

FASTLANE

NJ LMSC Newsletter

March/April 2023

Sneak Peek



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WHY?

Why do you do it? Page 11

Nancy Steadman Martin shares about her mom, Doris Steadman, fellow Master swimmer and inductee to the Masters Swimming International Swimming Hall of Fame. Page 13

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Workout page 8



Free Swag! See page 7 for details!



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>

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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](#).

Fourth Annual NJ Virtual Shore Swim

January 1 to June 30, see page 7 for details.



"I COME TO PRACTICE
EVERY DAY WITH THE
MINDSET THAT I AM THERE
TO GET BETTER."

CAELEB DRESSEL

CONQUERTHEPOOL

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

MAY MAY MAY

Richard
Alexander
Alberta Ashbrook
Yves Baeyens
John Baliko
Warren Barnes
Jodi Barrish
Lisa Baumann
Robert Bohack
Leslie Bradley
Kevin Caufield
Michael Collins
Kathryn
Cummings
Danielle
Dagounis
Arnold DeGarcia
Laura DeVito
Joseph Dettmore
Matthew Donovan
Jim Dragon
Gary Dunchus
Bill Eickelberg
Paula Elejalde
Irene Fisher
Claude Gallelo
Lan Ge
Michael Gemelli

Elizabeth Gilmore
Claudia Guerrero
Bob Hopkins
Marybeth Jacob
Deepak Jain
Sara Johnston
Kaitlyn
Kallansrude
Julianne Koch
Stephen Kunen
Mary Ellen
Lawrence
Christopher Levin
Xuan Li
Kimmie Ly
Andrew Maggion
Laurie Maher
Javohn Martin
Carlos Martin
Gutierrez
Matthew McCort
Patrick McElroy
Robert Migliore
Erika Milam
Patric Mills
Aaron Moore
Arlene Moskowitz
Cara Murphy

Jennifer Pasuit
Tom Pownall
Arun Rao
Roxanne Royce
Jamie Rusignuolo
Chad Safran
Brian Scheid
Gail Seelig
Grace Shimkus
Scott Snyder
Cathy Sutherland
Christopher
Townsend
Peter Vratimos
Arthur Wein
Erik Werfel
Sanford White
Sasha Wolf
Shaojie Xu
Ken Yanovsky
Donna Zak

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



JUNE JUNE JUNE

George Allison
Jerry Ambroise
Philip Ankel
Barbara Berg
Pearly Besman
Alison Beverly
Hope Boczon
Linda Brown-Kuhn
Gerri Callahan
Marissa Callanan
Bruno Camara
Theresa Chan
Steven Chestler
Roger Chin
Kimberly Chiu
Tara Corduan
John Crowley
Michelle Davidson
David DeSimone
Corianne Deatly
Ashley Dispenziere
Joseph Donnelly
Guy Dorgan
Kelly Eid
John Esser
David Fabian
Greg Faughnan
Amy Ferris
Marcus Freeman
Eric Gerstein
Natalia Gonzalez
Gregg Heubach
Chip Heyser
Cuncao Huang
Jordan Jemison
Vassiliki Karantza
Phillip Kardis
Ester Kim
Susan Kirk
Kaitlin Knoblick

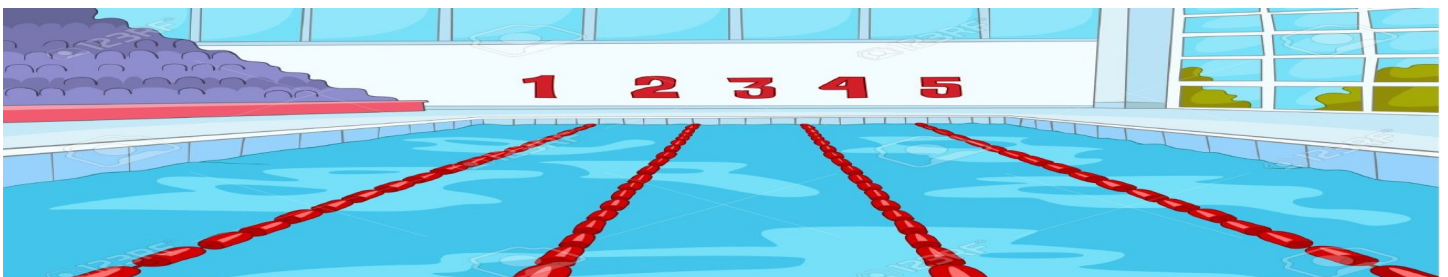
Mary Konsolaki
Robert Kopac
Lisa Martin
Annie Menninger
Renata Munhoz
Mallika Negi
Matthew Noga
James O'Day
Michael O'Donoghue
Kathleen Ochab
Susan Olesky
Bree Olivari
Michael Palmberg
Kelly Papa
Regina Papini
Kathleen Pappas
Joseph Peruti
Stephen Pinchac
Lucila Robert
Corey Roberts
Ellen Ryan
Omer Sabuncu
Amit Singhal
Gertrude Sloan
Michele Sprietsma
Robert Stefanik
Christopher Stephens
Charles Stillwell
Ruth Traylor
Jennifer Tull
Gerard Walker
E Dieter Wunderlich
Soraya Zahedi
Peter Zhang
Minnie Zhang

AWESOME

DesiComments.com

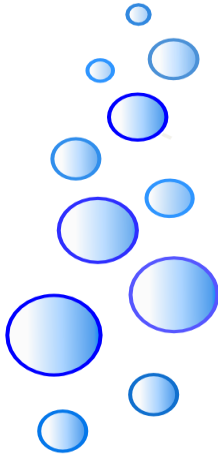
Congratulations to Robert Freund, 61, who set new NJ LMSC SCY records at the March Madness Meet on March 5, 2023 at the Nassau County Aquatic Center...100 IM 1:04.54

Congratulations to Nancy Steadman-Martin, 68 for establishing a new NJLMSC short course yards record in the women's 65-69 100 individual medley with a time of 1:18.44 at the Hawks Masters Spring Splash meet at Monmouth University on March 26, 2023.

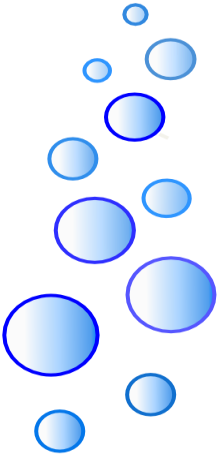




RBAY Masters swam at the OCY Masters championship March 19. We came in third as a team behind powerhouses Somerset (1) and OCY (2). Our membership is growing and we fielded 2 freestyle relays- the young (65-69yo) and younger (18-24yo)!! As Coach, I'm so proud of what our swimmers are doing- swimming fast and having fun! Swimmers are- Elliott & Michael Lehrer, Darian Russell, Frank Norek, Mark Weinstein, Stan Hansen, Sue Freeman-Patterson, Suh Gruppuso, Hannah Percely and Megan Palmer. Meredith Lyndon, coach.



RBAY Masters swimmers Elliott Lehrer and new Masters swimmer Stephanie Morris swam at Monmouth College's spring meet in March. Lots of medals collected as seen by the happy faces!



Still Time to Enter the 2023 Virtual Shore Swim!!

We invite those who have done the swim in the past to sign up again and challenge themselves to increase their mileage and welcome swimmers who have not tried this swim to give it a go. 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 free 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 and log in their mileage on the GTD flog. If you've been keeping track of your mileage on your own, you can enter it on the flog all the way back to January.

And yes, there's swag for all participants! You'll be able to choose between a custom cap or a T-shirt. This was last year's shirt.



Aladdin Stock | #19590824

April is the traditional time for starting your long course training or beginning your long course season but many pools are unpredictable about the long course setup and summer pools are not yet open. Here is a workout that can be done both long course AND short course. Give it a try in BOTH formats!

Good luck!

Deirdre O'Mara

1* 300 free

1* 300 free every 3rd lap stroke.

3*100

1) kick/free by 50.

2) drill / free by 5

3) stroke/free by 50

2*50 25 hard/25 easy (1000)

Main set:

1 round

2*150 free but pick a challenging pace!

100 easy (400/1400)

2 rounds

3* 100 free at a challenging pace!

100 easy. (800/2200)

3 rounds

6*50 at a challenging pace but with slightly more rest the previous rounds.

100 easy

First round: 3 kick then 3 free

Second round: 3 stroke then 3 free.

Third round: all free descended 1 to 3
(1200/3400)

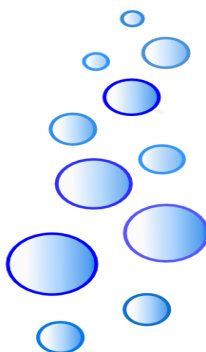
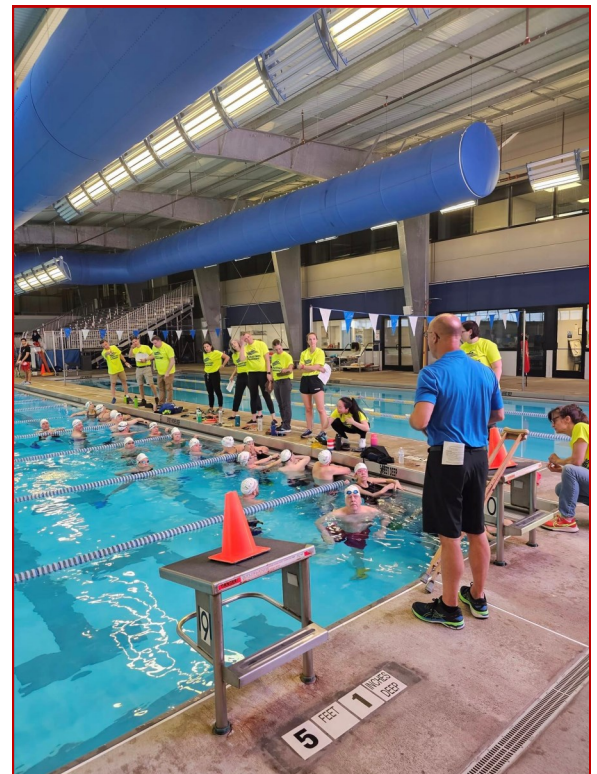
Warm down as needed.

Coaching Certification

On behalf of the New Jersey Masters Swimming LMSC Board we want to express our thanks to the wonderful group of USMS Coaches from the surrounding area that attended the USMS certification courses offered on Saturday (25 for Level 2 & 24 for Level 3 -- 15 took both classes & a full class of 12 for the Clinic Course for Coaches).

The 12 USMS Coaches also had a fantastic time helping to coach the 22 USMS member swimmers that participated in the Stroke Development Clinic today and soaked up a wealth of tips and techniques to help them reach their personal swimming goals.

Thank you to Jersey Aquatic Center for hosting us and to the NJ LMSC Board for event sponsorship and for supporting coach scholarship opportunities!



Thanks Chris McGiffin for the recap!

Just Keep Swimming & Just Keep Learning

A few reflections on the USMS Coach Certification Weekend

By: Anne C. Laurita, Ph.D., USMS Level 3 Coach

As a Masters swimmer who also considers herself to be a perennial student, I take great joy in *diving in* to opportunities to learn more about the sport I love! The weekend of March 25-26th, I greatly enjoyed participating in the USMS Coach Level 2 and Level 3 Certification programs and experiencing on-deck training through the USMS Clinic Course.

These training programs were led by renowned coaches in the Masters swimming world: Bill Brenner, USMS Senior Director, Club and Coach Development and Coach of Sarasota Sharks Masters, and Mel Goldstein, Former USMS President and Coach of Indy Aquatic Masters. On Saturday, Coaches Bill and Mel taught three classroom-based sessions to develop our skills as Masters coaches. The Level 2 course (“Stroke School”) centered around development of strokes, starts, and turns. This content on the physics and general science of swimming is some of my favorite, I have to say! As an age-group coach and competitive swimmer myself, I came in to this weekend with a solid understanding of how to teach children the four competition strokes and how to refine my own technique; in the course, I learned much more from the instructors and other coaches, in terms of drills and key correction points to use in encouraging self-directed, adult swimmers to build strong strokes. Level 3 was focused on administration of Masters programs, including developing coaching leadership and program management. There was a lot of new-to-me information here, as well! I was interested to hear all that the instructors had to share on building Masters programs, season planning, and motivating fitness swimmers, competitive swimmers, and triathletes / open water swimmers, alike. Throughout these two sessions, Coach Bill and Coach Mel shared helpfully from their experiences – and embedded plenty of humor to keep us engaged!



The third session on Saturday was the Clinic Course for Coaches, during which Coach Bill taught us how to organize, promote, and implement our own Stroke Development Clinics. He led the smaller group of us through drills we would then see in action (and get to assist with!) the next morning, in Sunday’s Stroke Development Clinic. On Sunday, our cohort of newly-minted coaches then had the opportunity to coach alongside Bill and Mel, providing individualized feedback to swimmers in the clinic. This component was the most rewarding part of the weekend; it was fun to apply my recently-learned coaching skills and to get to be a part of each participant’s journey of improving their own stroke.

I would encourage anyone interested in developing their knowledge about efficient stroke technique, planning workouts and season plans effectively, gaining insight into adult learning, developing their business acumen in considering starting a Masters workout group – and much more! – to consider taking the USMS Coach Level 1 training online, as a good starting point for this continuing education. I am grateful to Coach Bill and Coach Mel for sharing their wisdom, to the NJ LMSC for hosting this training weekend, and to my coach, Ed Tsuzuki, with Greater Somerset County YMCA Masters (Go Team Tsunami!), for his enduring support and encouragement. [#justkeepswimming](#)

Why do you do it?

Answering that age-old generic question found for me no greater laboratory than that of the final swim leg of the Alcatraz-to-shore swim, maybe some twenty years ago. There, you are immersed in the swirling and near Arctic waters that bridge Alcatraz Island to San Francisco's Aquatic Park. And, like everywhere, you find only partial answers, all right, all wrong, as in the fable of the blind men describing the nature of the elephant, each relating only to the part he could feel.

There are glib retorts such as, "it feels so good when you stop." Or more hackneyed responses proclaiming that it's a microcosm (or a metaphor) for life itself. Maybe you trivialize it, calling it inaccurately at that — an "endorphin high." All of these responses are one-dimensional and flat. None resonate, none sing, none float.

There can be, however, one of those "moments," wrote two-time Olympic marathoner Kenny Moore, "when athletes surrender themselves to effort and are genuinely transformed."



Attempts at describing it become shrouded within the myriad mysteries that the faculties of mind and body concoct. We succeed and, at the same time, fail to define or explain it adequately. But that year (2002), as I was finishing the swim and was wading in waist-high water, I may have found one more piece of the puzzle, one more segment of that colossal question of why we do some things.

Having reached the inlet protected by artificial barriers shielding the swimmer from the maelstrom that was once a witch's blend of obscuring damp fog, chilling waters, and disorienting roiling currents that rudely slap columns of water into your face and mouth, there comes a sudden quiet where the end of the odyssey comes into clear sight.



Soon you see the faces of people, people who were living that race with you, identifying with the swimmers, known or unknown.

Nearing land where I could start to wade in, I spotted my dear friend Ralph Paffenbarger. Once before, I saw this look on his face. It was the same look of joy, excitement, and love he beamed the time his wife, JoAnn, was playing her cello at an informal recital. Ralph, a pioneer in exercise research, was a one-time leading long-distance runner. He once held the age-group record for the 100-mile Transierra trek. But near 80 at the time of my swim, his athleticism severely limited by illness, my safe completion, my success, became his too.



And there was that race official, a young woman about my middle daughter's age. She was standing in the shallow waters, yards before the sandy shore of Aquatic Park. Eye contact was brief. As I slowly passed, her gaze tracked me. Hers had been a look of revelation, excitement, and relief. Could it be that she was thinking of her parents or older friends who might do this same thing if they'd work at it, discarding all their preconceived sense of limitations?

These are the instants that will linger in memory, those shining moments soon to be as fading embers, yet fueled and warmed by the thought that your accomplishment was shared and that maybe, maybe your example did something good for someone else.

~~~ by Paul Kiell



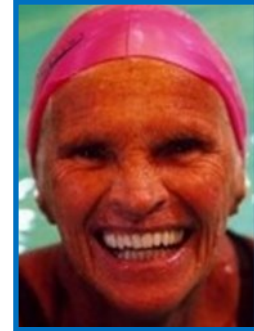
**Thank you Nancy Steadman Martin  
for sharing your mom's story and her induction into the  
Masters Swimming International Swimming Hall of Fame!**

**DORIS E. STEADMAN**

**10/8/1924 – 1/13/2013**

**GARDEN STATE MASTERS SWIMMER**

**FROM 1983 THROUGH 2013**



*In October 2022, Doris Steadman, Garden State Masters Swimmer, was inducted into the Masters Swimming International Swimming Hall of Fame. Doris was a backstroker and set numerous National and World Records in the 50, 100 and 200 backstroke events. She had been listed 190 times on the USMS Top Ten listing, with 117 in the #1 (all American) spot! This biography provides a summary of Doris' swimming career.*

**Early Years** — Doris made her splash into the water at an early age. She was born in Philadelphia, Pennsylvania, on October 8, 1924, and learned to swim as a youngster. She became a member of the Germantown YMCA and it wasn't long before she was a part of the team. In her teen years, she began setting records in her specialty events – the backstroke sprints. Her scrap book reflected several headlines and the sports journalists always liked to use her maiden name of “Cant” in some way. Headlines would say, “Doris CANT, But She Sure CAN Win!” According to one article, she held a National Record at age 16 in the 40 yard backstroke event. Many pools were only 20 yards, and she became very proficient at her sprint events. In the early 1940's, Doris continued her swimming at Temple University on one of the first female teams at a college. She was a star on the Temple Swimming Team. She earned her Associates Degree and had always wanted to be a physical education teacher. However, after two years, she had to stop going to college because her parents could only afford to send one child to get a college degree and they decided to send her brother. Her brother, Bill Cant, was an outstanding diver.

**Meeting Dick Steadman** — Because of her outstanding swimming skills, Doris became one of the first female lifeguards when the men joined the service during World War II. During the summer of 1944, Doris took a job as a lifeguard at the country club near her home in Philadelphia. She stood out amongst the other lifeguards because of both her beauty and her swimming talents. At that time, Dick Steadman, a Captain in the Army, was stationed in Philadelphia and the country club allowed servicemen to use the facilities. Dick, who loved all sports, but particularly enjoyed swimming and diving, went to the country club pool. When he spotted Doris, the story has it that he used his



diving skills to “show off” to Doris. Dick continued to go to the pool each day, and his aquatic prowess must have worked, because Dick and Doris were married and had four children (Susan, Rick, Nancy & Billy). They were happily married for 45 years, until Dick passed away in 1991. Water was always a significant part of their life together – including living near the water, working in the water, and raising all four children to have a connection to water.

**Doris Assisting Dick Steadman (1946-1980)** — After getting married, Doris hung up her racing suit, and spent her time assisting Dick in teaching and coaching swimming. Dick was the Assistant Swimming Coach at Yale University from 1949-53; the Head Swimming Coach at Columbia University from 1953-62; and then Head Swimming, Diving and Water Polo Coach at Monmouth College (now Monmouth University). Doris served as assistant all along the way while she raised their four children. In the summers, Doris assisted Dick at the local beach clubs teaching youngsters how to swim. Doris dedicated her time and energy to assisting Dick in his endeavors and raising the four children.

**Water Shows** — Dick Steadman always enjoyed organized water shows. He had been a member of the Red Devils, a clown diving team, before he got married and they traveled around the country putting on water shows at various hotels and clubs. After he married, Doris helped him organize many shows at hotels and beach clubs along the Jersey Shore. Jane Katz, a fellow inductee into the Masters Swimming International Hall of Fame, would come and perform water ballet, now called artistic swimming. Jane was outstanding and became friends with the Steadmans. Doris enjoyed seeing Jane over the years at masters swimming meets. Masters swimming may have lots of swimmers, but the community nature of it is small! Friendships continue over the years and the decades.

**Temple University Athletic Hall of Fame - 1979** — Doris probably would have found her way to becoming a Masters Swimmer eventually, but a couple of things happened that pushed her back into the water. Her daughter, Nancy, a swimmer all her life, started competing in masters swimming events when she turned 25 years old. As Dick and Doris never missed any of their children’s endeavors, they attended all of Nancy’s swimming meets. Doris started noticing the times of women in her age group and realized she could compete also. Then, she was inducted into the Temple University Athletic Hall of Fame. In her acceptance speech at the induction ceremony, she announced that she was going to start competing in swimming again. True to her word, Doris started training. After her training began, Dick was asked by June Krauser to announce at the Masters Nationals in May 1983, that were being hosted at the International Hall of Fame Pool in Fort Lauderdale. This was where Dick & Doris had spent almost every winter at the College Coaches Forum, when Dick would bring his college teams for training. So, Doris’ first swimming meet was the Masters Nationals where Nancy and Doris competed while Dick announced. Doris got two second places and a third place in the backstroke events and from then on, she was hooked on Masters Swimming.

**Masters Short Course Nationals in 1983 in Fort Lauderdale & Buck Dawson** — Dick Steadman had become friendly with Buck Dawson over the years. In addition to seeing Buck when Dick went to Fort Lauderdale, Dick traveled with Buck to many events. Dick was on the Olympic Diving Committee and Buck & Dick had been traveling to the Olympic Games since 1968.



Buck did not know Doris' swimming background other than she assisted Dick in his coaching and teaching swimming. When the Steadmans (Dick, Doris & Nancy) arrived, Buck was surprised to learn that Doris was competing in the Masters Nationals. He asked Dick if Doris was any good as Buck had never seen her swim. Dick replied, "No, she is just learning." Of course, when Buck watched Doris compete and almost beat Clara Walker, former Olympian and a Hall of Fame Honoree, Buck was more than impressed! He told Dick that he would never believe another thing that he said!

**Doris In the USMS Calendar** — When Doris was 61 years old, she was asked to be in the USMS Calendar. (Nancy was also asked). It was very exciting! The photos were taken at the Masters Nationals before the events started and each month was a photo of a male & female swimmer in each age group. Doris was paired with Paul Huttinger, a world record holder & Masters Hall of Fame Honoree. The photo was Doris & Paul doing backstroke starts. This might sound easy enough but as photo shoots go, Paul & Doris had to do about 25 starts to get the best photo. Later that evening, before her events were to start the next day, Doris realized her arms was so stiff from all the starts that she might not be able to raise her arms! Of course, nothing slowed Doris down and she went on to win her three backstroke events in the meet.

**Masters Swimming and Meeting Others** — Many masters swimmers travel to various events and enjoy rekindling friendships from age group, high school, and college swim teams. In 1986, Doris, Dick, and Nancy traveled to compete in Portland, Oregon, for the Masters Long Course Nationals. On the first day of the meet, the three of them were sitting in the stands, and all of a sudden, they noticed a swimmer walking up the stairs in the arena wearing a "Dick Steadman Swimming & Diving T-Shirt." The t-shirt was from the 1960's and then they realized it was a former Monmouth College Swimmer, Kate Sutherland. Kate had also been a Steadman favorite and after re-connecting with Kate after over 20 years, Kate became a regular swimming companion with the Steadmans. Kate traveled to meets with the three of them, and then continued with Doris & Nancy, and now travels with Nancy. Masters swimming is a fantastic place to connect with swimming buddies from all over the country.

**World Masters Swimming Championships in Munich, Germany (2000)** — Doris & Nancy went to Munich, Germany in 2000 to compete in the World Masters Swimming Championships. The event was held in the pool where the 1972 Olympics took place and it was very exciting to swim in such an incredibly historic swimming venue. On the first day of arrival, Doris and Nancy asked where the locker rooms were. They were directed where to go, but when they got to the location, they noticed that it was a unisex locker room. They went back to ask where the "women's" locker room was and were informed that there was one locker room – unisex. When they went back to the locker room, they realized there were rows for males and rows for females with lockers between them, it was not as "unisex" as they first thought. Doris had many laughs at her first unisex locker experience at age 75. Masters swimming provides many new experiences!

**Swimming Camps** — Doris was always interested in getting faster and setting more records. Vacations were always planned around swimming. Doris and Nancy went to several swim camps from Hawaii to Curacao. Julia Dolce, a masters swimming world record holder in her 90's traveled to



swimming meets and camps with Doris & Nancy. While at a swimming camp in Curacao, the swimmers were staying in a hotel. One evening around 1:30 am, while everyone was sleeping, the fire alarm went off and someone came through the halls shouting to clear the rooms. Doris and Nancy were outside and wondering where Julia was. She had slept in another room. Julia never came out and fortunately, it was just a false alarm. The next day, Julia, whose hearing was not good, said she didn't hear a thing because she slept without her hearing aids. From that day on, Doris and Nancy always took a key to Julia's room whenever they traveled. This incident is an example of the camaraderie of masters swimming – everyone looks out for one another!

**Meeting Others** — At most masters championships, the swimmers stay in the same hotels. At one masters nationals, Doris and Nancy were walking down the hallway to their room, and they saw Kerry O'Brien, former Coach of the Walnut Creek Masters Swimming Team approaching them from the other end of the hallway. Both Doris and Nancy were retuning from the pool in their bathing suits and sweatshirts. They had never met Kerry, but like most masters swimmers, they knew who he was because of his exceptional coaching & swimming. Kerry then shouted, "Are you coming to my room, tonight?" Doris and Nancy looked at each and wondered which one of them he was talking to. But then, we heard a woman behind us, yell back and say to Kerry – "You're too old or me." Doris and Nancy turned around and saw the 93 year old swimmer from Kerry's team and realized Kerry was talking to her and she was joking back. Doris and Nancy laughed at this one – because they both thought he had been talking to them! I'm sure Kerry doesn't even remember this exchange, but it shows that in masters swimming, you can have many different experiences, and this leads to many laughs and keeps you young.

**Doris Was Competitive** — Doris enjoyed winning and setting records. She worked very hard to accomplish her goals. In later years, she swam twice per day. She did a dry land routine and made sure she got her rest. At swimming meets, she was very focused. She swam all strokes, but at Masters Championships, she only entered her three backstroke events – the 50, the 100 and the 200. She did not want to get beat in the other strokes and she focused on her backstroke. Her competitiveness lives on, even though she passed way on January 8, 2013. After Doris passed away, Nancy has challenged herself to get Doris' New Jersey Records that are still on the books. A few years ago, Nancy and her swimming buddy, Michelle Davidson, set off to drive to a meet in Pennsylvania, where one of the events that Nancy had entered was the 50 back. She was determined to get Doris' NJ record. Nancy is not a sprinter so she knew it would be difficult. When Michelle and Nancy got closer to the pool, black ice covered the streets. The pool was located in a very hilly area and with only a mile to get to the pool, the car could not make it up the lengthy hill because of the ice. Michelle and Nancy both believed that Doris was creating this challenge and saying, "Nancy, you are going to have to work a bit harder to break my record!"

**The International Hall of Fame** — The Hall of Fame and Fort Lauderdale were always very special to Doris. It was where Dick & Doris took the family on vacations. It was where they enjoyed meeting and getting to know many special people – Buck Dawson, Ted Keller, Steve Acardi, Stu Marvin and Meg Keller. Dick helped organize several water shows at the Hall of Fame. Doris would have been so overwhelmed and so proud at the honor of getting inducted into the Masters International Swimming Hall of Fame!



# 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](mailto:editorfastlane@gmail.com)**



Email [editorfastlane@gmail.com](mailto:editorfastlane@gmail.com)

**June 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](http://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*