



ANNUAL MEETING

NJ LMSC Annual Board Meeting ~~ Sunday, October 29, 2017 11:30am

All NJ LMSC Masters Swimming members are invited and encouraged to attend the upcoming NJ LMSC Annual Board meeting, which includes the 2018 Officer Elections, to be held on Sunday, October 29, 2017.

The Annual Meeting will be held at 11:30am at Ed Tsuzuki's House, 103 Orion Way, Neshanic Station, NJ 08853.

As we continue to grow our NJ LMSC volunteer group, please consider getting involved and sharing your passion for your sport.

Nominations are currently being accepted for the positions of Chair, Vice Chair, Secretary, Treasurer, Registrar, Sanctions & Safety Chair, Top Ten/Records Chair, and Newsletter Editor.

More information and a description of the officer positions can be found on the [NJ LMSC website](#) and also on the [USMS website](#). Please submit your nominations to Susan Kirk sqkirk@gmail.com.

Thanks and hope to see you at the meeting!

NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk

908.313.6785 sgkirk@gmail.com

Vice Chair

Chris McGiffin

908.630.0166 CMcGiff@aol.com

Treasurer

Bill Reichle

908.587.2053 ReichsSwim@aol.com

Co-Registrars

Tom Brunson

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Chris McGiffin

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Sanctions & Safety Chairman

Jen Bauman

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Newsletter Editor/Design

Sara Harrison Johnston

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Newsletter Special Members Feature

Pia Lord

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Event Coordinator

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Coaches Chair

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Fitness Chair

Linda Brown-Kuhn

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Webmaster

Marin Kirk

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Officials Chair

Marie Vellucci

646.641.4236

marielovestowim@aol.com

2017 Event Calendar

January 1 - December 31, 2017 USMS Go The Distance 2017 Fitness Event. All 2017 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, 2017 USMS "Check-Off Challenge" National Fitness Event [Event information](#)

New Jersey Events

October 29 — NJ LMSC Annual Board meeting and election of officers see cover for details.

November 11 — Eastern Express Veteran's Day Masters Meet. Parker Hall Aquatics Center at TCNJ.

November 12 — Adult Learn to Swim Certification. Hilton Garden Inn in Springfield for the classroom portion, and the Berkeley Aquatic Club in New Providence for the pool. Click here to register: [class registration page](#)

December 17 — Somerset County YMCA Pentathlon Festival and 25s! (SCM) Somerset Valley YMCA, Bridgewater, NJ



**Look who's getting in shape for the holidays!
Check out our new coach's workout on page 14.**

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

November Birthdays

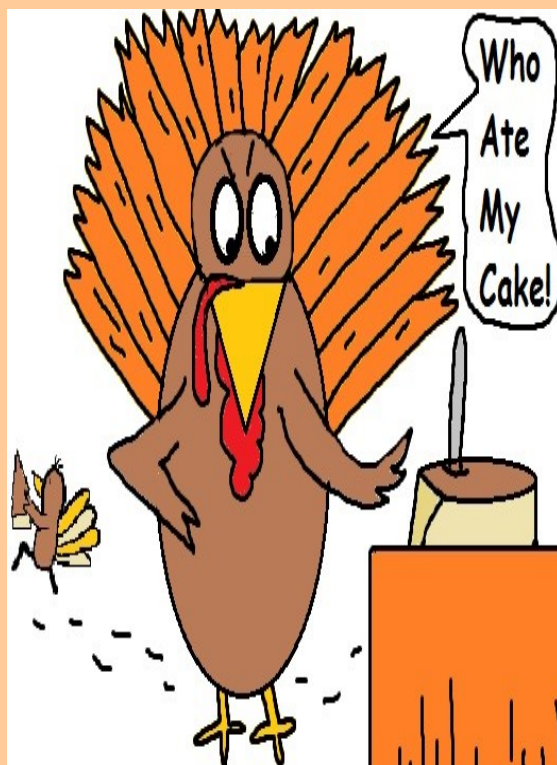
David Allred
 Irene Ayers
 Norman Bartner
 Jennifer Bauman
 Zeev Bieder
 Maribeth Bowen
 Richard Brown
 James Bunn
 Frances Caggiano-Swenson
 Amy Campbell
 Robert Carter
 Natalia Cassani
 Dongho Choi
 James Christie
 Paul Dattoli
 Peggy Delaney
 Don Denny
 Lyne Desormeaux
 Norma Fallon
 Lori Freeland-Morris
 Judy Galayda
 Matthew Gann
 Jeffrey Gold
 Cathleen Goldstein
 Barry Grundleger
 Mark Harding
 Mary Hesselgrave
 Ellen Hewitt
 Martha Hostetter
 Robert Huminski
 Bryce Hurst
 Richard Infield
 Cristina Judge
 Denis Kallish
 Scott Kersch
 Marin Kirk
 Suzanne Klein

November Birthdays

Chet Klope
 Beth Landau
 Susan Lawson
 Kay Lee
 Vicky Lee
 Steven Levine
 Jill Loveland
 Kelly Macomber
 Ted Maglione
 Susan Malandra
 Carla McCoy
 Moira McCullough
 Thomas McManus
 Alim Memon
 Daniele Merlis
 Mary Molloy
 Rob Moskow
 Patrick Mulligan
 Kara Muscillo
 Bob Nissen
 James Parseghian
 Robert Perkins
 Luica Pinzon
 Jessica Pitt
 Rob Plucinski
 Muhammed Pristell
 Stephanie Purcell
 Pamela Randazzo
 Christine Rappa
 Barbara Rebak
 Michael Recchia
 Robert Romeo
 Barbara Rosenbaum
 Joel Rubenstein
 John Sabatino
 Michelle Safir
 Joan Salmon
 Margaret Schrayner

November Birthdays

Rebecca Segal
 Scott Selverian
 Louise Senato
 Eric Severson
 John Sheridan
 Paul Swanson
 Eli Tepperberg
 Matthew Tonelli
 Leslie Trott
 Paul Van Valkenburg
 Diego Vazquez
 Robert Votruba
 Adam Weiss
 Rosemary Whisler
 Richard Williams
 Kristin Wishnow
 Nancy Zhang
 Kelly Zorn



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

December Birthdays

Matthew Bach
 Sylvia Badenhausen
 Kurtis Baker
 Richard Barkan
 Lee Barnes
 Erin Bartosh
 David Berry
 Ross Bluhm
 Michael Brady
 Kristi Braine
 Elizabeth Bromley
 Scott Burman
 Melisa Byrns
 Mark Campbell
 Peter Cancila
 Sue Charatan
 Christopher Clarke
 Anne Clewell
 Richard Costa
 Ann Dandurand
 Sharon Danzger
 Timothy Dwyer
 Dan Espen
 Brian Fagan
 David Feldman
 Robert Fetter
 Nancy Finn
 Valerie Finneran
 Christine Gallo
 Colleen Gardner
 Ernie Geib
 Philip Gilligan
 Massimo Giugliano
 Kristen Guth
 Juli Harpell-Elam
 Stephen Hawkins
 James Haynes
 Glenn Hofferber

December Birthdays

Carlyn Hubert
 John Hunt
 Patrick Jacques
 Carol Jordano
 Ulrike Kelly
 Frank Kraljic
 Anand Krishnan
 John Laney
 Michael Lehrer
 John Lemmo
 Marissa Licata
 Daniel Lockenvitz
 Ronald Loria
 Thomas MacNabb
 Frank Manuella
 Lawrence Maraldo
 Eric Marquard
 Carol Martyniuk
 Emily Mellow
 Janet Moeller
 Michael Murray
 Olivia Myszkowski
 Donna Newman
 George Pejovic
 Ashley Pertsemliadis
 Jessica Pogogeff
 Joanne Porro
 Lee Pressler
 John Purcell
 Amy Rappaport
 James Rawley
 Joshua Raymond
 James Riccelli
 Joann Rock
 Daisy Rodriguez
 Leo Rosenholz
 Joseph Sagginario
 Glenn Saunders

December Birthdays

Pauline Schachner
 Todd Schaper
 Rick Schluter
 Shelley Schubach
 Jesse Seder
 Bob Sendel
 Anne Silverman
 Casey Slone
 Sean Smith
 Stephen Soisson
 Douglas Sorensen
 Scott Stallwood
 Janet Stauder
 Allison Strohson
 Spencer Sullivan
 Daniel Triolo
 Dann Truitt
 Ed Tsuzuki
 Peter Van Nuis
 Jim Vari
 Richard Wallace
 Andrew Wallace
 Alexis Walsh
 Wendi Weber
 Christopher Welgos
 James Williams
 Joe Wilson
 Richard Wismer
 Tammy Yates
 Kelly Young
 Arthur Zawodny
 Benjamin Zhou



RECORD BREAKER

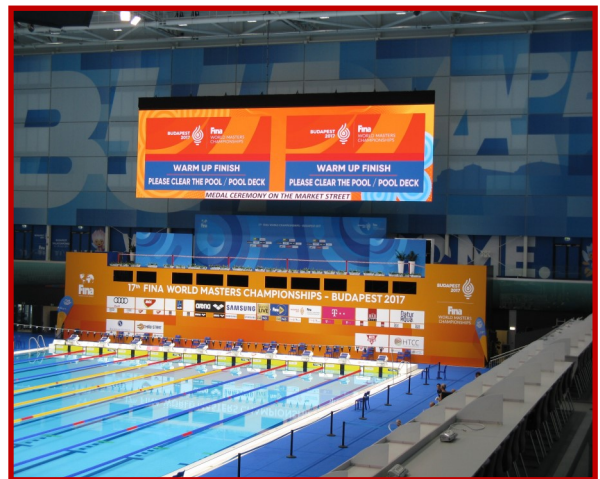
Congratulations to the following NJ LMSC swimmers who broke NJ LMSC LCM records at the FINA World Masters Championships in Budapest, Hungary on August 14-20, 2017.

Women 55-59: **Laurie Ditomasso** (55) - 100 fly (17th place) - 1:12.52 (Laurie also placed 5th in the 50 fly)

Men 25-29: **Eric Materniak** (26) - 100 breast - 1:05.51 (2nd place), 200 breast - 2:21.20 (2nd place), 200 IM - 2:11.06 (2nd place), 400 IM - 4:50.70 (5th place)

Men 60-64: **Ken Niemi** (62) - 100 back - 1:20.08 (14th place), 200 back - 2:55.19 (13th place)

Congratulations to **James Ryan** (65) for breaking the men's 65-69 1500 freestyle LCM record at the 2017 CT Long Course Masters Championships at Wesleyan University on August 26, 2017. Jim lowered the record to 21:34.39.



The Duna Arena, one of the pools Laurie Ditomasso, Eric Materniak, and Ken Niemi competed in during the FINA World Championships in July. Thanks Eric for the picture!

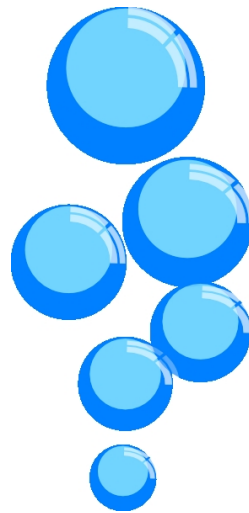


Last Chance Swim Fun but Chilly

Twenty nine swimmers were on hand to brave the cool air and pool temperatures at the 4th Annual Last Chance, End of the Summer 5K Pool Swim on September 2nd. The event, held at the Cranford Pool & Fitness Center, got off to a prompt 7:30 am start with swimmers not wanting to shiver any longer than necessary on the deck. Most of the hardy participants swam 50 X 100's though a few lanes opted for the 100 X 50's. Bill Reichle masterminded the event with assistance from Sally Kleeman and Ed Eyring. The swimmers did a great job and for the first time that the event has been held, post swim refreshments were served inside. Thanks to Carmen Rivera for the great photos!



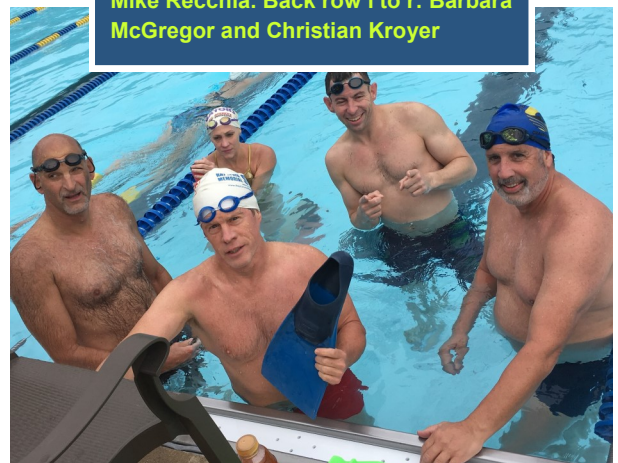
Beth Maloney, Susan Kirk and Dave Fabian. Back row
l to r: Cathy Falicon, Meg Tansey and Sarah Clark



Coach
Bill
Reichle
trying
to stay
warm



Lan Ge
and
Georgios
Zavolas



Dave Feldman, Patrick Scanlon &
Mike Recchia. Back row l to r: Barbara
McGregor and Christian Kroyer

New Jersey Slips a Bit in GTD Rankings



Hey all you wonderful Go the Distance participants: Don't forget to record your mileage at regular intervals. NJ has slid back to 3rd place – by only 91.8 miles! Southern Pacific has moved up to 2nd place since our last update in August. NJ still is tops in percentage of participation at 9.9%, although Gulf, who is 5th in total mileage is close on NJ's heels with 9% member participation.

Here are the top 5 LMSCs in total mileage:

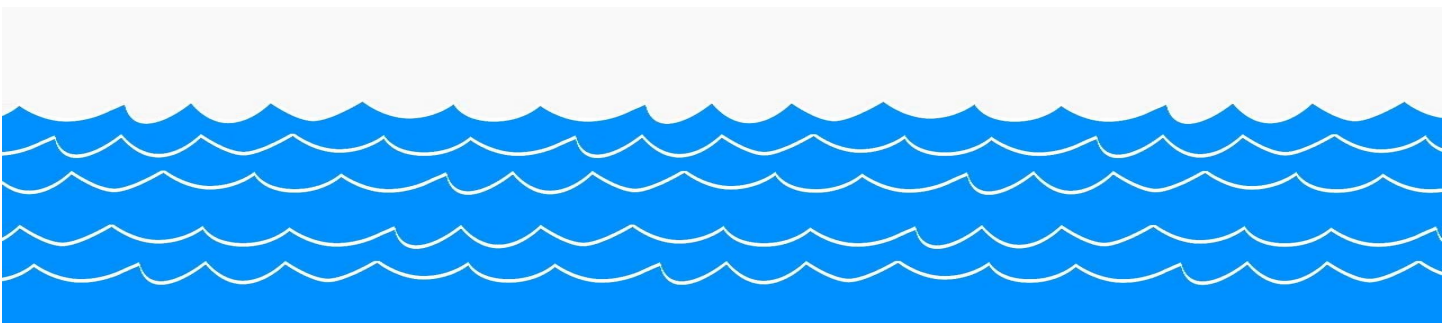
Pacific	56818.8
Southern Pacific	27187.2
New Jersey	27095.3
New England	19965.2
Gulf	18382.2

Here are the top 5 in member participation: (also showing their total LMSC membership and GTD participation %)

Pacific	318	11736	2.71%
Southern Pacific	149	4904	3.04%
New Jersey	140	1422	9.85%
Gulf	126	1404	8.97%
New England	108	2505	4.31%



[Click for more Go The Distance](#)





New Jersey Master Swimmer Eric Materniak shares some pictures from the Masters World Championships in Budapest, Hungary this past summer.

Eric competed in the 50, 100, 200 Br and 200 and 400 IM, and earned silver medals in 25-29 age group in the 100 Br, 200 Br, and 200 IM!

Way to go Eric!



Open Water Chair Sarah Clark shares her first experience at the Annual USMS National Convention

“ I feel very proud to be part of the NJ LMSC. After hearing about how so many other LMSCs are run, I have come to realize that our LMSC is one of the strongest ones in the country. We have a cohesive group that gets along well and all work well together as a team towards a common goal.”

This past September, I had the opportunity to attend the USMS National Convention in Dallas, TX as a representative for the NJ LMSC. As a new delegate, I had some amazing mentors attending the convention with me from NJ. The other NJ delegates that attended the convention were Marie Vellucci, Susan Kirk, Chris McGiffin and Ed Tsuzuki. I was not sure what to expect but I was excited to be there representing our LMSC.

Committees

While at the convention I had the opportunity to attend a variety of national committee meetings and trainings. I got a better understanding of what the different committees do and how often they meet as a team. I attended the Open Water Committee, Fitness Committee, Sports and Medicine Science Committee, Long Distance Committee, LMSC Standards, Open Water Sanctioning and Long Distance National Championship Bidding, and Mentoring vs. Coaching.

The Fitness Education Committee has some exciting new additions coming in 2018. A new Fitness Challenge Series is being added which consists of 3 events. This challenge is geared towards swimmers wanting to progress to swimming a mile.

Event #1: This is a 30 minute swim which will support the Swimming Saves Lives Foundation. This swim will take place the last 2 weeks in February. The swim does not have to be done in one day. It can be broken down within the 2 weeks.

Event #2: 2K swim which will be held within the last 2 weeks of July. This swim can be broken up into shorter distances or can be done as a relay. Participants will have the option to do a variety of strokes if they would like to.

Event #3: 1 mile swim which can be completed in any type of pool or in open water in November. This is not meant to be a competitive swim.

All of these events can be done individually or during a Master's swimming practice. The coaches committee is coming up with a 6 week training program to build up to swimming a mile.

I think it is great that the Fitness Education Committee is introducing some new events into USMS Masters Swimming for the newer swimmers as well as for the swimmers that do not like to compete but want to set some personal goals. These events can all be done in a Master's Swimming practice and coaches can get creative with how they may want to do these events as a team which is great for overall team building.

Other new fitness events are being trialed and explored such as an aquatics based workout that does not involve swimming laps. US Masters is working on building on the Speedo Fit program. This program is still in the exploration stage but the goal is to roll it out sometime in 2018.

For more information on these events please click on the link below which will take you to the meeting minutes from the Fitness Education Committee Meeting held on 9/14/17.

<http://www.usms.org/admin/minutes/fit-2017-9-14-1.pdf>

House of Delegates Meetings

I found these meetings extremely interesting. This is where changes to US Masters Swimming happens. I found these meetings intimidating at first as it was difficult to understand what was happening. It was helpful having some guidance from the members that have attended in the past. It was very interesting listening to why people were for or against changes that were being proposed.

Overall Impressions

By attending this convention I learned a lot about all the different committees and how changes are made in US Masters Swimming on the national level. Not only were the NJ LMSC helpful in guiding me through the convention, there were many other attendees from around the country who were supportive.

It was an incredible experience being a part of the House of Delegates and voting on a variety of proposed changes in Masters Swimming. It was great representing our NJ LMSC as I cast my vote on behalf of all of our members. I really had to think about how these changes will affect our membership and our organization as a whole.

I enjoyed meeting other LMSC delegates from other states. It was great talking with people from other states and hear where they are from and how they are involved in Masters Swimming in the state where they reside. The convention was very busy and I was in meetings for 3 full days although I did not find this to be exhausting.

It was actually exciting since this was all geared around a sport I feel so passionate about. It was very empowering being around so many knowledgeable swimmers who are also passionate for the sport. I feel very proud to be part of the New Jersey LMSC.
(pictures on next page!)

Sarah Clark shares some pics from the Convention!



NJ Delegates Sarah Clark, Marie Vellucci, Ed Tsuzuki, Chris McGiffin and Susan Kirk



House of Delegates voting



House of Delegates

Former NJ Masters Swimmers Karin & Dan Wegner received the 2017 Championship Meets Award.



Former NJ Masters Swimmer Rob Copeland received the 2017 Ted Hartz Staff Appreciation Award.



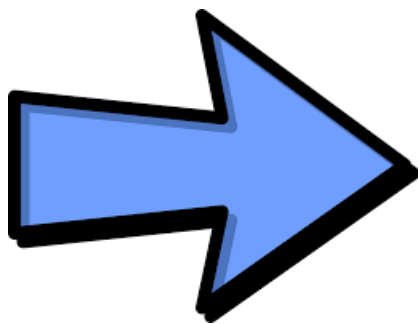
featuring workouts from fellow Masters Swimmers and Coaches

Mike Schwebel is the Sunday Morning Masters Coach for Berkeley Aquatic Club in New Providence.

In addition, Mike has been on Westfield High School's coaching staff since 2010.

He is a life long swimmer learning how to swim competitively at Westfield Memorial under coach Judy Lee in the early 1980's and eventually at the division 1 level for Miami University in Ohio the mid 1990s.

Try his workout on the right!



**Best exercises for
your body!**

[Click to see if swimming is one!](#)

Workout 10/22 at BACCOE

600m warm up

5 x 50 your choice drill

5 x 50 your choice swim

1100m

5 times thru

100 IM. 1:45 fast

200 free- pace 3:00

300 free - back - free by 100 4:45

moderate

Or 4 times and then 8 x 50 get out w
push ups, 50 free, 50 IM fast continu-
ous, 10-1 on push ups

4100m (3900m for 8x50)

3 x 100 kick - 50 fast, 50 moderate

200 warm down

4600m (4400m)

Teaming Up for an English Channel Relay Swim Challenge!

NJ Master Swimmer Pia Lord caught up with Talbott Crowell after his English Channel Relay to find out about his exciting adventure relay swimming the English Channel on August 1, 2017! The relay team of six swimmers included Louise Hyder-Darlington and her husband, Hugh Darlington, Talbott Crowell, Nabil Radoune, Michelle White, Jeanne Zappe. They spent part of their time in training in New Jersey swimming on Lake Hopatcong in preparation for this relay swim before taking it across the pond to England!

Talbott Crowell has a passion for swimming that started when he was little. From age 5 until 12 Talbott competed in swim races and enjoyed swimming in lakes and oceans. But when Talbott became a teenager he switched to other sports such as football. At age 46 Talbott reignited his passion for swimming, and enjoys challenging himself to more and more difficult swims. Talbott's dream is swim around Manhattan and someday return to the English Channel for a solo attempt. You can get in touch with or follow Talbott's swimming adventures on Instagram or Facebook. Instagram <https://www.instagram.com/talbottcrowell/>



Let's see how they fared! Here's what Talbott offered to share about it!

Why did you do this English Channel (EC) relay swim?

I did the relay with Hugh and Louise Darlington and team in order to prepare for a solo crossing that I hope to complete before I turn 60.

When I started open water swimming 4 years ago, I met people like Rick Born who had swum the English Channel as a relay and Greg Gomez who swam around Manhattan in a relay with Rick. I quickly decided to set my goals on achieving one or more of these epic swims.

How did you and your EC relay team decide to team up?

I met Louise and Hugh at an informal meetup in New Jersey swimming in cold water for long periods of time. I paired up with Hugh on day one and kayaked for Louise on day two. They told me of their plans to cross the English Channel and I shared my personal dreams and goals to make the swim someday. Later they invited me to join their relay team and I ecstatically said yes!

What was your first race together?

Louise, Hugh, and Jeannie Zappe were planning to complete their Triple Crown Relay together. Joined by Michele White from Ireland and Charles Bender from Pennsylvania. We all met up in Pennsylvania at Blue Marsh Lake as a team a little less than a year prior to our swim window. Nabil

Radouane joined us because he was interested as well, but not officially a team member. Charles dropped out of the team a couple of months later and Nabil took his place.

What is your most memorable race together?

This was my only race with the team so far.

What makes it work? Do you train together? where, how, how often?

Louise and Hugh are amazing at creating a team atmosphere. Jeannie organized team sweatshirts, hats, and dry robes. Louise had many team practice swims, which I was fortunate enough to join for two of them. We used a private Facebook Group and email to maintain contact with each other. All of these contributed to forming a strong team bond. The best part was the group trip to Ireland to meetup with Michele White in her hometown before our English Channel window start. We had several practice swims in the North Channel near Dublin, where the water temps are colder than the EC. This was an incredible experience and contributed greatly to our team bond.

What challenges have you had on the team? How did you enjoy the swim?

The swim was incredible. I enjoyed the teamwork, broadcasting live on Facebook, and of course swimming.

How did you acclimate to the cold waters?

Lots of practice. Swimming as often as possible in cold water.

Did you have good, challenging or relatively easy conditions on the day of your swim?

I would say good conditions. The sea was rocky but not too rough. The temps were mid 60's which is on the warmer and ideal side of the temperature spectrum. And we had an outstanding captain and crew.

How much did each person swim?

We rotated every hour according to the English Channel relay rules.

Louise Hyder-Darlington kicked it off and swam three times for a total of 3 hours. Jeannie Zappe was second and also swam 3 turns. Hugh Darlington was third and also completed our crossing 20 minutes into his third shift. Nabil Radouane was fourth, and had two shifts totaling 2 hours. Michelle White swam two shifts. And I (Talbot Crowell) was last on the rotation swimming a total of two hours.

How long did the whole swim last?



Talbot Crowell swimming in EC in front of the white Cliffs of Dover

14 hours and 20 minutes. Which is incredible because Louise predicted 14 hours.

How does this EC swim compare to any other swims you've done?

It required the most amount of preparation and planning. But was not as difficult as many of my other swims. In fact, it was extremely delightful in every way.

How was the water? any jellyfish? sharks? freighters?

Freighters in the distance. Didn't see any sharks. Saw several jellyfish, but didn't get stung. The first one gave me a bit of excitement because I passed 6 feet over it and it was a large barrel jelly about the size of a volleyball with tentacles about two feet long. It was crystal clear and I realized how clear the water was at that moment. I also started looking forward because normally I only look down and sideways to follow the boat on my right. But the first jelly made me more cautious to prepare to avoid if I could be running straight into one.

Nabil was the only teammate that I'm aware of that was stung during our crossing.

How was night swimming?

We only swam in daylight.

What hours did the swim take place?

We left the dock at 4:30 AM and started our swim shortly after 5:30 AM. We finished before sunset.

Who was captain pilot?

We were fortunate to have Neil Streeter as our boat captain. He is quite amazing and so were his crew. They took us on a fantastic path with ideal weather. We waited several days before Neil gave us the green light.

<http://cspf.co.uk/pilot-neil-streeter>

<http://cspf.co.uk/pilot-neil-streeter>

What swim plans are in your bucket list?

Manhattan and Catalina.

After celebrating at the White Horse Pub



Thank you very much Talbott Crowell for sharing your amazing experience in swimming the English Channel Relay! I am glad you had such a fantastic experience!



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
December 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