

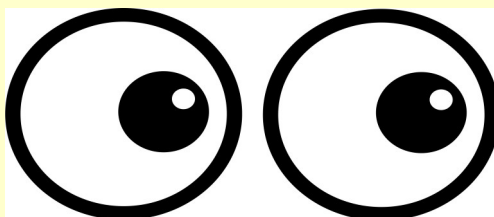
FASTLANE

NJ LMSC Newsletter

January/February 2023

WHAT'S INSIDE?

Here's a sneak peek!



50/50s photos!

100/100s photos!

Yardsticks

Swimming with grandfather

Virtual swim

Coach Development Weekend

Swimming pool themed bar

USMS has built a dedicated section on their website for Covid-19 with lots of information. Here is the link: <https://www.usms.org/about-usms/covid19-information>

NJ LMSC VOLUNTEERS

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Jerry O'Mara

Vice Chair

Secretary

Susan Kirk

Treasurer

Mike Recchia

Co-Registrars

Tom Brunson, Chris McGiffin

Sanctions & Safety Chair

Jen Bauman

Top Ten Records

Ed Tsuzuki

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Sara Harrison Johnston

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Marie Vellucci

Coaches Chair

Deirdre O'Mara

Fitness Chair

Linda Brown-Kuhn

Webmaster

Laura Smith

Officials Chair

Marie Vellucci

Event Coordinator

Paola Morchio

Special Projects

Susan Kirk, Chris McGiffin

Bill Reichle

To contact any of the volunteers
click here

[NJ LMSC Board Volunteers](#)



USMS Go The Distance 2023

All 2023 USMS swimmers are eligible to enter this free event! [More information](#) GTD Support

Team email: events@usmastersswimming.org

2023 USMS Fitness Series held throughout the year. [Event information](#).

- ◆ **January 1 to June 30**, fourth annual **NJ Virtual Shore Swim**, see page 5 for details.
- ◆ **March 05**, **March Madness Mini Meet**, Nassau County Aquatic Center, East Meadow NY, see NJMasters.org to register.
- ◆ **March 25/26**, **Coach Development weekend**, see more info page 6.
- ◆ **April 14-16**, **Colonies Zone SCY Championship**, Rutgers University, Piscataway, NJ



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

MARCH

Zvi Aluma
Ileana Balcu
John Benedetto
Linda Bjork
Caroline Block
Christopher Boyle
Alexis Broder
Tom Brunson
Kevin Burke
Jeff Cafiero
Joe Capuano
Sandra Carosi
Patricia Centrella
Chris Chang
Lawrence Chevres
Zachary Chororos
Keith Christoffers
Jessica Clarke
Steve Cozine
Amy Curry
Keith Demmerle
Nancy Dhulipala
Christian Dobil
Tom Dunnigan
Richard Ellison
Lynn English
Katherine Fallon
Daniel Feeney
Sue Freeman-
Patterson
Christopher Gibson

Kathy Godfrey
Peter Groner
Ann Guarnaccia
Diane Guvenis
Jodi Hadeed
Frank Haftel
Mary Hager
Ellie Harris
William Hennessy
David Herrera
Tom Johansmeyer
Norma Jones
Mercedes Kelso
Ameen King
William Kosakowski
Elizabeth Krynska
Rosanne
Lemongello
Colleen Marchetta
Frank McElroy
Chris McGiffin
Lyndsay McMeen
Athena McMillan
Nicole Miller
Reynard Morrell
Faye Morrone
Ken Niemi
John O'Brien
Edward O'Connor
Megan Perrotta
Lynda Przedpelski

John Rittenhouse
Rodrigo Rojas
Kurt Rotthoff
Ari Schertz
Thomas Scott
Kristen Shepard
Bridget Sherratt
Bill Sjovall
Alessandro Sodi
Latchezar
Spiridonov
Madeline Sprung-
Keyser
Robert Strang
Lori Strauss
James Sullivan
Blase Szyszko
Christine Taylor
John Thomas
Frank Viggiano
Kaylee Walsh
Mark Weinstein
Andrew Wilson





APRIL

Eliana Alcorta
Asheley Annulyse
Anne Arthur
Kenneth Baker
John Baran
Jonathan Betz
Sandy Bluhm
Daniel Boland
Michael Brennan
Matthew Brown
Casey Calhoun
Benedicte Callan
Thomas Casey
Maria Cashin
Alexis Colasurdo
Jill Collins
Robert Curry
Daisy DeSimone
Sarajoy Dickey
Lauren Diemar
Danielle Dreiss
Howard Dubin
Hilary Dudley
Patrick Elsevier
Robert Falzon
Jose Faria
Thomas Ferreira de Lima
Ken Fitch
James Flannery
Christy Gomez
Sean Hardick

Catherine Hartford
Mark Hoffman
Susan Howley
Kathleen Keers-Nolde
Miren Libano
Donald Linden
Susan Lockhart
Christina Mackay
Mark Menter
Robert Miller
Kelly Morris Stromberg
Donald Myers
John Newitt
Karen Paffendorf
Melia Parchman
Michelle Ray
Michael Reinitz
Lynne Rider
Emily Rothamel
Erik Sarier
Tom Sartorio
Martin Scheidl
Carol Schubert
Karen Shearly
Aaron Smith
Leo Tineo
Kari VanderVeen
Marie Vellucci
Michael Wainfeld
Diane Weeks
Scott Yeomans

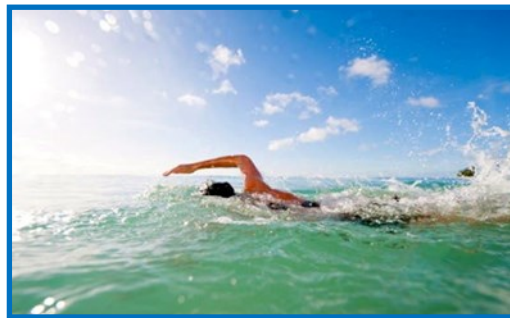
Give the 2023 Virtual Shore Swim a Try!!

Visualize yourself swimming at the Jersey Shore on an idyllic summer day with gentle surf, bright sun, and temperatures in the low 80's. Hold that thought as you pull on your winter coat, gloves, scarf and drive to your pool to swim in the winter chill. That's the idea behind the fourth annual NJ Virtual Shore Swim – to keep you swimming in the winter with a summer mindset.

We welcome those who have done the swim in the past to sign up again and challenge themselves to increase their mileage and invite swimmers who have not tried this swim to give it a whirl. This virtual swim starts at the Sandy Hook beach and goes to Cape May for a total of 129 miles. There are 30 destinations in all and the idea is to swim to as many of them as you can in 6 months, from January 1 to June 30.

To sign up for this event, contact Linda at lindabk11@gmail.com. The swim began on January 1 and participants will need to sign up for the 2023 USMS Go the Distance in January and log in their mileage on the GTD flog.

Picture this



Instead of this





Attention USMS Members,

The NJ LMSC is pleased to announce its sponsorship of a USMS Coach Development weekend (3/25 & 3/26) for anyone interested in [becoming a certified U.S. Masters Swimming masters coach](#) or in further developing their masters [coaching education](#).

Day 1 (Sat., 3/25) will consist of three (3) separate USMS coaching education offerings - Level 2 certification (max of 30 coaches), Level 3 certification (max of 30 coaches) and a Clinic Course for Coaches (max of 12 coaches). Registration for the Level 2 course is open to any currently registered USMS member that has successfully completed the [online USMS Masters Level 1 certification course](#). Level 2 certification completion is required to register for the Level 3 course.

The Clinic Course for Coaches (max of 12 coaches) will show you how to conceptualize, organize, market, and deliver stroke development clinics. This course is offered to USMS-certified Masters coaches and ALTS instructors only, and current USMS registration is required. The course consists of both classroom and on-deck components and is limited to 12 coaches and instructors.

NOTE: The NJ LMSC will provide a one-time scholarship covering 100% of the registration cost for any current NJ Masters member that registers for the March 25-26 Coach Development weekend and successfully completes any of the below courses:

- ◆ the Level 2 classroom course taken March 25th (scholarship includes the cost of the [Level 1 online certification course](#) taken between January 1, 2023 and March 25, 2023)
- ◆ the Level 3 classroom certification course taken March 25th
- ◆ the Clinic Course for Coaches continuing education taken March 25-26

[Scholarship application](#) required. Reimbursement of registration costs will be made to eligible NJ Masters members upon completion of the criteria in the NJ LMSC Scholarship details below.

On Day 2 (Sun. 3/26), currently registered USMS swimmers are invited to participate in a Stroke Development Clinic (max of 36 swimmers) taught by Bill Brenner, USMS Sr. Director of Club and Coach Development with help from the coaches enrolled in the Clinic Course for Coaches.



Here's the schedule for both days!

Saturday & Sunday, March 25-26, 2023

[Jersey Aquatic Center, 629 Central Avenue, New Providence, NJ](#)

Schedule:

Saturday, 3/25

7:30am: Level 2 Check-in

8:00am - 12:15pm: Level 2 Certification course

12:00pm: Level 3 Check-in

12:30pm - 4:15pm: Level 3 Certification course

4:00pm: Clinic Course Check-in

4:30pm - 6:30pm: Clinic Course for Coaches (Part 1)

Light snacks and refreshments will be provided

Sunday, 3/26

7:30am: Swimmer Stroke Development Clinic Check-in

8:00am - 12:30pm: Stroke Development Clinic (Part 2 of the Clinic Course for Coaches) taught by Bill Brenner, USMS Sr. Director of Club and Coach Development with help from the coaches enrolled in the Clinic Course for Coaches

Registration Fees & Pre-requisites (click links to register):

[Level 2 Certification \(max of 30 coaches\)](#) - \$125.00 (Level 1 certification required)

[Level 3 Certification \(max of 30 coaches\)](#) - \$250.00 (Level 2 certification required)

[Clinic Course for Coaches \(max of 12 coaches\)](#) - \$50 (open to USMS Certified coaches or ALTS Certified instructors)

[Swimmer Stroke Development Clinic \(max of 36 swimmers\)](#) - \$50 (open to currently registered USMS members)

NJ LMSC Scholarship details (click here to apply):

The following criteria must be met by applicants to qualify for scholarship:

- 1) You must be a currently registered NJ LMSC member
- 2) You must provide proof of successful completion of certification course(s)
- 3) Fulfill one (1) of the following:

Write an article for NJ Masters Fastlane newsletter
Volunteer at a NJ LMSC sponsored event
Verification of active or substitute on-deck coaching

Questions

USMS Contact Bill Brenner bbrenner@usmastersswimming.org

LMSC Event Host Contact Chris McGiffin cmcgiff@gmail.com

50 50's 2023

Starting Off the New Year in the Pool

Thirty-eight swimmers participated in the 2023 50 x 50's on January 1, 2023, a free event sponsored by the NJ LMSC for its members. The swim was held at the Jersey Aquatic Club (formerly Berkeley Aquatic Club) in New Providence.

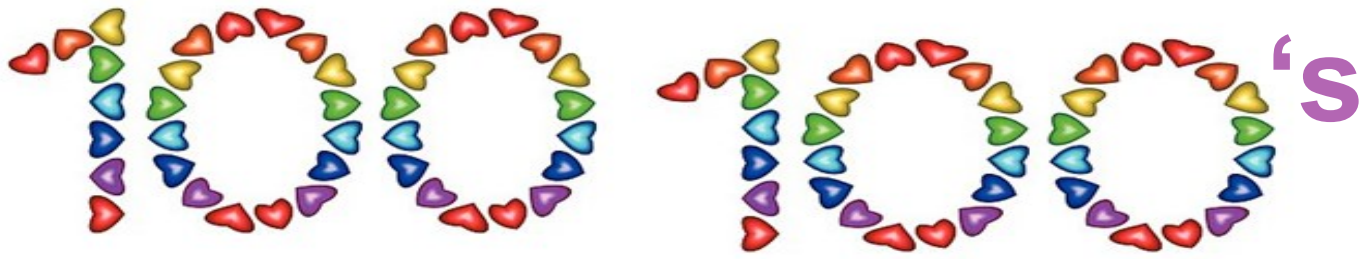
Thanks to Bill Reichle for all his help and for Ed Tsuzuki for taking a wonderful group photo pre-swim.





50 50s





On Sunday, February 5th, the 100 X 100's Annual Swim was held at Jersey Aquatic Center (JAC). 75 masters swimmers, from all over New Jersey, dove in the pool at 8 am and challenged themselves to complete the 100 X 100's by noon. Tom Brunson and his wife supported the efforts of the swimmers with snacks in the hospitality suite during the 4 hours and the NJ LMSC Board Volunteers Jerry O'Mara, Chris McGiffin, Susan Kirk, Marie Vellucci, Jen Bauman and Deirdre O'Mara were instrumental in organizing and facilitating the event. Even spectators, including some swimmer children of participants, showed up to see the event and support their swimmers' efforts!

Participants filled all 20 lanes at JAC and each lane had their own approach, along with smiles and a can-do attitude, to attack the challenge. The fastest lane completed the set in a VERY impressive 2 hours and 15 minutes exactly following the plan in the box on the right.

<u>Part 1:</u>
6 X 100 1:25
6 X 100 1:20
6 X 100 1:15
6 X 100 1:10
1 X 100 Easy
<u>Part 2, Repeated 3 times:</u>
Twice through:
3 X 1:25
3 X 1:10
3 X 1:20
3 X 1:15
1 X 100 Easy

Another lane completed the metric version of the 100 X 100's distance and they swam an impressive 11,000 total yards in under four hours. Everyone that participated was proud of their accomplishment, no matter how many 100's were completed and many swimmers commented that they went further than they thought was possible! Judy Lee (Basking Ridge, NJ) completed the 100 with 1 minute to spare and she held her last 12 100's at the fastest pace of the entire 100! Some of this year's participants had not been able to swim at this event in the recent past and were very happy to be back in their lane and facing the challenge and others commented they will go even further next year.

Congratulations to all who participated- Well done! It was an impressive group of swimmers and an excellent example of true athleticism and community. The NJLMSC Board is looking forward to hosting the event next year and hopes the community is excited about participating in the future!







**75
swimmers
swimming
750,000
+/- yards!**



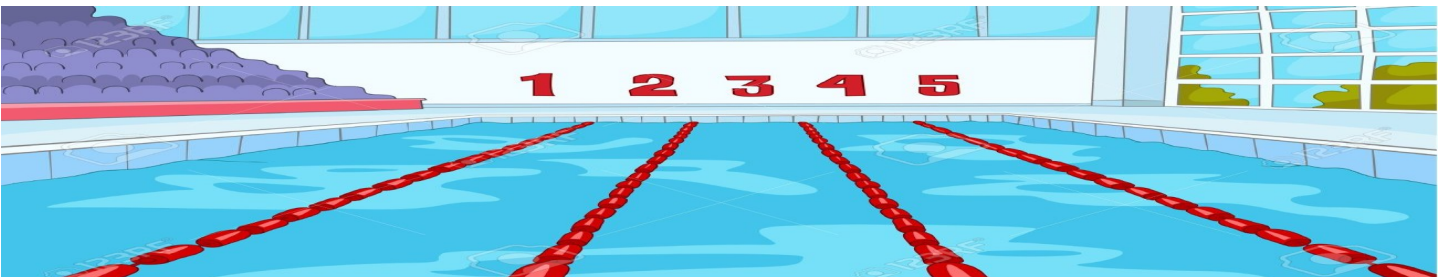
Thanks Deirdre O'Mara for the fantastic photos!

AWESOME

DesiComments.com

Congratulations to the following swimmers for setting new short course meters records at the 2022 Somerset County YMCA Pentathlon Festival at the Bridgewater Pool on December 10-11!

Women 65-69: Nancy Steadman-Martin, 68 - 100 Breast 1:42.80; **Women 70-74:** Heidi Remak-Ziff, 70 - 50 Free 38.35, 100 Free 1:25.66, 200 Free 3:08.26. 100 IM 1:45.75; **Women 75-79:** Sue Lecarreux, 77 - 50 Free 43.78, 50 Fly 57.21, 100 IM 1:50.14; **Men 75-79:** Jim Dragon, 78 - 50 Breast 42.82; **Women's 160-199:** SCYM 200 Medley Relay 2:29.07 - Anne Laurita, 30, Paola Morchio, 46, Lorna Cialdella-Morehead, 58, Kathryn Cummings, 26; **Men's 240-279:** SCYM 200 Medley Relay 2:25.06 - Ken Niemi, 67, Bill Sjovall, 67. Eugene Sharp, 63, Ed Tsuzuki, 64.



Swimming with grandfather

By Dylan Stone

Dylan Stone is NJ LMSC member Paul Kiell's 17 year-old grandson. Together they swam the 1.2 open water Lake Mohawk swim on September 10. Paul shared this wonderful recap Dylan wrote:

It's 5:30 am, and even my fingers are still half-asleep, fumbling to stretch my silicone swim cap on my head. Diving into the 67-degree lake wakes me right up though – both my body and my mind. I need to be especially alert for today's 1.2-mile race because I'm swimming alongside my 92-year-old grandfather to make sure he doesn't swim in the wrong direction.

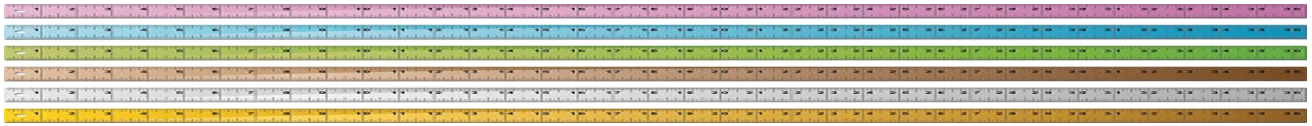


I started swimming the way most people do: taking lessons so I didn't drown. But then my seemingly superhuman grandfather introduced me to a world on and under the water that became central to my identity and informs many aspects of my life. Swimming, and the meditative nature of repetitive strokes and timed breathing, is a chance to decompress from the daily chaos on NYC's streets. Scuba diving is a portal that allows me to explore the hidden wonders of life 60-feet below the ocean's surface. Water polo enriches my fun-loving side and competitive nature. And lifeguarding is a profound responsibility that teaches me to balance self-confidence and humility.

My name means "son of the sea," but I know I really have my grandfather to thank -- his tireless trips to the YMCA to perfect my form and then taking me out in the open water to test that form. Today, my unique identity is turning me from student to teacher. I will keep a close watch on my grandpa swimming around Lake Mohawk so he can continue to experience the wonders of the water, too.



MADISON MASTERS SWIMMERS CELEBRATE 19TH ANNIVERSARY WITH COMBINED IN PERSON & VIRTUAL AWARDS BREAKFAST!



NJ Masters from Madison and the surrounding areas have had the privilege of swimming together for many years at the Madison YMCA, the Madison Community Pool, the Summit YMCA and other close by locations. Traditionally, we track monthly swim yardage on a user friendly web site. Impacted by the Pandemic in 2020 and 2021, we were excited to be officially tracking yards for the entire year, as we had in pre-pandemic days (thanks to our web site coordinator Barry Lass). So for all of 2022, the monthly ranking of yards by swimmer was published as it had been in the past.

Also, as we do every year in January, we were determined to celebrate with each other as a group again. So the Masters Yardstick Swimmers gathered recently at our 19th anniversary annual awards breakfast on January 7th- a combined live (at the Harding Township Library) and online (via Zoom) event- with strong participation (28 in person and 9 on Zoom)! Hosted by longtime swimmers Bob Nissen, Joe Donohue, and Richard Clew, the event highlighted activities of 2022 (aided by our group historian, Barbara Rushman) and brought us together in such a way that all active members could enjoy.

We began with an entertaining review of swimmers monthly comments from the “comment box” on our web site, as well as feedback from a short swimmers survey. Many of our swimmers enjoy participating in group workouts at the Walker D. Kirby Aquatics Center in its modern eight lane pool at the Madison YMCA! For further information on the pool and swim program, please contact Jon Siegel at the Madison YMCA at JSiegel@madisonymca.org

Ultimately, we moved on to the highlight of the event- our Annual Awards. Red Stars went to swimmers Bob Franks of Chatham, Bill Sullivan of Florham Park, Sandra Seddon of Chatham, Cindy Viola of Chatham, Lynda Przedpelski of Summit, and Jennifer Bauman of Parsippany, all having achieved at least one 100,000 yard month during the year. Cindy Viola was named “**Bold Performer of the Year**”, for demonstrating improved performance, exceptional effort and a special commitment to the swimming program. Team Competition returned, as Marcia’s Meter Maniacs (led by Captain Marcia Postallian of Florham Park) bested Cande’s Crushers (led by Captain Cande Olsen of Morristown). Finally, our top swimmer for 2022 was Jennifer Bauman, achieving 1,226,382 yards, or nearly 697 miles! Jennifer was awarded the Doug Clark Championship Yardstick, named in memory of our former “Yardstick Swimmer”. Combined, 61 swimmers swam more than 21 million yards!



We all had a great time, and were so happy to connect with our swimming friends once again. And we will continue our monthly yard tracking in 2023, and are convinced that our program will grow in numbers!

Adult swimmers of all levels from beginners to experts are welcome to the Masters programs. To learn more about our Yardstick Challenge, please contact Bob Nissen at bobnissen@gmail.com.



Group Photo:

- Row 1 (on floor)- Deborah Fennelly, Cindy Viola
- Row 2 (sitting)- Bob Nissen, Joe Donohue, Barbara Rushman, Bill Sjoval, Joe Balwierczak, Jim Sullivan, Bob Franks
- Row 3 (sitting)- Bree Olivari, Nicole Sullivan, Liz Jennison, Paige Chang, Diane Dinsmore
- Row 4 (standing) L->R)- Barry Lass, Bill Sullivan, Rich Clew, Yardstick Winner Jennifer Bauman, Ashley Pertsimidis, Lynda Przedpelski, Bonnie Gannon, Matt Gann, Arnold DeGarcia
- Row 5(standing) - Rick McKern, Jane Weeks

Zoom Box:

- Top Row-Debbie Goulian, Irene Fisher Cande Olsen,
- Second Row- Marcia Postallian, Pia Lord, Lauren Webster-Garcia,
- Bottom Row- Lynn Mellor, Sam Kongsamut, Melissa Griffie

The background of the entire page is a vibrant blue with a pattern of light and dark blue ripples, resembling water. A solid light blue horizontal band is positioned in the upper middle section, containing white text.

Check out this swim-inspired venue!

Thanks Susan Kirk for sending this in!

[Click](#)



WE WANT TO
HEAR FROM

you.

**What are you doing to
make it happen?**

We would love to hear from you!

**Send *how you're
making it happen***

And/or your swim pictures and stories!

editorfastlane@gmail.com

DEADLINE



Email editorfastlane@gmail.com

Don't be a fool! Send in your articles and pictures by

April 1, 2023!



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