

FASTLANE

NJ LMSC Newsletter

May/June 2023



Hello Summer!

Lots of fun
stuff inside!
Check it out!

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Vice Chair

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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.](#)

Fourth Annual NJ Virtual Shore Swim

January 1 to June 30, see page 5 for details.

SAVE THE DATE —

Annual Awards Banquet October 1!

Details to follow!

Near or far, if you're looking for an open water swim check out Rays Notebook!

[Check it out!](#)



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

July July July

Jesus Abreu
John Archibald
Thomas Atkinson
Lovro Bilonic
Nick Bloomer
Ted Bohlman
Jesenia Brown
Tom Burkardt
Louis Cappelli
Adam Carroll
Keith Cataldo
Karen Charen
Kevin Chiella
Lorna Cialdella-Morehead
Joy Ciardullo
Lisa Ciccone
Harrison Clewell
LaJoy Collins
Mark Corl
Alicia Demmerle
Christopher DeSantis
Laurie Ditommaso
Wes Donnelly
Kathleen Durnin
Edson Espindola
Alina Fidziukiewicz
Suzanne Foy
michael freedberg
Martina Freeman
Robert Freund
Layna Furuhata
Christine Ghilain
Jane Gleason
Sandra Gogerty
Eric Goidel
Jason Griggs
Mark Haftkowycz
Imran Halani
Michael Halfacre
Brian Hartigan
Erin Hasinoff
Jerry Katz
Kerri Kiefer-Viverito
Christian Kroyer
Suzanne Kruep
Anne Laurita

Michael Leddy
Elliott Lehrer
Frank Lomangino
Diego Lopez
Anna Mahoney
Jeanmarie Mallin
Barbara Mcgregor
Andrea McGruther
Richard McKern
Ilya Meyzin
Andrew Mills
Maureen Mortell Koziol
Julia Murphy
Louis Orgera
Rita Patel
Joseph Pickard
Beth Poore
Jeffrey Preischel
Maria Rawley
Craig Roberts
Darian Russell
James Ryan
David Schore
Ryan Schuller
Shane Schwarz
Badia Shehab
Melisa Sheldon
Norman Sorkin
Barbara Stanley
Nancy Steadman Martin
Luis Trivino
Neil Verwys
Igor Voloshin
qingsong yang
Qiang Zheng



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



August August August

Laura Agresta
John Ahearn
Gulnaz Aksu
Carol Ann Albrektsen
Kam Amirzafari
Zoe Bender
Guy Bengur
Richard Benson
Robert Besner
Tiffany Brennan
Elizabeth Burton
Sally Butler
Maria Campese
Alberto Cardinalli Junior
Mary Carley
Dave Carvajal
Angela Cavalli
Timothy Clewell
Cristin Connor
Kathleen Cooney
Patrice Cummings
Dennis Dagounis
Joe Davidoff
Arthur Deffaa
Benn Doyle
Dennis Driscoll
Dan Drury
Julia Fahl
Brian Fallon
Christopher Flood
Marie Fortin
Donald Free
Michael Gadaleta
Daniel Galarza
Robert Gatto
Richard Gilbert
George Goldsmith
Douglas Grierson
Sarah Hatzenbuhler
Jeffrey Helt
Miles Hersey
Naomi Hillel
William Hulse
Kathleen Hurley
Sally Jack
Brendan January
Erika January

David Juchniewicz
Christine Kelly
Jessica Kevins
Michaela Kornberg
Kevin LaCour
David Lane
Peter Langham
Ellen Lederman
Lauren Lewis
David Lockhart
Lynn Magnusson
Margaret Martonosi
Peter McCoy
Debbie Meola
Randall Meyer
Pippa Michaels
Jelani Millard
Casey Mollooy
Luis Moyett
Ravi Nonavenakere
Gerry Oakes
David O'Dougherty
Kristen O'Mara
Hannah Percely
Elaine Poleshuck
Marcia Postallian
Zhe Qian
David Ramsey
David Rankel
Eileen Rath
Joseph Ritter
Sarah Sangree
Dorothy Schilling
Robert Schott
Sandra Seddon
Faith Springsteen
Sheick Toure
Peter Turek
Laura Tyson
Robert Webb
Lisa Wilkes
Jack Zakim

Last Chance to Enter the 2023 Virtual Shore Swim!

This year's Virtual Shore Swim ends on June 30 but **if you've been logging your miles on the USMS Go the Distance flog you can still enter.** The swim began on January 1. It 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. And there is free swag for all participants! You'll be able to choose between a custom cap or a T-shirt!





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Congratulations to the following swimmers for setting new NJ LMSC short course yards records at the Colonies Zone Championships at Rutgers University on April 14-16, 2023. Women 70-74: Heidi Remak-Ziff, 71 - 100 free 1:15.48; Men 50-54: Jeffrey Jotz, 53 - 1000 free 11:30.09; Men 55-59: Jose Faria, 56 - 200 fly 2:27.18; Men 75-79: Jack Zakim, 77 - 200 free 2:38.47; Men 65+ Relays: Red Bank Area YMCA Masters - Michael Lavitt, 65, Mark Weinstein, 67, Elliott Lehrer, 67, Francis Norek, 66 - 400 Free 5:19.78 and 800 free 12:28.99

Congratulations to the following New Jersey LMSC swimmers who set new NJLMSC short course yards records at the USMS Spring Nationals at the Woollett Aquatic Center in Irvine, CA on April 26-30. Women 45-49: Sanna Greenberg (47) - 200 Breast 2:42.93; Women 65-69: Nancy Steadman-Martin (68) - 400 IM 5:52.68; Women 70-74: Heidi Remak-Ziff (71) - 50 Free 33.33, 100 Free 1:15.27, 200 Free 2:43.87, 100 IM 1:28.92; Men 25-29: Karl Sarier (25) - 100 Free 45.92, 200 Free 1:40.60; Men 55-59: Jose Faria (57) - 200 back 2:17.42, 100 IM 1:00.20

Congratulations to Nancy Steadman-Martin, 68 and Dieter Wunderlich, 85 for setting new NJLMSC short course yards records at the Somerset County YMCA Masters Last Chance Meet on May 21 at the Somerset Hills YMCA. Nancy set a new standard in the 65-69 age group's 400 IM clocking 5:50.84 while Dieter established a new record in the 85-89 age group's 100 IM with a 2:33.28. **Both Nancy and Dieter broke their own records!**

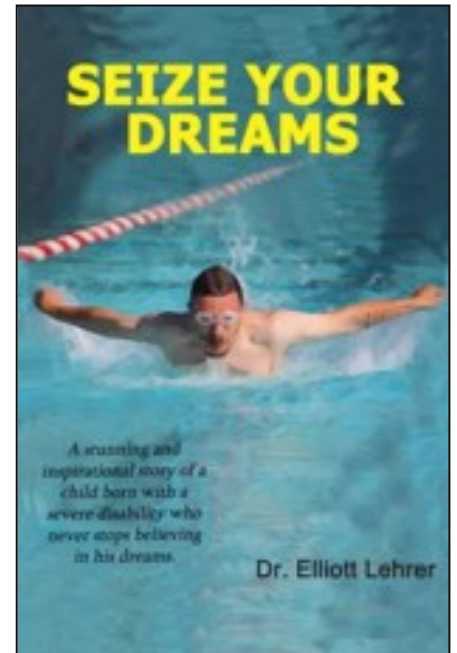
Congratulations to the following swimmers for setting new NJ LMSC SCY records at the YMCA Short Course Nationals Championship meet at the newly renovated International Swimming Hall of Fame pool in Ft. Lauderdale, FL on April 20-23, 2023. Women 50-54: Michelle Davidson, 54 - 200 back 2:29.25; Women 65-69: Deborah Cipriano, 66 - 50 free 29.98. Michelle and Deborah both brought home 4 silver medals each, and Michelle added 4 bronze medals as well!

NJ Masters Swimmer publishes new book!

New Jersey Masters swimming is proud to announce that one of our members, Dr Elliott Lehrer, has recently published a new book titled "Seize Your Dreams". The book is a biography detailing another one of our members, the author's son, Michael. The book is available on Amazon.

A must-read that will change the way you think about your ability to beat incredible odds and to achieve a rewarding, fulfilling and happy life.

Michael was born an apparently healthy child to a loving family. Then, in an instant, he and his entire family's lives were turned upside down. This is the remarkable but true story of a child born with a rare neurological disorder which, according to the odds, should have ended his life. This book chronicles Michael's traumatic struggle. In his twenties, still ravaged by complications of years of unrelenting seizures, destiny leads him to the improbable sport of swimming.



This is Michael's compelling story... an essential novel for everyone, which will inspire its readers to look beyond limitations and boundaries. This book will be deeply and profoundly meaningful to anyone with a family member, friend or loved one who needs an uplifting and genuine story of "beating the odds". This biography will change the way we cope with problems which initially seem insurmountable but through persistence and pure love move us from despair to contentment, satisfaction, and ultimately happiness.

The author will donate profits of the book sales to the following charitable organizations:

The Special Olympics

The Epilepsy Foundation of America

Citizens United for Research in Epilepsy

The Charlie Foundation for Ketogenic Therapies (for Epilepsy)

THE INNER GAME

By Ester Kim, USMS Level 3 Coach

“It’s not that I don’t know what to do, it’s that I don’t do what I know.” Across all sports, all over the world, and even across time, people have resonated with this statement because it’s so often true.

The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance by Timothy Gallwey, begins to unpack why, focusing on not just the physical aspects of the game but, as the title suggests, the mental side of sports. Originally published 50 years ago, its message is still very relevant today.

There are days that feel great, and there are days that feel like a drag. In tennis, you might be rallying great one minute, and tense playing a game the next. Similarly in swimming, your times sometimes turn out to be faster in the warm up compared to the main set. We’ve all been there.

And that’s because there’s more to a sport than knowing what to do, as well as more than being able to. There’s an outer game and an inner game going on at the same time in whatever sport you play. Gallwey, using tennis as an example, explores this concept and reminds us of our innate potential and ability to learn intuitively.

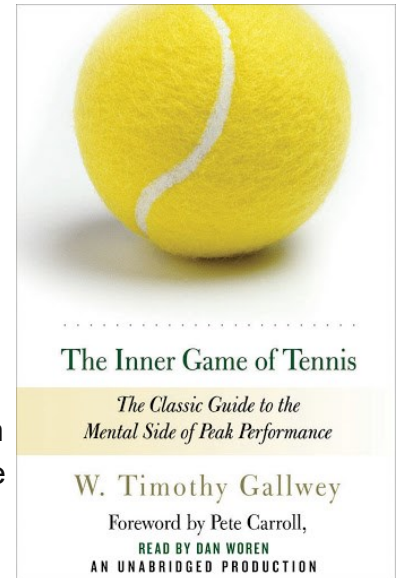
The big takeaway:

“If your body knows how to hit a forehand, then just let it happen; if it doesn’t, then let it learn.” This can apply to most anything, including swimming. And it works whether you’re just starting to learn how to swim or you’ve signed up for your first Masters event.

As Gallwey notes in the book, technique evolves the more you learn. And we’re all natural learners if we allow it - just watch a baby learn how to walk. That was all of us once.

So where’s the disconnect? Why do even top athletes make mistakes? Why do we keep doing the things we do, even when we know better form? “In short, we worry too much and don’t concentrate very well.” And when we look within ourselves, Gallwey proposes we’ll find two selves.

We tell ourselves cues and oftentimes judge and get frustrated with ourselves. Breaking down that conversation within, there is a self 1 and a self 2. The first is the critical mind that knows what to do theoretically and the second is the intuitive self that actually does whatever it does. And therein lies the disconnect.



Letting it happen, or letting it learn, means to quiet self 1 and trust self 2. It doesn't mean not to think, but to be the one who directs your own thinking - learning to focus it.

Peak performance is often described as being in the zone, where you're not thinking of any one thing but rather taking it all in. It's the art of relaxed concentration. In practice, Gallwey suggests placing focus on a simple thing like the seams of the ball (great for tennis) or your breath (perfect for swimming!).

And if you want to change your technique, Gallwey suggests this method to guide our natural learning instincts (and our natural strokes, which differs for everyone):

Step 1. Nonjudgmental observation.

The first step is to see your strokes as they are. Forget should's and experience *is*. For instance, knowing where your arm should be, isn't feeling where it is; knowing what your arm didn't do, isn't feeling where it is; feeling where it is, is knowing where it is.

Step 2. Picture the desired outcome.

Visualization - we've all heard of it by now. Watch other great swimmers, not thinking about what it is they're doing exactly, but simply trying to grasp a visual image. See yourself doing it.

Step 3. Trust self 2.

Give your body a chance to explore the possibilities. If it doesn't come immediately, don't force it. Trust the process and let it happen. Discover for yourself what it *does* mean.

Step 4. Nonjudgmental observation of change and results.

Watch it change. Nonjudgmental awareness doesn't ignore the fact, it accurately observes without labeling events as good or bad. Then repeat/practice until you have reason to believe a new groove has been established.

In regards to the learning process, grooves, and supposed good/bad habits, the last quote of Gallwey's I'll leave you with is this:

"The groove may be there, but you're not in it unless you put yourself there. ... A child doesn't have to break the habit of crawling, because he doesn't think he has a habit. He simply leaves it as he finds walking an easier way to get around. ... In short, there is no need to fight old habits. Start new ones."

And really, practice. As Gallwey says, there is no other way. If your mind wanders, simply bring it gently back. And if you've made it all the way here, try it the next time you're in the water (and maybe check out the book too).



Save The Date

**NJ Masters Swimming
Annual Awards Banquet...**

October 1, 2023!

Details to follow!

**If you're being recognized,
be sure to save the date!**



Congratulate the 2022 CMRPA Award Recipients when you see them!

35 Year

Judy Lee
Richard Wallace

30 Year

Scott Yeomans
Jack Zakim

25 Year

Robert Barrish
Elizabeth Bromley
Don Denny
Jacqueline Glasser
Kathleen Hurley
Gail Seelig

20 Year

Yves Baeyens
Karen Charen
Laurie Ditommaso
Jane Fisher
Steven Levine
Frank McElroy
Barbara Rosenbaum
William Sullivan

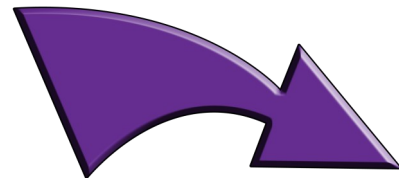
15 Year

Sarah Clark
Tim Clewell
John Esser

Bridgette Hobart
William Kosakowski
Drew Moll
Beth Poore
Martin Scheidl
Nancy Wagner

10 Year

Tom Burkhardt
Deborah Cipriano
Mark Corl
Jose Faria
Robert Fisch
Irene Fisher
Matthew Gann
Mark Haftkowycz
Norma Jones
Mary Konsolaki
David Leit
Bob Nissen
Arun Rao
Michael Recchia
Julie Schoenlank
Cathy Signorin



2022 CMRPA Award Recipients Continued

Tricia Hiller

5 Year

Philip Allocco
Chuck Belinsky
Barbara Berg
Dmitry Biryukov
Leslie Bradley
Mary Breslin
Michael Brogan
Mike Burke
Piper Burrows
Maria Campese
Keith Christoffers
Alyssa Colasurdo
Dawn Dellaratta-Duffy
Thomas Diemar
Mary Eckel
Patrick Elsevier
Richard Endris
Greg Faughnan
Michael Fey
Martina Freeman
Robert Freund
Liam Gallagher
Kathy Godfrey
Sandra Gogerty
Matthew Goral
Amber-Sky Green
Alison Headley

Pedro Moreno
Myra Muhammad
Will Murtishaw
Angelica Oliveira
Hank Oppenheimer
Flavio Pardo
Eileen Rath
Maria Rawley
Lynne Rider
Lucila Robert
Omer Sabuncu
Darrell Sandel
David Slavin
Gertrude Sloan
Scott Snyder
Michael Tucker
Jennifer Tull
Angela Vietmeier
Patrice Weil
Natalia Wika
Linda Witte
Ken Yanovsky
Soraya Zahedi
Peter Zhang



What are you doing?

We Want to Hear from You

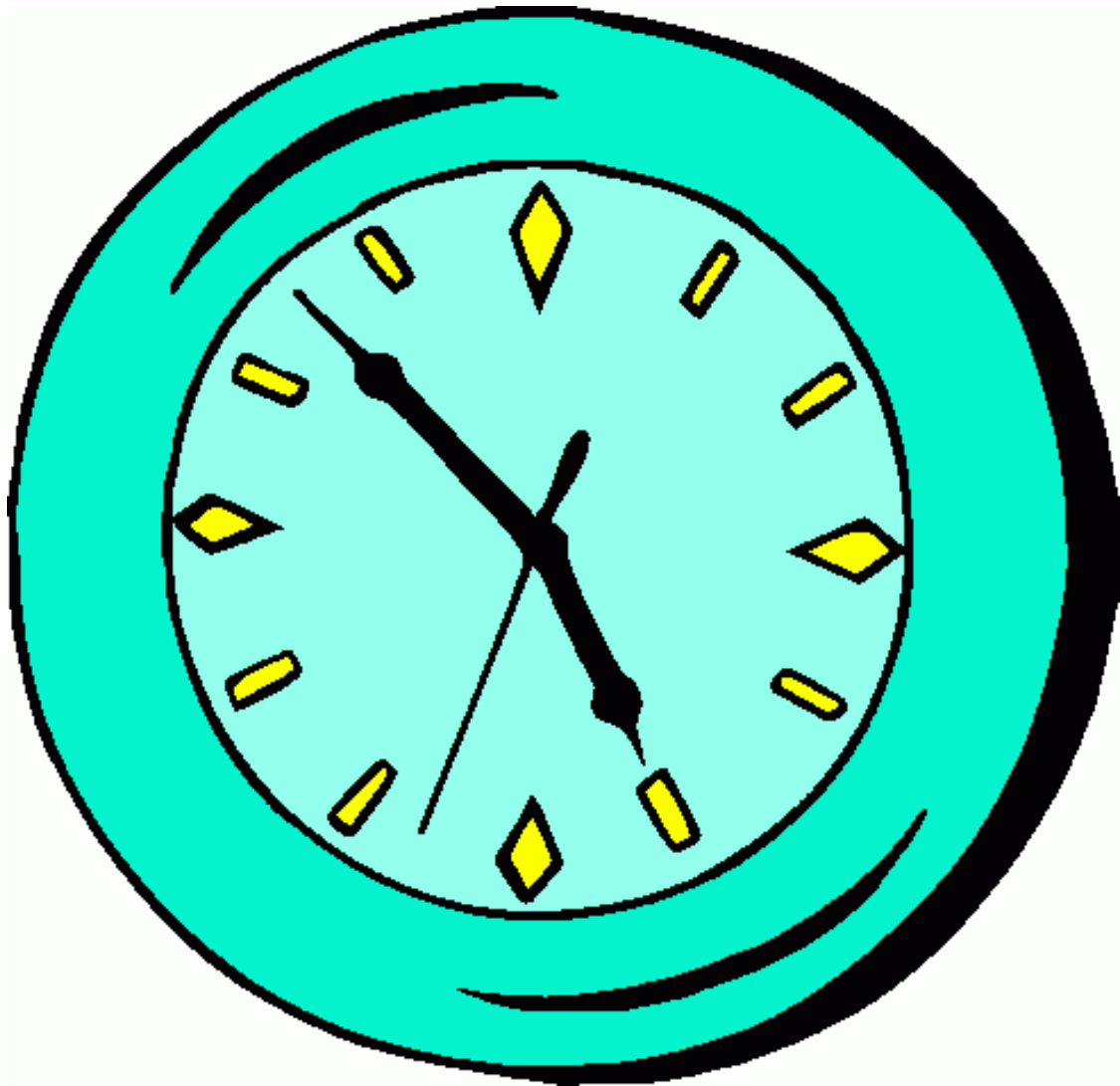
**What are you doing to
make it happen?**

We would love to hear from you!

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

And/or your swim pictures and stories!

editorfastlane@gmail.com



Email editorfastlane@gmail.com

August 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