



# COMING SOON

## NJ LMSC Annual Board Meeting Information

All NJ LMSC Masters Swimming members are invited and encouraged to attend the upcoming NJ LMSC Annual Board meeting, which includes the 2020 Officer Elections, to be held on Sunday, December 15, 2019. The Annual Meeting will be held at noon in the private room at:

**Delicious Heights Restaurant  
428 Springfield Avenue  
Berkeley Heights, NJ 07922**

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](mailto:sqkirk@gmail.com) no later than December 5, 2019.

Thanks and hope to see you at the meeting!



## **SAVE THE DATE!**

**The NJ Masters Swimming Annual Awards Banquet**

**Saturday, March 21, 2020**

**Basking Ridge Country Club from 6:00pm - 10:00pm.**

**NJ LMSC VOLUNTEERS**

**Chair/Secretary**

**Susan Kirk**  
908.313.6785  
[sqkirk AT gmail DOT com](mailto:sqkirk@gmail.com)

**Vice Chair**

**Sarah Clark**  
201.248.5659  
[saritaylor71 AT gmail DOT com](mailto:saritaylor71@gmail.com)

**Treasurer**

**Bill Reichle**  
908.587.2053  
[ReichsSwim AT aol DOT com](mailto:ReichsSwim@aol.com)

**Co-Registrars**

**Tom Brunson**  
973.279.7153  
[tombrunson AT optonline DOT net](mailto:tombrunson@optonline.net)

**Chris McGiffin**

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**Sanctions & Safety Chair**

**Jen Bauman**  
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**Top Ten Records**

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**Newsletter Editor/Design**

**Sara Harrison Johnston**  
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**Sarah Clark**  
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**Event Coordinator**

**Kim Plewa**  
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**Coaches Chair**

**Ed Tsuzuki**  
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**Fitness Chair**

**Linda Brown-Kuhn**  
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**Webmaster**

**Marin Kirk**  
[marin.n.kirk AT gmail DOT com](mailto:marin.n.kirk@gmail.com)

**Officials Chair**

**Marie Vellucci**  
646.641.4236  
[marielovestoswim AT aol DOT com](mailto:marielovestoswim@aol.com)

**Special Projects**

**Chris McGiffin**  
908.630.0166  
[CMcGiff AT aol DOT com](mailto:CMcGiff@aol.com)

# UPCOMING EVENTS

## 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](mailto:events@usmastersswimming.org)  
**2019 USMS Fitness Series** held throughout the year.

[Event information](#)

## [NJ LMSC Event Calendar](#)

**November 9-10, 2019** ~~ EEX Veterans Day Masters Meet at The College of New Jersey, Ewing, NJ [Event information and registration](#)

**December 14-15, 2019** ~~ Somerset County YMCA Masters Pentathlon Swim Festival (and 25s) at the Somerset Valley YMCA, Bridgewater, NJ [Event information and registration](#)

**December 15, 2019** ~~ 12 noon, NJ LMSC Annual Board Meeting, Delicious Heights Restaurant, 428 Springfield Avenue, Berkeley Heights, NJ 07922

**January 5, 2020** ~~ 50 x 50's Details to come

**February 2, 2020** ~~ Save the date for the 2020 NJ Masters Annual Super Bowl Sunday 100 x 100s being held from 8am - noon at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ

**March 21, 2020** ~~ NJ Masters Annual Awards Banquet, Basking Ridge Country Club, Basking Ridge, New Jersey 6-10pm

Swimming: From the outside looking in, you can't understand it.  
From the inside looking out, you can't explain it.

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

## **NovemberNovemberNovember**

Donna Adamoli  
David Allred  
Norman Bartner  
Jennifer Bauman  
Timothy Berardo  
Andrew Blazuk  
Mary Breslin  
Richard Brown  
James Bunn  
Piper Burrows  
Robert Carter  
Amy Cascelli  
Dongho Choi  
Alyssa Colasurdo  
Philip DeRita  
Peggy Delaney  
Don Denny  
Lyne Desormeaux  
Lindsay Diehl  
John Donahue  
Mary Eckel  
Bruce Ellsworth  
Norma Fallon  
Chris Farrell  
Lori Freeland-Morris  
Liam Gallagher  
Matthew Gann  
Jeffrey Gold  
Cathleen Goldstein  
Nicole Graese Mattos  
Robert Hammond  
Nicole Harchut  
Mary Hesselgrave  
Tricia Hiller  
Daniel Homan  
Robert Huminski  
Kathleen Hyde  
Richard Infield

Cristina Judge  
Timea Juhasz  
Denis Kallish  
Marin Kirk  
Peter Kiss  
Suzanne Klein  
Nicholas Krassy  
Christopher Kroberger  
Amy Leib-Alexander  
Steven Levine  
Laura Lison  
Jill Loveland  
Morgan MacKay  
Ted Maglione  
Susan Malandra  
Michael Mandolese  
Kerri McCaffrey  
Moira McCullough  
Thomas McManus  
Christian Meyers  
Kathleen Miskiewicz  
Rob Moskow  
Patrick Mulligan  
Kara Muscillo  
Bob Nissen  
Julia Nordhausen  
Jeff Parkinson  
Robert Perkins  
Gregory Peterman  
Mark Peterson  
Luica Pinzon  
Ian Quinn  
Barbara Rebak  
Michael Recchia  
Robert Romeo  
Barbara Rosenbaum  
Lisa Rosynsky  
Lauren Rudes

John Sabatino  
Michelle Safir  
Michael Satz  
Skip Seeder  
Louise Senato  
Jeffrey Sinclair  
Arthur Skaar  
Barbara Stenson-Dorr  
Nicholas Streett  
Andrew Strobert  
Eli Tepperberg  
Leslie Trott  
Judy Vetick  
Robert Votruba  
Adam Weiss  
Mark Wilcox  
Kristin Wishnow  
Shirong Zhang



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

## DecemberDecemberDecember

Kevin Akinskas  
Nicholas Balletta  
Richard Barkan  
Anthony Bonura  
Michael Brady  
Kristi Braine  
Elizabeth Bromley  
Robyn Bulicki  
Jamie Carella  
Mara Cella  
Sue Charatan  
Anne Clewell  
Tracey Collins  
David Craig  
Shannon Daly  
Ann Dandurand  
Stephen Dempsey  
Timothy Dwyer  
Brian Fagan  
Jennifer Falcone  
Mason Faulk  
David Feldman  
DBrickshaw Ferguson  
Robert Fetter  
Peggy Finch  
Erian Ford  
Christine Gallo  
Chris Giarraputo  
Philip Gilligan  
Massimo Giugliano  
Amber-Sky Green  
Kristen Guth  
Karen Harjes  
Juli Harpell-Elam  
Alison Hayden  
Simon Heaton  
Sarah Holmes-Klotz  
Carlyn Hubert  
John Hunt

Patrick Jacques  
Johann Jonsson  
Carol Jordano  
Kevin Kelly  
John Laney  
Michael Lehrer  
Marissa Licata  
Ronald Loria  
Thomas MacNabb  
Marc MacNaughton  
Judy Maier  
Kathleen Malone  
Lawrence Maraldo  
Eric Marquard  
Carol Martyniuk  
Charles McDonough  
Janet Moeller  
Myra Muhammad  
Carol Ann Murphy  
Olivia Myszkowski  
Morgan Neal  
Nina Newsome  
David Padilla  
George Pejovic  
Ashley Pertsemlidis  
Lee Pressler  
Amy Rappaport  
James Rawley  
Joshua Raymond  
Samantha Reilly  
Christopher Ribando  
Glenn Saunders  
Pauline Schachner  
Todd Schaper  
Rick Schluter  
Hillary Schmitt  
Karin Schreur  
Shelley Schubach  
Christopher Shaari

Sean Smith  
Stephen Soisson  
Scott Stallwood  
Janet Stauder  
Leslie Strohmeier  
Allison Strohnson  
Spencer Sullivan  
Jean Marie Toy  
Daniel Triolo  
Ed Tsuzuki  
Peter Van Nuis  
Jim Vari  
Richard Wallace  
Andrew Wallace  
James Williams  
Richard Wismer  
Hao Yin  
Kelly Young  
Benjamin Zhou  
Brenda Ziegler





# GTD Numbers are *not* Falling this Fall!

The 111 swimmers who currently participate in the Go the Distance program in NJ are swimming strong this autumn, accruing 21,955.53 miles to date. This places them 3<sup>rd</sup> among all the LMSCs in the nation in GTD mileage! We are 6<sup>th</sup> in percentage of participation at 8.42% behind North Texas, South Dakota, Arkansas, Gulf and Missouri Valley.

Below, you can see how the NJ clubs have fared:

Top 10 clubs in mileage:

BERK	6142.32
GSM	5951.73
JAM	2343.67
SCYM	1916.96
UC07	1351.35
RBAY	1317.49
PAA	880.14
CIB	641.56
DRMS	406.99

Top 10 clubs in participation:

Club	Participation	Club Membership	% Participation
RBAY	9	21	42.9%
JAM	7	25	28.0%
PAA	4	17	23.5%
GSM	29	149	19.5%
RBY	2	15	13.3%
LHY	1	9	11.1%
BERK	29	273	10.6%
CIB	1	10	10.0%
SCYM	12	185	6.5%
UC07	12	241	5.0%





## Congratulations...

...to the following NJ LMSC swimmers who set new NJ LMSC LCM records at the 2019 U.S. Masters Swimming Summer National Championships on August 7-11 at the Marguerite Aquatic Center in Mission Viejo, CA. **Women 18-24:** Cara Cannilla, 23 - 800 free 10:53.48; Hannah Matheson, 24 - 50 free 28.13, 100 free 1:02.21, 50 back 32.13, 50 fly 29.68; **Women 55-59:** Rebecca Kalibat, 56 - 1500 free 21:43.34, 100 breast 1:33.34; **Men 25-29:** Eric Materniak, 28 - 200 fly 2:18.64





# Chris McGiffin shares his experience at the USMS Annual Meeting

The Annual Meeting of US Masters Swimming took place this year in Saint Louis, MO from Sep. 12-15 and was once again full of short breaks and long days for the approximately 300 volunteer delegates from across the 52 Local Master Swimming Committees (LMSCs). Like the years before, somehow we managed to amend our rules and legislation, elect our officers and pass a budget while getting up for the 5:30am bus for the morning workouts and fitting in time at committee meetings and volunteer workshops.

This was my fifteenth consecutive year attending the United States Aquatic Sports Convention for the USMS Annual Meeting and I was encouraged to see so many new faces and hear so many new voices sharing their stories and perspectives about our sport and our members. All of it seemed to fit the tone of this year's "Gateway to Our Future" theme and how changing for the future of USMS is starting to take place now.

It gets harder and harder to think about what to say after so many conventions. Here are a few things I found interesting about my delegate experience this year ...

First, I was pleased to see more committee activities focusing on connecting to volunteers at the LMSC level. Whether it takes the passive form of sharing communications or the form of a more active and engaging program that enables the exchange of knowledge and information, the strengthening of the relationship between national and local volunteers is a very welcome endeavor. The Coaches Committee, for example, shares its committee meeting highlights with LMSC Coaches Chairs and this year they are initiating a new mentoring program that will start with a small scale trial of pairing a handful of veteran coaches with local coaches selected from an application pool. The Coaches Committee will also continue its annual tradition of hosting a USMS Coaches Clinic open to all master coaches and tentatively set for October 16-19, 2020 in Las Vegas. Another example of increased outreach comes from the Membership Committee (formerly known as the Registration Committee). The committee submitted a proposal to amend its mission to include a component that now states "committee members shall assist LMSC registrars in a support and educational capacity." We will see what form this particular LMSC outreach takes, but it is another indication that our national volunteers see a clear benefit to maintaining a connection with the local volunteers.

Next, I found the signs of a changing organization in some other interesting ways. We are starting



***Continue on next page***

## Continued

to see some leadership succession happen in both expected and unexpected areas. Without getting into too many details, I will just say that it is refreshing to see the new faces and new voices earning their spots either by election or by smooth committee leader transitions. It is a sign of a healthy organization when it can continue its uninterrupted growth and evolution as it generates the next iteration of volunteer leaders. Another sign of significant change was the adoption by the House of Delegates of the recommended legislation amendment to modernize the budgeting process. As the rationale stated, the “responsibility for final approval of the annual budget would transfer to the BOD from the HOD. The BOD has the ultimate fiduciary responsibility for the organization. It is their job to ensure the budget appropriately allocates resources to fulfill the organization’s strategic plan, to fund operating initiatives, and to meet member needs. The HOD would retain authority for setting membership, sanction, and recognition fees (508.2).” By approving this change, the USMS House of Delegates helped nudge the organization forward as it matures into its 50th year of existence.

Finally, yes, next year USMS will turn **50!!** Two years ago, as we saw this milestone approaching, it provoked some fundamental questions by the USMS Board of Directors about where the organization is headed and how it can best optimize its volunteers as a resource in the future. The Volunteers Task Force was formed to explore these questions and to make recommendations about how the role of our volunteers might change to meet the needs of an evolving USMS organization. As a member of the task force, my approach was to serve the task force mission by helping the organization create the space for having a conversation about this future journey with as much input from current volunteers as possible - volunteer survey, interviews, convention workshops, LMSC Summit workshops, and more convention workshops.

The full body of work we produced as a task force, though, is just the start. We did see many of our recommendations get approved by the BOD and put into action. In other areas, however, there is more to discuss and more to learn from each other about where we can continue to provide meaningful opportunities for our volunteers that align with the USMS vision and strategic plan. As the current proposals continue to be developed and refined for our future, we must continue celebrating and recognizing the value of volunteers’ contributions. Not only will 2020 be known for being an Olympic year, but it will also mark a very important milestone for US Masters Swimming worthy of celebrating by all.

**Editorial Note:** The Volunteers Task Force was recognized with the Staff Appreciation Award — the **Ted Haartz U.S. Masters Swimming Staff Appreciation Award** which is named in honor of Ted Haartz, a leader in U.S. Masters Swimming since 1970. Ted helped establish the foundation for USMS’s evolution into a professionally-operated organization. The award celebrates our volunteer roots, as well as our future, specifically by recognizing one volunteer each year who demonstrates excellence in assisting and supporting the National Office staff with its professional duties of serving our members and promoting Masters Swimming. This year’s recipient is the Volunteers Task Force: Laura Winslow (Arizona), C.J. Rushman (Kentucky), **Chris McGiffin (New Jersey)**, Jeff Strahota (Potomac Valley), Maria Elias-Williams (South Carolina), Clare Kubiak (Pacific), Tom Moore (Minnesota), Blair Bagley (Utah), and Bruce Rollins (Gulf).



# UNITED STATES AQUATIC SPORTS

FINA National Federation

## Sarah Clark recaps her experience at the United States Aquatic Sports Convention



**Sarah Clark**

I had the opportunity to attend the 2019 United States Aquatic Sports Convention. This is where USA Swimming, US Masters Swimming, US Diving, US Waterpolo, and US Synchronized Swimming all come together in one large convention. This convention is held annually and this year it was in St. Louis, MO. This event is a great way to meet other passionate swimmers from around the country. As a NJ delegate, I attended numerous meetings as well as the House of Delegates meeting where I had the opportunity to vote for rule changes related to US Masters Swimming. This was my second convention, as I had attended one in 2017.

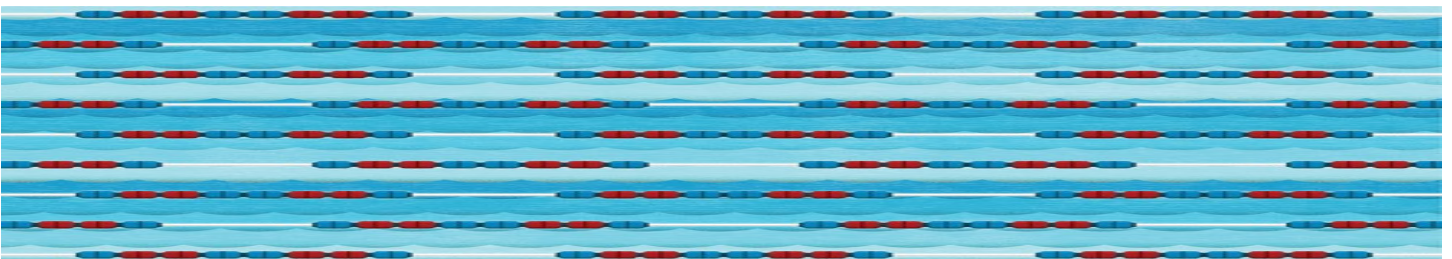
One speech in particular stuck out to me this year at convention. This year, US Masters had 2 keynote speakers. Josh Davis, an Olympic swimmer, and Pat Mathison, a graduate of the US Masters Adult Learn to Swim Program. Both speeches were extremely motivating but Pat's story I found inspiring. Pat lives in Kentucky and did not know how to swim. She talked about how a large number of African American's do not know how to swim. Pat's daughter talked her into taking a US Masters Adult Learn to Swim Class with her. After a short time they both became comfortable in the



**Pat Mathison and Josh Davis**

water and learned to swim. After completing the class, Pat was able to enjoy a family vacation to Aruba where she swam in the ocean, pool, and even went parasailing. Pat was so excited about learning to love the water that she became determined to get others in her community to learn how to swim. Pat's goal is to now learn to teach others to swim. Pat is not only passionate about sharing her joy of the water, but she is also a Gospel singer. She ended her presentation by singing. Her speech and singing was so moving it brought tears to my eyes. Pat's story is on the US Masters swimming page if you are interested in learning more about her. [Click Here](#) to read more!

**Pat Mathison**





*featuring workouts from fellow Masters Swimmers and Coaches*

## **Tatiana Prendella's favorite workout!**

Tatiana Prendella coaches Masters at Berkeley Aquatic Club. She swam at Somerset Hills YMCA starting at age 7, and at 14 she joined the Bernards High School Team with Coach Ed Tsuzuki. She continued her swimming career at Brown University. While at Brown, Tatiana served as captain during her senior year. The Brown Women's Team moved up at the Ivy League Championships, from 6<sup>th</sup> place to 4<sup>th</sup> place during her time as an athlete.



Prendella was recruited to Brown as a distance swimmer, but she enjoyed competing in sprint events as well. At the Ivy League Championships over her four years at school, she raced everything from the 50 Free to the 1650 Free. Her favorite sets combine endurance with speed. Holding best average 100s is always challenging, but it can begin to lack brain stimulation after a while. One of her favorite practices is mainly free-style with rotating speed components.

### Warmup

**4x150s 50 free/50 no free/50 free @ 15 seconds rest**

**4x100s kick/swim @ 1:45**

**4x25s variable speed (1: 12.5 fast/12.5 easy. 2: 12.5 easy/12.5 fast. 3: easy. 4: fast)**

### Main set

**4x200s @ 3:00 – moving fast 50 (1<sup>st</sup> 50 in 1, 2<sup>nd</sup> 50 in 2, etc)**

**100 easy**

**4x100s @ 1:30 – moving fast 25 (same pattern)**

**100 easy**

**14x50s @ 1:00 – goal: hold the same speed on all fast**

**1 easy/1 fast**

**1 easy/2 fast**

**1 easy/3 fast**

**1 easy/4 fast**

**200 Choice warm down**



Let's  
Recap



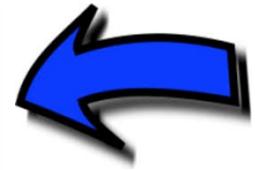
## **It's a Wrap for the Last Chance Swim!!**

Early morning on Saturday, September 7 at the Cranford Pool & Fitness Center, 35 swimmers hopped into the 68-degree water and churned out 5,000 meters at the Last Chance, End of the Summer 5K Pool Swim.

Here's the crew that braved the chilly (for some) waters: Jen Baumann, Kevin Chiella, Keith Christoffers, Rich Clew, Dawn Dellaratta-Duffy, Ron Epstein, Lan Ge, Matthew Goral, Laura Graham, Amber-Sky Green, Lucinda Hittle, Susan Kirk, Suzanne Klein, Mary Konsolaki, Christian Kroyer, Jorge Lopes, Nicole Maguire, Beth Maloney, Moira McCullough, Barbara McGregor, Rick McKern, Will Murtishaw, Ed O'Connor, Nick Pearson, Kim Plewa, Sara Megan Quinty, Mike Recchia, Rodrigo Rojas, Sarah Sangree, Patrick Scanlon, Robert Schott, Gail Seelig, Bill Sullivan, Nancy Wagner, Richard Wallace, Georgios Zavalos and Ben Zhou.

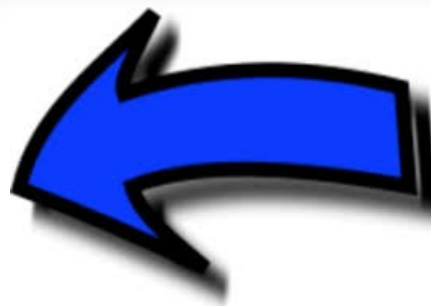
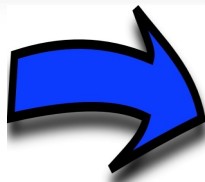
Special thanks goes to Bill Reichle who guided everyone into the correct lanes with his ever ready smile and quips despite being on the mend from recent knee replacement surgery. And a big thanks goes to Sally Kleeman who recently retired from her full-time position at the Cranford Pool and Fitness Center.

*Check out the pics on the following pages!*



**I-r, Beth Maloney,  
Susan Kirk,  
Amber-Sky Green,  
Mike Recchia and  
Patrick Scanlon**

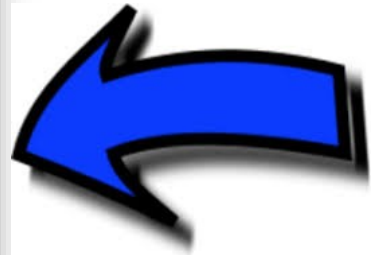
**I-r, Nicole  
Maguire, Matt  
Goral, Mary  
Konsolaki,  
Jorge Lopes,  
Georgios  
Zavalos**



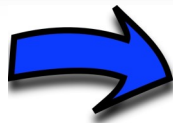
**Suzanne  
Klein**



I-, Lucinda Hittle,  
Gail Seelig and  
Rodrigo Rojas



Lan Ge



Will Murtishaw, Dawn  
Dellaratta-Duffy and  
Ron Epstein





***Kudos to Julie Schoenlank who competed in the 2.5k at the Lake George Open Water Swim Festival in Hague NY on August 17th!***

***She placed 13th of 91 overall and 2nd in her age group with a time of 47:21.***



## NJ State Senior Games



RBAY Y Masters Elliott Lehrer & Meredith Lyndon after Virginia Master Ralph Swiger barely beat them both in the 100 IM with a tight finish! Grrr... but we're all still friends! Next time Ralph!

RBAY Y Masters holding GSM Ken Niemi up after day 2 of the NJ State Senior Games. Ken swam all the 200's, the 500 free and the 400 IM. We all were amazed, but not inspired to repeat his feat. We did tell him this was not the Pentathlon, that's in December! We'll done Ken!!



RBAY Y Master Frank Norek Swam in the Delaware State Senior Games. He won 3 golds and 1 silver! He did this Friday meet on the way to a wedding, missing the NJ State Games. We missed you Frank!

# SUPER FLASHBACK



**Team Hopkins (Bob on far right) "cross training" by bodysurfing and boogie boarding "down the shore"**

# So, What's Your Story?



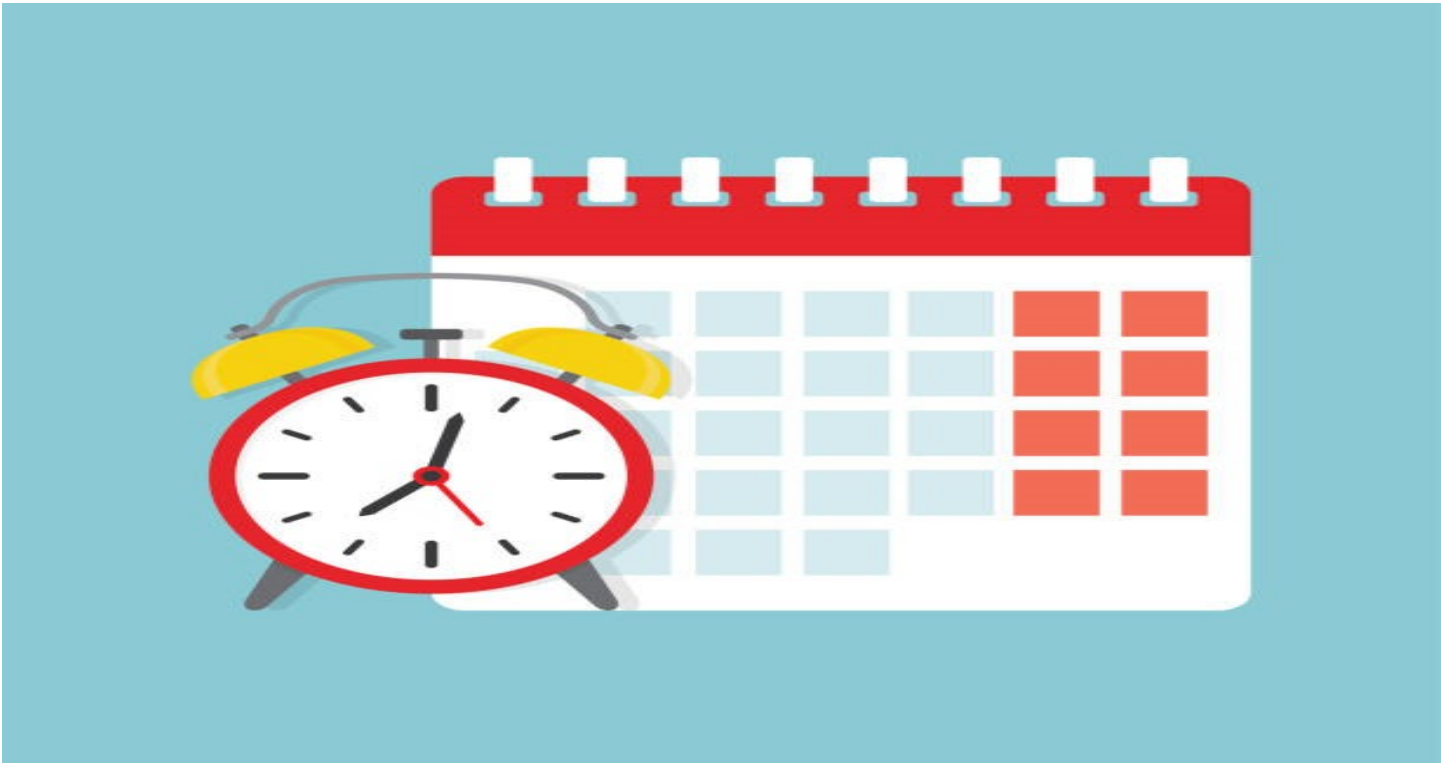
**Dear NJ LMSC members and fellow swimmers,**

**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**

**December 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*