

# FASTLANE

NJ LMSC Newsletter

November/December 2018

## 2019 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 the NJ LMSC has helped us to maintain our high level of service to our members and is greatly appreciated! Thank you!!! It is a true pleasure serving with you all and we are looking forward to a wonderful year ahead in 2019!*

*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

**Co-Registrars:** Tom Brunson and Chris McGiffin

**Treasurer:** Bill Reichle

**Top Ten/Records:** Ed Tsuzuki

**Newsletter Editor/Graphic Designer:** 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:** Ed Tsuzuki

**Special Projects ~~ Chris McGiffin**

*We all look forward to an exciting year ahead of continuing to serve and to offer valuable and exciting programs for all of our NJ LMSC members!*

## Nominations are open for the 2019 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 honor 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](mailto:sqkirk@gmail.com) or mailed to her at: 11 Waldon Road, Califon, NJ 07830. The deadline for nomination submissions is Thursday, January 17, 2019.

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 on Saturday, March 30, 2019.

**SAVE THE DATE**

**Saturday, March 30, 2019 6:00pm - 10:00pm ...  
NJ LMSC Annual Awards Banquet at the Basking Ridge Country Club.. Be there or be square!**

## NJ LMSC VOLUNTEERS

### *Chair/Secretary*

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### *Vice Chair*

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### *Special Projects*

Chris McGiffin

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

## 2018/19 Event Calendar

### **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](#)

## NJ LMSC Event Calendar

**Sunday, January 13, 2019** — 8th Annual 50 X 50's from 10 am – 12:30 pm at the Berkeley Aquatic Club Center of Excellence at 629 Central Ave., in New Providence 07974.

**Super Bowl Sunday, February 3, 2019** — the NJ LMSC Annual 100x 100s. Start your training now for an enjoyable experience!

**Sunday, February 10, 2019** — Ocean County YMCA Unofficial Team Championships

**Saturday, March 30, 2019** — the NJ Masters Swimming Annual Awards Banquet will be held on from 6:00pm-10:00pm at the Basking Ridge Country Club in Basking Ridge, NJ.



# Swim University is Back! With a Minor



The fifth year of Swim University will begin on January 1, 2019. If you haven't tried this program yet it's an awesome way to push yourself to keep swimming during the cold winter months when it's not always so easy to bundle up to go to the pool! And for those who are alum, we'd like to welcome you back! Will you stay at last year's academic level or go for a higher degree this year? Or maybe you'll earn a minor as well.

Here's how the basic Swim University works: The program starts January 1 and runs to June 30<sup>th</sup>. 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 a graduation gift between a custom sling bag or cap!*

To sign up, email Linda Brown-Kuhn at [lindabk11@gmail.com](mailto:lindabk11@gmail.com) with your USMS # and make sure you are participating in Go The Distance (find info at [www.usms.org](http://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.



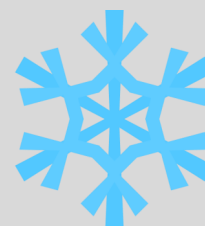
**Say Happy Birthday to these fellow swimmers when you see them!**

## January January January

Heidi Applegate  
Miguel Arias  
David Arienta  
Greg Bassett  
Judy Baum  
Susan Beddia  
Leisa Begley  
Dmitry Biryukov  
Fay Bizub  
Gregory Blessing  
Richard Bogues  
Sandra Brighthouse  
Peter Brinckerhoff  
mike Burke  
Joscelin Burrer  
Michael Byrne  
John Callahan  
Michael Caputo  
Stephani Carroll  
Alan Chodosh  
Sarah Clark  
Mike Cohen  
Bobi Commer  
Clare Cook  
Joseph DeLuca  
Christopher Diebold  
Michael Doerr  
Joe Donohue  
Keith Drayer  
Linda Erickson-Paul  
Edmund Ewing  
Sarah Exposito  
Bill Fallon  
Gregory Fernicola  
Carolyn Fischer  
Jane Fisher  
Bruce Ford  
David Fox  
Steven Friedberg  
Lisa Fritz  
Joachim Fruebis  
Tim Fukawa-Connelly  
Alex Galinskiy  
Scott Giorgi  
Jacqueline Glasser  
Nancy Goering  
Edward Goracy

Melissa Grappone  
Jonathan Grubb  
Pauline Gyllenhammer  
Darek Hahn  
John Hall  
Atsushi Hamanaka  
Alison Headley  
Peter Hempel  
Rajesh Kakani  
David Kaufman  
Kirsten Kellstrom  
Kathryn Kelly  
Bryan Krut  
Irene Lam  
Joanne Lazzaro  
Judy Lee  
Dominika Lenart  
Clay Lewis  
Jack Livingston  
Wendi Lui  
Kristin Lyons  
Francesca Mancuso  
Keri Mandell  
David Manning  
Ricardo Mattos  
Amanda Maxwell  
Michael May  
Debbie Mazzeo  
John McCarthy  
James McConnell  
Curtis Miller  
Matthew Milner  
Deborah Murray  
Stephen Neville  
Maria Nobles  
Pavel Nouel  
Bernadette O'Connor  
Cande Olsen  
Melissa Parratto  
Kim Patchett  
Danielle Plagge  
Kimberly Plewa  
Joe Puvogel  
German Ramos  
Jennifer Redmond  
Bill Reichle  
Robert Rezvani

Christopher Rodrigues  
Andrew Rooney  
Melinda Rushing  
Timothy Salmon  
Romeo Sanchez  
Fang Schmitz  
Tessa Schultz  
Leigh Segal  
Philip Sherratt  
Cathy Signorin  
Joseph Szeffinski  
Susan Thiel  
Thomas Toomey  
Richard Truche  
Joy Tsuzuki  
Andy Vadul  
Tim Van Vliet  
Adele Vespa  
Angela Vietmeier  
Paul Vlecidis  
Jens Volker  
Philip Von Schondorf  
Ali Wade  
Steven Waskow  
Sharon Waxmonsky  
Michelle Wriede  
Jeff Ziegler



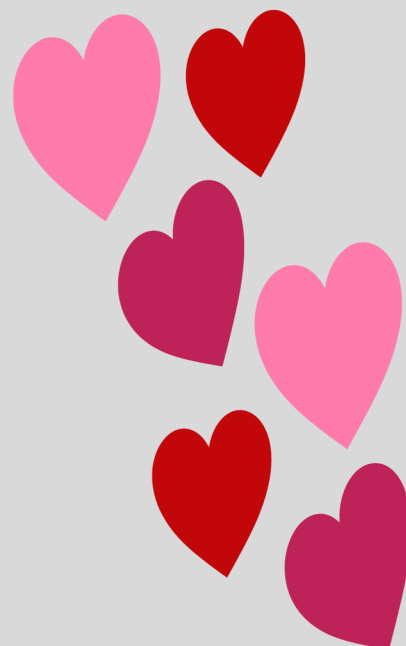
# ...and to these swimmers when you see them!

## February February February

Tugce Altug Ertun  
Paul Anderson  
Mark Bahna  
Benjamin Balmy  
Lourival Baptista  
Thomas Baumann  
Valerie Beach  
Eric Becher  
Ben Behrman  
Laurie Birch  
Michael Brandt  
Elizabeth Brown  
Laurie Bruntfield  
Travis Buonocore  
Corinne Capone  
Richard Carlson  
Denise Carlson  
John Carpenter  
Evelyn Cava  
Dan Chamby  
Deborah Cipriano  
Neil Conley  
Michael Cordera  
Karen Dancheck  
Aundray Dawson  
Aran Degenhardt  
Dawn Dellaratta-Duffy  
Rajiv Devulapalli  
Kyle Dixon-Anderson  
Jeacqueline Escobar  
Janet Estenes  
Olympia Fiedler Lord  
Robert Fisch  
Jennifer Freeman  
Rosemarie Froeder  
Brett Geiger  
John Giannasca  
Laura Gibson-Rimer  
Ronald Gilbert  
John Giordano  
Maureen Glennon Hieb  
Frank Goldstein  
Tyler Grady  
Yumei Guo  
Kelly Hall  
Jon Halpern  
Michael Haynes

Lucinda Hittle  
Cristian Hogas  
Jane Ikeda  
Joanne Jaeger  
Jeffrey Jotz  
Kevin Kelly  
Michael Kerr  
Youngho Kim  
Eun-Sol Kim  
Sally Kleeman  
Brian Kusterer  
Kenneth Larossa  
Michael Lavitt  
Ryan Lewis  
Kelly Loofbourrow  
Ralph Lunati  
Elizabeth Luzzatto  
Erin Manning  
Erika Maresca  
Kathryn Marsh  
Aleksandra Maz  
John McCarthy  
John Menninger  
Thomas Miller  
James Milone  
Ryan Milun  
Drew Moll  
Stephanie Moore  
Keri Motl  
Will Murtishaw  
Gerald O'Mara  
Keith Paterson  
Jeanne Perantoni  
Indrek Porro  
Lauren Post  
Erica Potts  
Kristine Prazak-Davoli  
Emmanuel Ramirez  
Heidi Remak-Ziff  
Marti Renoud-DiPaola  
Rob Ripp  
Jennifer Roche  
Ana Rubin Panvini  
Nicholas Russo  
Nicole Sabbatino  
Darrell Sandel  
Carla Scaturro

Keith Scharf  
Julie Schoenlank  
Richard Schubert  
Scott Seibel  
Megan Sellers  
Forrest Shoemaker  
Ann Shortino  
Murray Simon  
Kellie Stamm  
Cynthia Strodel  
Caitlin Stroh  
William Sullivan  
Richard Tang  
Meghan Tansey  
Wojciech Telacki  
Diane Thibault-Wankmiller  
David Thompson  
Larry Van Horn  
Shayne Veramallay  
Andrea Vianello  
David Wall  
Jianan Wang  
Patrice Weil  
Jacqueline Westervelt  
Emmett Wood  
Mary Young





## Go The Distance Swimmers Finishing Strong in 2018

2018 is no exception as New Jersey swimmers continue to have a strong showing in the Go the Distance program. We still hold the #3 spot in total mileage in the top 10 LMSCs with Pacific on top and Southern Pacific at #2. And as a member of the Colonies Zone, our zone dominates the other zones. For the first time, we decided to look at the GTD participation by clubs in NJ and you can see the results below. Are you among the 119 swimmers in the GTD program?

Among all LMSCs, NJ Masters comes in second in percentage of members enrolled in the GTD program with Gulf heading the pack at 9.3%. As Ed Tsuzuki says, "The Gulf is really kicking it!" But he points out that with only 11 more swimmers participating in NJ, we would top the % participation list! That sounds like a totally attainable goal for 2019!



Check out some data on the next page!

# Go the Distance Stats!

Zones:

Zone	Mileage
Colonies	105,286
Dixie	70,415
Great Lakes	67,197
Oceana	56,110
Breadbasket	44,740
South Central	44,485
Northwest	43,428
Southwest	42,997

Total yardage among NJ LMSC clubs

Total yardage:

BERK	8041.23
GSM	6784.70
JAM	3183.39
SCYM	2659.38
UC07	1672.60
NMS	609.25
PAA	528.10
DRMS	493.66
RBAY	485.13
RBV	406.50
XCL	330.27
LTMM	223.27
LHY	201.63
GWMS	102.89
CIB	37.51

Top 10 LMSCs:

Mileage

Pacific	52304.45
Southern Pacific	28468.62
New Jersey	25759.51
Gulf	20076.32
New England	20205.29
Florida	17827.24
Oregon	17461.42
Indiana	17324.06
Georgia	14758.23
Minnesota	13659.13

Total participation (number of participants - not % of membership)

BERK	31
GSM	30
SCYM	15
UC07	13
JAM	7
PAA	4
RBV	4
RBAY	3
XCL	3
DRMS	2
LHY	2
NMS	2
CIB	1
GWMS	1
LTMM	1

% Participation by LMSCs

LMSC	% Participation
Gulf	9.3%
New Jersey	8.6%
Georgia	7.5%
North Texas	7.3%
Indiana	6.8%
Delaware Valley	6.7%
Southeastern	6.3%
Oregon	5.6%
Minnesota	5.0%
New England	4.4%

# 8th ANNUAL

# 50 50

The NJ Masters Swimming Annual 50 x 50's will be held on Sunday, January 13, 2019 from 10 am – 12:30 pm at the Berkeley Aquatic Club Center of Excellence at 629 Central Ave., in New Providence 07974.

From 10-10:25 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 we will have the whole pool. **The event will be open to 75 swimmers.**

Swimmers participating in the clinic 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 be open on December 20, 2018. This FREE event, sponsored by the NJ LMSC, is open to NJ LMSC swimmers with 2019 registration.

To register for the event, go to [Click](#) and fill out the form.



# The ANNUAL 100 100

It is time to up your training!! In just about 6 weeks, the **2019 NJ Masters Swimming Annual Super Bowl Sunday 100 x 100s** will be held on **Sunday, February 3, 2019** from 8am - noon at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ.

The event is **FREE** to any 2019 NJ LMSC USMS registered swimmer, but the event will be limited to the first 100 eligible swimmers.

**Online registration will begin on Wednesday, January 9, 2019.**

Keep your eyes peeled for a detailed event announcement and registration information via email!



# HOPKINS SWIMMERS SPAN THREE GENERATIONS

Every 28 years a swimmer in Bob Hopkins family graduates college. It started with Bob who graduated Seton Hall University in 1964 after a brief collegiate swimming career as a walk on. He swam three meets and did the 200 backstroke each time. In his first meet, as he waited in the water in lane six in SHU's South Orange, NJ basement pool, he looked up at the official and asked how the race started since he had never swum in a meet before. He asked "do you say ready, set, go? The official, thinking Bob was joking around, walked away chuckling. When Bob heard the sound of the gun, he instinctively started swimming. After three meets, he retired from the sport so he would have a better chance to graduate with his chemistry major in four years. He did not swim in a meet again until he started swimming Masters in 1978.



The incentive for Bob to begin swimming again was that his son, Kevin, was a nine year old in 1978 and he was on the Lakeland Hills swim team in Mountain Lakes. Bob was hanging around the Y during Kevin's practices and it became apparent to him that exercise swimming was a good way to get into shape and to stay in shape. He joined Masters Swimming to provide an opportunity to attend meets which would be his motivation to get to the pool on a regular basis. Bob's Masters Swimming career has provided not only the motivation to exercise regularly over the last 40 years, but also, 94 NJLMSC records and 53 individual National Top Ten Times. Not bad for a walk on.

Kevin had a positive experience swimming at LHY culminating with an All American honor for their 4 x 200 free relay which finished sixth at 1987 YMCA Nationals in Orlando. He also swam at Pope John HS in Sparta where he held all the boys records upon graduation in 1987. He was also an All Area baseball player in high school. He swam at the University of Rhode Island and Mount Union University in Alliance, OH. He graduated Mount Union in 1992 ( 28 years after Bob graduated SHU) after having been named the Ohio Athletic Conference Championships Male Swimmer of the Meet in both 1991 and 1992. He then swam at USMS Nationals in May 1992 at University of North Carolina and was National Champion in the 200 fly. His swims at that meet produced NJLMSC records for the 18-24 age group in five events which stood for many years. Kevin was inducted into the Sussex County Sports Hall of Fame in 2004 for his accomplishments in swimming and baseball.

Kevin's son, Connor, is a junior at Saint Michael's College in Vermont and will graduate in 2020 (28 years after Kevin's 1992 graduation). He was a baseball player not a swimmer until high school when Kevin tricked him into trying out for the Windham, NH high school swim team by telling him it would be good for his baseball skills. Turns out, Connor had great natural ability and broke most of his high school team records and ended up winning NH High School States in 2016 in the 50 free and 100 free missing the state record in the 50 by only 0.01 seconds. He continued with his baseball career in high school and won States in 2015. Connor played two years on the SMC baseball team earning Northeast 10 Conference All Rookie Team honors in 2017. He is now in his third year swimming for SMC and has dropped baseball to concentrate on making NCAA D2 Nationals in Indianapolis in March in the 50 free. He was named Northeast 10 Conference Swimmer of the Week for the week ending November 18 for his seven wins in seven events and five school records at the North County Invitational at SUNY Potsdam November 16-17.

# Check out more Hopkins below!



From the *NE 10 Swimmer of the Week* article published 11/22/18 in the *Windham Independent* newspaper

Windham's **Connor Hopkins** (Windham High School Class of 2016) had a career swim meet at the North Country Invitational at SUNY Potsdam over the weekend. He was entered in seven events and won all seven with five of those swims (100 back, 200 back, 200 free relay, 400 free relay, 400 medley relay) breaking existing Saint Michael's College team records. Four of his swims (50 free, 100 back, 200 back, 400 free relay) were the fastest in the Northeast 10 Conference this year. For his performance at the meet, Connor was named Northeast 10 Male Swimmer of the Week.

His times were: 50 free 21.14 (1st); 100 free 47.70 (1st); 200 back 1:57.0 (1st); 400 medley relay 3:36.88 (100 back lead off split 52.12) (1st); 200 free relay 1:28.20 (1st); 400 free relay 3:13.78 (1st) and 200 medley relay 1:39.58 (1st)

## KEVIN HOPKINS

### Sussex County Sports Hall of Fame Induction Plaque Inscription

1987 graduate of Pope John High School; 1992 graduate of Mount Union College, inducted for accomplishments in two sports, swimming and baseball; senior year in high school, despite missing the first eleven games due to the YMCA Nationals swimming competition in Florida, hit eight home runs (led SCIL), had a .956 slugging average, batted 413, had a .509 on base average, scored fourteen runs, and had 23 RBI's; baseball awards that season, NJ Herald First Team All Area, First Team All SCIL, Star Ledger West Jersey Second Team, North Jersey Advance Co-Male Athlete of the Month for May 1987 (for three home runs in one game).

Swimming career covered four areas, YMCA, high school, college and Masters. In YMCA swimming, member of the Lakeland Hills YMCA National Team in 1986 and 1987, All American both years; in high school, four time SCIL All League selection, three time All Area selection, Condit Motors/WSUS Athlete of the Month freshman year (1983), Sussex County Sports Hall of Fame Athletic Award recipient 1987, seven time county champion (out of eight possible) in six different events, seven time county record setter (out of eight possible) in five different events; NJ Meet of Champions qualifier all four years; NJ Herald Male Athlete of the Month for January 1987; holder of every (ten) Pope John swim records upon graduation; in college, Captain of the Mount Union swim team in 1992; Ohio Athletic Conference MVP in 1991 and 1992, going undefeated in six individual events at the year end Conference championships.

Additional Accolades: At the United States Masters Swimming level since 1992, holds seven NJ state records; national top ten times in six different events through 2003.

[USMS Top 10 Swims by Bob Hopkins \(53\)](#)

[USMS Top 10 Swims by Kevin Hopkins \(16\)](#)

[Connor Hopkins](#) bio on the SMC swim team page

# Convention recap: Sports Medicine Presentation by Dr. Hiro Tanaka

By Marie Vellucci



*Building Bridges to Our Future*

JACKSONVILLE, FLA.

This past fall, I attended the USAS convention in Jacksonville. During the convention I had the chance to go to a sports medicine presentation given by Dr. Hiro Tanaka from the University of Texas. In my opinion, this presentation was one of the best events of the convention. Dr Tanaka was extremely informative and entertaining. Many of the attendees laughed at his slide shows and humorous commentary. Some of the things I learned were:

1. The older you are and the more you increase your training volume you will increase your performance.
2. Fifty percent of swimmers do dry land training.

I also learned some health benefits of swimming:

Reduces high blood pressure.

41% reduced rate of mortality.

Increases brain flow.

Better sexual function.

Reduces the effects of arthritis.

If you ever get a chance to hear him speak, do it!

# 2018 USMS National Coaches Clinic Recap

The USMS National Coaches Clinic, held Oct. 19-21, 2018 in Hyattsville, Maryland, packed a lot of information into a short time. There was also plenty of time for socializing with familiar faces and meeting new ones. It was exciting to put faces with names, like Terry Heggy and Bo Hickey, who contribute regularly to Swimmer magazine, and to meet famous faces, like Gary Hall, Sr., in person.

Jack McAfee, a triathlon national champion and swimmer, gave a very informative talk on “The Multisport Athlete: What They Want and What They Don’t Know They Need”. This is particularly timely due to the number of runners and triathletes looking to our programs for training. He emphasized that the swim leg of a triathlon should be the easiest leg, when the athlete is fresh and non-weightbearing. A competent swimmer doesn’t need to capitalize on the swim leg, but can save energy for the other two. Unfortunately, most do not come from a swim background and do not have a coach to train technique. Lack of ease in the water and, most importantly, lack of technique lead to this leg being the most deadly. USMS coaches can serve this community by incorporating technique drills into slow and fast speed sets, and into short and long distances. Integrate triathletes into swimmers’ lanes so they can see good technique. Add open water drills. Emphasize that the multisport athlete needs to commit to swimming at some point in order to improve their overall race. They need to understand that their aerobic capacity will not be lost because they are not running and biking as much, but will be improved through swimming. My own triathletes have told me this is true. Winter in our area is the ideal time to be indoors in a pool, when snow and cold may prevent running and biking.

Gary Hall, Sr. took streamlining to new dimensions in his talk “Fundamentals of Fast Swimming.” The first key to fast swimming is decreasing inertia and the three types of drag: pressure, surface, and rear. Small details in body position make a big difference. He emphasized “hyperstreamline”, with the head below the arms, chin tucked, and elbows behind the ears, thumbs and elbows tucked in, knees and toes straight and together. A strong core is needed to maintain the streamline position throughout all strokes.

The second key is propulsion, and here again, attention to technique, down to finger position, makes a huge difference. He introduced the concept of coupling motions, where a motion by itself may not create propulsion, but coupled with another motion, enhances the force of that motion. For example: hip rotation strengthens arm pull; a straight arm recovery in freestyle and backstroke rotates the upper body and increases force; lifting the upper body in breaststroke sets up a stronger pull; a straight arm recovery in fly sets up the force of the second downkick. Dr. Hall used the pool session to emphasize these principles and techniques.

Dr. Joel Stager, head of the Exercise Physiology Program in Human Performance at Indiana University, gave a very interesting, and detailed, talk on “Fundamental Physiology”. Numerous studies show that exercise improves our health and well-being, prolong our physiological functioning, and we live better longer. Swimming improves endurance, lowers resting heart rate, and increases VO2 Max. But to improve our swimming, a swimmer needs to improve endurance, speed, and power. Speed is a function of distance per stroke times strokes per time, which requires power. But speed and endurance require two different types of practice, and a swimmer may not be able to do both at the same time. In the end, however, power and endurance complement each other. Endurance requires more yardage. For speed, use less yardage and focus on intensity. Power is more difficult to



generate, requiring higher resistance and greater speed. Rest is good!

Bo Hickey led us through stretches and exercises to prevent injuries, manage current injuries, and minimize pain or discomfort from life. He recommends warming up on land before a practice or race. The exercises focused on stable core, maintaining form, and joint flexibility. For more details, Bo can be reached at [bohickey3@gmail.com](mailto:bohickey3@gmail.com).

I always find it enlightening (and a happy kind of exhausting) to go to a conference. I always come away with something new. It is also encouraging to find that I understand what they're talking about, and that I am doing most things right as a coach. Many thanks to Marianne Groening of USMS Coach and Club services, for her helpfulness both before, and throughout, the weekend. While I do have more extensive notes from the lectures if anyone wants them (work in progress), she has set up a link with Helen Naylor where you can get all of the notes, presentations, and resources presented at the clinic. Go to [helen.naylor@vumc.org](mailto:helen.naylor@vumc.org) and ask for the NCC presentation materials.

Sally Kleeman

Cranford Masters Swimming

**T-shirts seen at the clinic:**  
**"The older we get, the faster we were"**  
**"Be all you used to be"**



# Just Add WATER

## featuring workouts from fellow Masters Swimmers and Coaches

*So send us a workout!*

Kip Gibson, Manalapan, NJ. USMS member since 2011. Events: Distance freestyle. Club: Peddie Aquatics Association Masters,



Hightstown, NJ. Top 10 USMS and FINA World age group (55-59/60-64) 7 years running. 2015 USMS National Champion 1500 LCM (55-59). Recently retired and enjoying more time to train, and at a more reasonable hour, than before! Over the last 7 years I have worked out with Masters

teams in ~20 states and in ~10 countries from Europe to Asia—I enjoy the adventure of combining travel and swimming, finding a team and joining a work out; we're all the same when we're wet!

My training is usually focused on the mile. My 'self-coached' workouts, of which I have 2-3 per week in addition to our team practices, are often built around 1500/1650 yard 'units'. Enjoy!

### Distance Free Work Out:

Warm up (1500 yards): Descend the pace of each rung of this ladder by 2-3 seconds/100 so that the 500 is mile race pace+10/100 and the last 100 is at mile race pace.

1 x 500 on 7:30, mile pace/100+10  
1 x 400 on 6:00, mile pace/100+7  
1 x 300 on 4:30, mile pace/100+5  
1 x 200 on 3:00, mile pace/100+2  
1 x 100 on 1:30, mile pace

### Mid set (1650 yards):

3 x through:

3 x 50 on 50 kick w fins  
2 x 100 on 1:30 back/free x 50 w fins  
1 x 200 on 2:45 pull with paddles

### Main set (1750 yards):

8 x 50 on 45, E=strong, O=build  
1 x 50 Active Recovery on 1  
4 x 100 on 1:25, Descend 1-4  
1 x 50 AR on 1  
2 x 200 on 2:40, Neg. Split  
1 x 50 AR on 1  
1 x 400, Race and finish strong

### Warm Down (400 yards)

400 easy, back/free x 50  
Total: 5300 yards.



RBAY Master Meredith Lyndon went to St George, Utah the beginning of October to compete in the Huntsman World Senior Games. She won 3 bronze medals, 2 4th place ribbons and 1 6th place ribbon. She had personal best times in all her events. Competition was fierce and the meet was awesome along with the scenery of Utah.

**Send in your photos!**

**We love 'em!**

**Sara Johnston [aras33@comcast.net](mailto:aras33@comcast.net)**



**The NJ Masters Swimming  
Annual Awards Banquet**

**Saturday, March 30, 2019**

**6:00pm-10:00pm**

**Basking Ridge Country Club**

**Basking Ridge, NJ.**

**Look out for more info!**



**TELL**  
us  
about  
**You!**

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 [aras33@comcast.net](mailto:aras33@comcast.net) (please also include NJLMSC in the subject line of email).

Thank you and happy swimming!



**Editor Sara Johnston**  
**aras33@comcast.net**

**Send in your articles and pictures by**

**February 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*