM).

Submitted by Pia Lord

The Princeton Area Masters (PAM) is an officially affiliated workout group of the umbrella club Garden State Masters. Members of the GSM (Garden State Masters) Club practice all throughout the NJ LMSC, which is why it is designated as an umbrella Club. Another location where some GSM members swim is at the Ocean County YMCA (OCY).

**The Garden State Masters offers practices at the Ocean County YMCA at
1088 W. Whitty Road Toms River, NJ 08755**

Lap Swim / Workout Times: Tuesday: 7:30-8:30pm; Thursday: 6:00-7:00pm; Saturday: 7:15-8:15am

**Contacts: Jen Betts-Lead Coach; Will Murphy-Head Age Group Coach at
coachwill@ocytigersharks.org.**

WebSite: <http://www.ocytigersharks.com>

Founded in 1971-72 by Tink Bolster, Princeton Area Masters (PAM) is the oldest Masters Swim Program in continuing operation in the NJ LMSC. The program is for adults who are 18 years of age and older. Members participate in a variety of ways, ranging from fitness lap swimming to competition training. United States Masters Swimming (USMS; www.usms.org) insurance card is required to swim during the indoor season at DeNunzio Pool at Princeton University. USMS membership is not required for the outdoor summer season at Community Park Pool because PAM is part of the Princeton Recreation Dept. program, which insures everyone who uses the outdoor pool.

Please check out this link for further information and hours of practice for this workout group.

<http://www.leaguelineup.com/miscinfo.asp?menuid=42&url=princetonrecreation>

This workout group, PAM, can be distinguished from the Club Jersey Area Masters (JAM) also based in Princeton NJ. JAM comprises members in the Hamilton, Princeton and Freehold areas. They have workouts at three pools on varying days and times. Please see information below.

Princeton, Hamilton & Freehold

Club: Jersey Area Masters (JAM)

1225 State Road Princeton, NJ 08540

Lap Swim / Workout Times: Princeton Pool: Tues. & Thurs. 6-7:30 am , Sat 7:30-9:00am; Hamilton RWJ Pool: T, Th 7:00-8:30pm; Sun 7:30-9:00am; Freehold Pool: T, TH 7:00-8:30pm, Sun 7:30am - 9:00am

Contacts: Sandra Franc FrancSwiss@comcast.net

WebSite: <https://www.facebook.com/groups/507767425904547/>

Miscellaneous Info: Website is our Jersey Area Masters Facebook Group---Join us!

As it's the season to renew your USMS membership, be sure to check club and sub workout group (if there is one) when you register or renew your affiliation!



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 like 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
February 15
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 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