

FASTLANE



NJ LMSC Newsletter

November/December 2023

Dear fellow members,

On Sunday 12/3 we had the Board meeting to elect the volunteer members of the NJ LMSC Board. This year we had two long-standing Board members retire. Susan Kirk, who had been the Chair for a number of years and most recently had been the Secretary, and Jen Bauman who has been the Sanctions Chair. Both Susan and Jen have been amazing volunteers for the Masters swimming community and their contributions are going to be missed by the Board.

During the meeting we planned out 2024 and discussed ideas on new events we can host in the coming year. Our goal is to provide the Masters swimming community in New Jersey the opportunity to participate at the level they want. Whether that is competing at Nationals, finding a workout group or learning how to swim. We want to make sure our members can take advantage of all the benefits that swimming can offer.

At the end of the meeting we confirmed the election of the Board, welcoming Lorna Cialdella-Morehead as our new Sanctions Chair and Chris McGiffin (a long-standing board member) as our new Secretary and Vice Chair. Thank you to all the Board members! We could not do it with out your help!

I am looking forward to a fun and productive 2024.

Gerald O'Mara

Board Chair



NJ LMSC VOLUNTEERS

Chair

Jerry O'Mara

Vice Chair

Chris McGiffin

Secretary

Chris McGiffin

Treasurer

Mike Recchia

Co-Registrars

Tom Brunson, Chris McGiffin

Sanctions & Safety Chair

Lorna Cialdella-Morehead

Top Ten Records

Ed Tsuzuki

Newsletter Editor/Design

Sara Harrison Johnston

Open Water Chair

Marie Vellucci

Coaches Chair

Fitness Chair

Linda Brown-Kuhn

Webmaster

Laura Smith

Officials Chair

Marie Vellucci

Event Coordinator

Paola Morchio

Special Projects

Ester Kim, 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, 2024 50/50s Jersey Aquatic Club

(formerly Berkeley Aquatic Club) at 629 Central Ave, New Providence, NJ, 10am-12:30pm. See page 8 for details.



NJ Masters Swimming Board

Volunteer Update

Special thanks to all our volunteers!

2024 NJ LMSC Board Volunteers

Elected volunteers:

Chair: Gerald O'Mara

Vice-Chair: Chris McGiffin

Co-Registrars: Tom Brunson and Chris McGiffin

Treasurer: Mike Recchia

Top Ten/Records: Ed Tsuzuki

Newsletter Editor/Graphic Designer: Sara Johnston

Secretary: Chris McGiffin

Sanctions & Safety Chair: Lorna Cialdella-Morehead

Appointed volunteers:

Open Water Chair: Marie Vellucci

Fitness Chair: Linda Brown-Kuhn

Officials Chair: Marie Vellucci

Webmaster: Laura Smith

Events Coordinator: Paola Morchio

Coaches Chair: OPEN

Special Projects ~~ Ester Kim, Susan Kirk, Chris McGiffin and Bill Reichle



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

January January January

**Rupakshi Aggarwal
Greg Ambra
Jorge Angulo
Nicole Bearce
Leisa Begley
Hakim Ben Aissa
Dmitry Biryukov
Fay Bizub
Michael Bradley
Sandra Brighthouse
Donald Buglino
Mike Burke
James Campbell
Stephanie Carroll
Roy Chen
Alan Chodosh
Sarah Clark
Larry Cohen
Mike Cohen
Anthony Colon
Daniel Curiale
Susan De Angelis
Susan DeMetropolis
Eileen Dobil
Joe Donohue
Keith Drayer
Sarah Exposito
Greg Farrell
Gregory Fernicola
Vittori Ferrari
Carolyn Fischer
Jane Fisher
Steven Friedberg
Nancy Goering**

**Edward Goracy
Lisa Gray
Jonathan Grubb
Darek Hahn
Atsushi Hamanaka
Carla Harris
Alison Headley
Peter Hempel
Denise Hewitt
Marianne Hoff
Matthew Joslyn
Lauren Kalinowski
David Kaufman
Jennifer Keeling
Kathryn Kelly
Mingi Kim
Kenneth King
Judy Lee
Jessica Lituchy
Dan Maceyak
Anastasiya Malyuta
Francesca Mancuso
Theresa Mattei
Ricardo Mattos
Amanda Maxwell
Curtis Miller
Andrew Mravca-Bailey
Steve Nagle
Stephen Neville
Gary Ojeda
Cande Olsen
Kim Patchett
Marlon Paz
Kimberly Plewa**

**Hannah Posluszny
Lisa Prazak-Stockwell
Joe Puvogel
Bill Reichle
Katie Reilly
Samuel Remis
Greg Romano
Deborah Rosenthal
Jhoanna Sanchez
Teresa Scheri
Fang Schmitz
Bonnie Schwartz
Leigh Segal
David Sette
Philip Sherratt
Andrew Solomon
Katarina Spackova
Melissa Stump
Nicole Sullivan
Gene Tavera
Susan Thiel
Christopher Trigg
Joy Tsuzuki
Angela Vietmeier
Jens Volker
Philip Von Schondorf
Michelle Wriede
Xiaozhi Ye**



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



February February February

Brandy Alvarez
Paul Anderson
Lourival Baptista
Thomas Barnes
Michael Brandt
Victoria Brennan
Emily Caldwell
Corinne Capone
Denise Carlson
Richard Carlson
Dan Chamby
Lin Chang
Deborah Cipriano
Dean Colucci
Maria Coman
Philippe DeGreef
Dawn Dellaratta-Duffy
James Dion
Heidi Einolf
Kenneth Ellis
Janet Estenes
Christopher Falco
Robert Fisch
Jennifer Freeman
Dean Giacobbe
John Giannasca
Ronald Gilbert
John Giordano
Damaris Gonzalez
Sanna Greenberg
Yumei Guo
Taulant Hakaj
Katherine Haloburdo
Jon Halpern
Jane Ikeda
Jeffrey Jotz
Eric Kane
Sally Kleeman
Brian Kusterer
Kenneth LaRossa
Michael Lavitt
Tim Leonardo
Peter Levin
Zahava Lipton
Jiahui Lu
James Lynch

Wei Ma
Charles Manna
Michele Marchitto
Erika Maresca
Kurt Matheson
John McCarthy
Linda McDonough
John Menninger
Paulius mikalainis
Wendy Mo
Drew Moll
Stephanie Moore
Meaghan Murphy Donnelly
Will Murtishaw
Gerald O'Mara
Grace Palfreyman
Ashley Park
Kamila Pawka
Jeanne Perantoni
Vladimir Pletnev
Heidi Remak-Ziff
Rob Ripp
Richard Rosenberg
Nicole Sabbatino
Darrell Sandel
Julie Schoenlank
Richard Schubert
Scott Seibel
Philip Sosidko
Joanna Stahl
Alexander Stolarz
Jennifer Stone
William Sullivan
Jan Swenson
Ann Thompson
John Timoney
Larry Van Horn
Simon Vaynshtok
Shayne Veramallay
Darryl Waskow
Patrice Weil





RELAY2023

EVENT DEVELOPMENT
— HOUSTON —

U.S. Masters Swimming held the 2023 USMS Volunteer Relay in Houston this past October. Volunteer Masters swimmers from all over the country gathered to network, share ideas, collaborate, and motivate each other through a series of workshops and discussion topics. Special thanks to Paola Morchio, Jerry O'Mara and Ed Tsuzuki who represented our LMSC! Here are their take aways!



Left to right

Ed Tsuzuki, Paola Morchio, and Jerry O'Mara at the USMS Relay 2023 Event Development in Houston.

"It was an honor to represent the New Jersey LMSC at the recent 2023 Volunteer Relay - an event put together by the U.S. Masters Swimming LMSC Development Committee along with the USMS National Staff to help LMSCs put together attractive and fun events (both pool and open water) while still adhering to USMS sanction and competition rules. The event was extremely well organized and it was great to meet so many dedicated and enthusiastic volunteers from across the country. As an event director myself, I was particularly interested in some of the more creative ideas shared by other more experienced event directors in other LMSCs. The other valuable insight was to see how other LMSCs provide creative assistance to their local event directors - something that as a member of the NJ LMSC board, I hope to see us implement as well." Ed

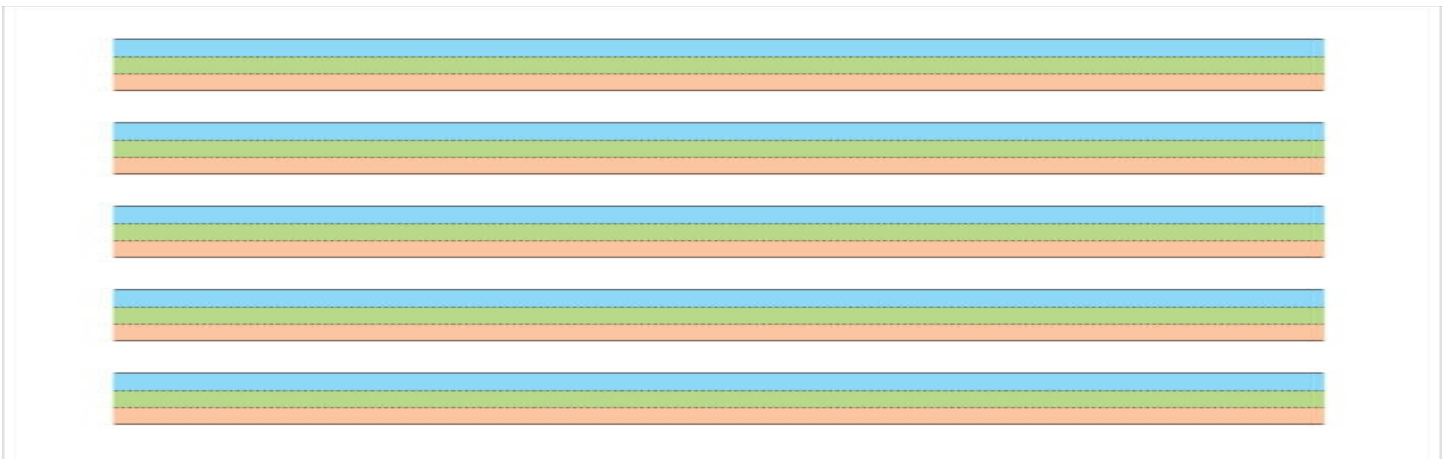
"I shared the opportunity to represent NJ Masters at the 2023 Relay with Ed Tsuzuki and Paola Morchio. The theme of the Relay was Events. I learned a lot about how events give our membership the chance to come together and enjoy/develop their passion for the great sport of swimming. It was great to learn about the creative and fun events other LMSCs are hosting. I know we all came away excited about how we can support our members who are hosting events as well as create new events for the masters community to enjoy." Jerry

"I had the honor to represent for the first time the New Jersey Local Masters Swimming Committee (NJ LMSC) at the USMS 2023 Volunteer Relay Event. All the sessions were informative, the speakers and presenters were engaging and I had the opportunity to connect with other passionate individuals in the swimming community from all over the US. I gathered ideas and hopefully I will be able to apply some of them in our swimming community to create a positive and engaging environment for all the New Jersey Masters swimmers." Paola



Congratulations to the following NJLMSC swimmers who set new short course yards records at the National Senior Games in Pittsburgh, PA on July 14-17, 2023. Women 65-69: Deborah Cipriano (66) - 50 free 29.82. Larry Seidman (75) - 100 fly 1:39.86. Mixed 65+ 200 free relay - Raritan Bay Area YMCA - Meredith Lyndon (66), Margaret Lecarreaux (77), Elliott Lehrer (67), Francis Norek (66) 2:23.14

Congratulations to Richard Schubert (71) for setting a new NJLMSC record in the 2023 3000 yard USMS Virtual Championships with a time of 51:32.33.





Don't Miss The 50 x 50's!

Kick off 2024 right by swimming the 50 x 50's on January 1, 2024 from 10am-12:30. This FREE event, sponsored by the NJ LMSC, is open to NJ LMSC swimmers with 2024 registration. The event will be open to 75 swimmers. The pool will be set up in Short Course Yards. Check in will start at 9:45. After a group photo, the swim will begin at 10:15. Refreshments will be available after the swim.

The swim will be held at the Jersey Aquatic Club (formerly Berkeley Aquatic Club) at 629 Central Ave, New Providence, NJ 07974. Online registration is open now by going to <https://forms.gle/pDx16YF8jZCxi7Zy9>



50/50^S





IT'S BACK! The annual holiday challenge swim sets!



Thanks Deirdre O'Mara!

12 days of Christmas Set

A perennial favorite is the "12 Days" but this set is LONG! So set aside time to get it all done. The 200 is always IM and the 125 is always done as kick, followed by a 100 stroke.

Total yards: 9100.

Day 12	Day 11	Day 10	Day 9	Day 8	Day 7	Day 6	Day 5	Day 4	Day 3	Day 2	Day 1
300	275	250	225	200 IM	175	150	150	100	75	50	25 EZ
275	250	225	200 IM	175	150	150	125 Kick	Stroke	50	25EZ	
250	225	200 IM	175	150	125	125	100	75	25 EZ		
225	200 IM	175	150	125	Kick	Kick	Stroke	50			
200 IM	175	150	125	Kick	100	100	75	25 EZ			
175	150	125	Kick	100	Stroke	Stroke	50				
150	125 Kick	Kick	100	Stroke	75	75	25 EZ				
125 Kick	100	100	Stroke	75	50	50					
100	Stroke	Stroke	75	50	25 EZ	25 EZ					
Stroke	75	75	50	25 EZ							
75	50	50	25 EZ								
50	25 EZ	25 EZ									
25 EZ											

The Hanukkah Set

The pattern is similar to the "12 days" but you reverse the pattern. The last night of Hanukkah is THE fun night of the set! The 25 is always a recovery pace and you should descend through the night's yards.

Total yards: 3000.

Night 1	Night 2	Night 3	Night 4	Night 5	Night 6	Night 7	Night 8!
25	25	25	25	25	25	25	25
	50	50	50	50	50	50	50
		75	75	75	75	75	75
			100 IM	100 IM	100 IM	100 IM	100 IM
				125	125	125	125
					150	150	150
						175	175
							200

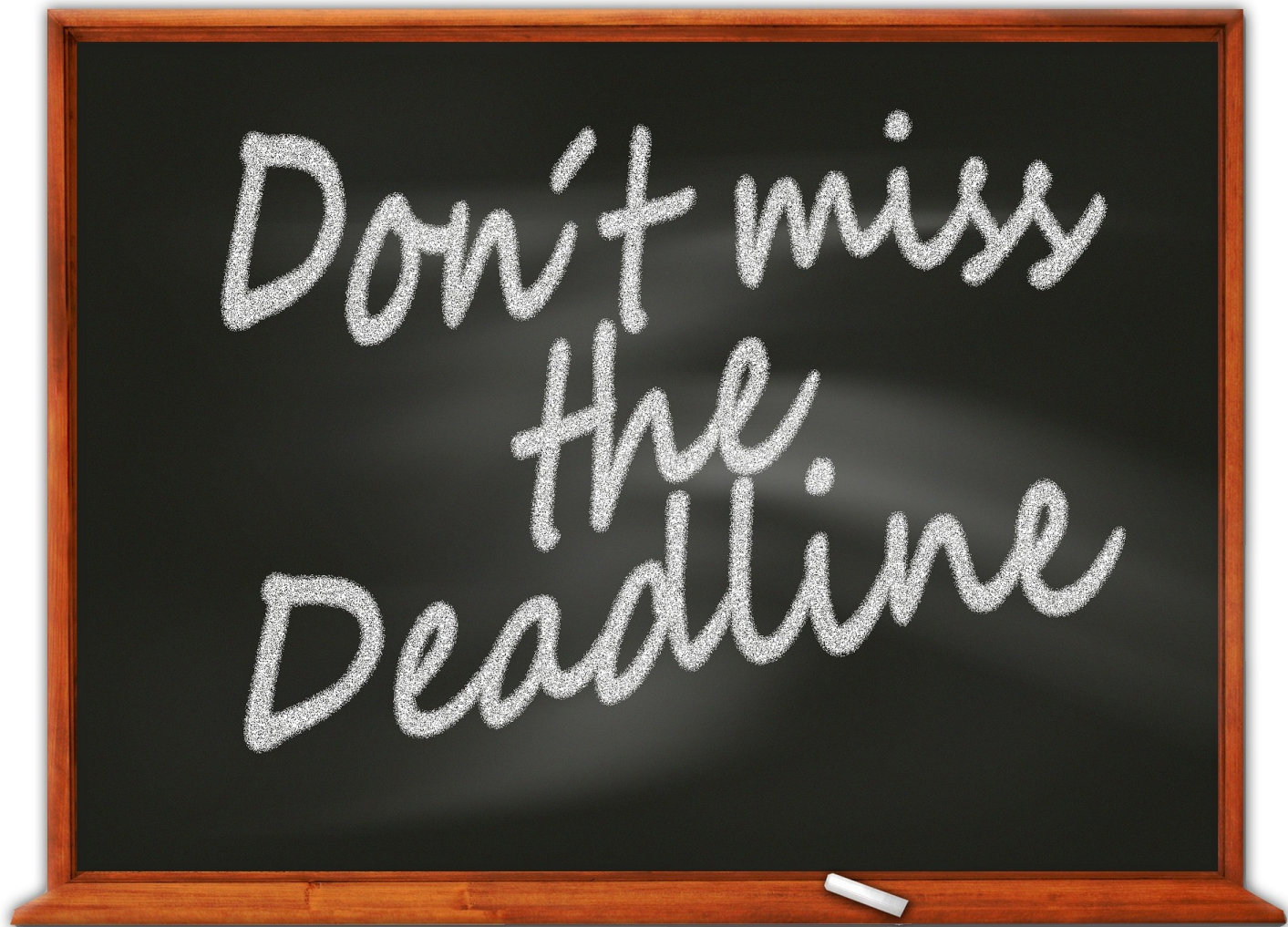
Register today!



**If you haven't already,
don't forget to**

Click  [renew](#)

your membership!



Email editorfastlane@gmail.com

February 1, 2024

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