

FASTLANE



NJ LMSC Newsletter

September/October 2023

Fun stuff in this issue!



**Last Chance
End of the
Summer
5K Pool Swim**



Workout!



**A snippet
from Paul
Kiell's Book**



**Continuous
Member
Awards Banquet
pics and award
winners!**



**Coach and
Swimmer Stroke
Development
weekend
scholarship
reimbursement
Recipients**

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To contact any of the volunteers
click here

[NJ LMSC Board Volunteers](#)



USMS Go The Distance 2023

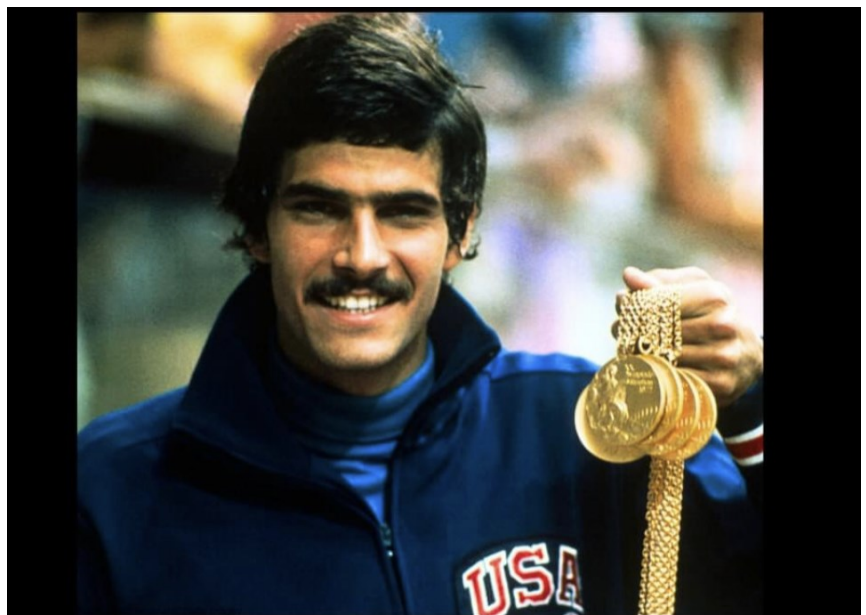
All 2023 USMS swimmers are eligible to enter this free event! [More](#)

[information](#) GTD Support Team email:

events@usmastersswimming.org

2023 USMS Fitness Series

held throughout the year. [Event information](#).



9-time Olympic champion Mark Spitz jokingly told the Russian swim team coach in 1972 that his moustache increased his speed in the water. The next year, every Russian swimmer was sporting a moustache.

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

NOVEMBER

Donna Adamoli
Jennifer Adams
David Allred
Alison Arakelian
Sara Barrett
Jennifer Bauman
Elizabeth Bautista
Arun Bheemaroo
Philip Binaco
Ann Bischofberger
Virginia Bonilla
Mary Breslin
Richard Brown
Piper Burrows
Alyssa Byrnes
Frances Caggiano-Swenson
Fletch Callahan
Brooke Casey
Zhiyang Chen
Dongho Choi
Alyssa Colasurdo
Sean Crowley
Don Denny
Philip DeRita
Lyne Desormeaux
Eyal Dimant
Eric Dirvin
Jean Dugan
Edward Dunne
Bruce Ellsworth
Shane Fitts
Peggy Fleming
Lucien Fray
Lori Freeland-Morris
Cintra Fricke
Liam Gallagher
Matthew Gann
Thomas Giacino
Lauren Glenn
Mitchell Goldman
Cathleen Goldstein
Thomas Gortych
Alessandro Graziano
Stan Hansen
David Hauck
Tricia Hiller

Liat Hirsh
Chen Hu
Robert Huminski
Richard Infield
Kimberly Kallansrude
Caitlin Kevins
Suzanne Klein
Wataru Kohno
Robert Kupperman
Beth Landau
Erin Lee
Steven Levenson
Steven Levine
Jill Loveland
Morgan MacKay
Alyssa Macones
Thomas McManus
Rob Moskow
Bob Nissen
Jeanne Picariello
Thinle R
Michael Read
Michael Recchia
Larry Reines
Barbara Rosenbaum
Lisa Rosynsky
John Sabatino
Donald Sawyer
Louise Senato
Jeffrey Sinclair
Eli Tepperberg
Kristin Thorne
Leslie Trott
Judy Vetick
Robert Votruba
Elizabeth Weber
Adam Weiss
Francis Whitaker
John Zipp



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



DECEMBER

Kevin Akinskas
Andrea Beganskas
James Brady
Elizabeth Bromley
Josephine Camacho
Sue Charatan
Jessica Chavez
Anne Clewell
Ann Dandurand
Robert Dealy
Claire Defoe
Albert Di Prizito Jr
Charlie Dunne
Jonathan Fabietti
Brian Fagan
Nick Farr
Lisa Felderman
David Feldman
DBrickashaw Ferguson
Robert Fetter
Christine Gallo
Sarah Gill
Amber-Sky Green
Suh Gruppuso
Bonnie Guth
Kristen Guth
Luke Hourani
John Hunt
Carol Jordano
Hwayoung Kim
Shelley Krause
Michael Lehrer
Marissa Licata
Oren Livne
Norma Lucero
Lawrence Maraldo
Carol Martyniuk
Peter Middleton
Myra Muhammad
Olivia Myszkowski

Daniel Nemeth
David Padilla
Ashley Pertsemlidis
Lee Pressler
John Przedpelski
Amy Rappaport
James Rawley
Joshua Raymond
edward Reed
Mark Register Jr
Rachele Renzulli
Donna Rosenberg
Glenn Saunders
Patrick Savidge
Rick Schluter
Karin Schreur
Shelley Schubach
Jennifer Seda
Anne Silverman
Michael Sloan
Sean Smith
Stephen Soisson
Elena Soisson
Theodore Stephens
Allison Strohson
Spencer Sullivan
Carol Sunada-Wong
David Thomas
Ed Tsuzuki
Hernan Vespa
Richard Wallace
Andrew Wallace
Christopher Welgos
James Williams
Richard Wismer
James Wood
Nicholas Wurtz
Kelly Young
Brenda Ziegler



Coach and Swimmer Stroke Development weekend scholarship reimbursement Recipients!

In March, the NJ LMSC sponsored a Coach and Swimmer Stroke Development weekend. NJ LMSC attendees (who were registered NJ LMSC members and successfully completed the certification courses) were offered the chance to get a scholarship reimbursement for the courses.

Besides passing the course exams, each scholarship applicant had to fulfill one of the following requirements:

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

Kudos to the following USMS Coaches!

Eddie Filipovic

~ serves as a substitute on-deck coach for Mike Gemelli at Rutherford Masters Club.

Mike Gemelli

~ serves as the head coach of the Rutherford Masters Club in Rutherford, NJ.

Ester Kim

~ submitted a May/June Fastlane Newsletter article "THE INNER GAME".

Anne C. Laurita

~ submitted a March/April Fastlane Newsletter article "Just Keep Swimming & Just Keep Learning -- A few reflections on the USMS Coach Certification Weekend".

Chris McGiffin

- serves as a JAC Masters Coach and volunteered at the SCYM Summer Tsunami Meet (6/17).

Eugene Sharp

~ serves as a substitute on-deck coach for Ed Tsuzuki at Somerset County YMCA Masters.

Great job everyone!

Last Chance End of the Summer 5K Pool Swim

Twenty-six swimmers participated in the 2023 Last Chance End of the Summer 5K Pool Swim on a sultry September 9th morning. This year the event (free to all 2023 registered NJ Masters members) was held at the 6-lane long course New Providence Community Pool.

Special thanks to Bill Reichle for his invaluable assistance as well as to Jen Bauman, Beth Maloney, Jerry O'Mara, Dave Feldman, Jim O'Day, Richard Wallace and anyone else I have forgotten to mention who helped with the lane lines before and after the swim.

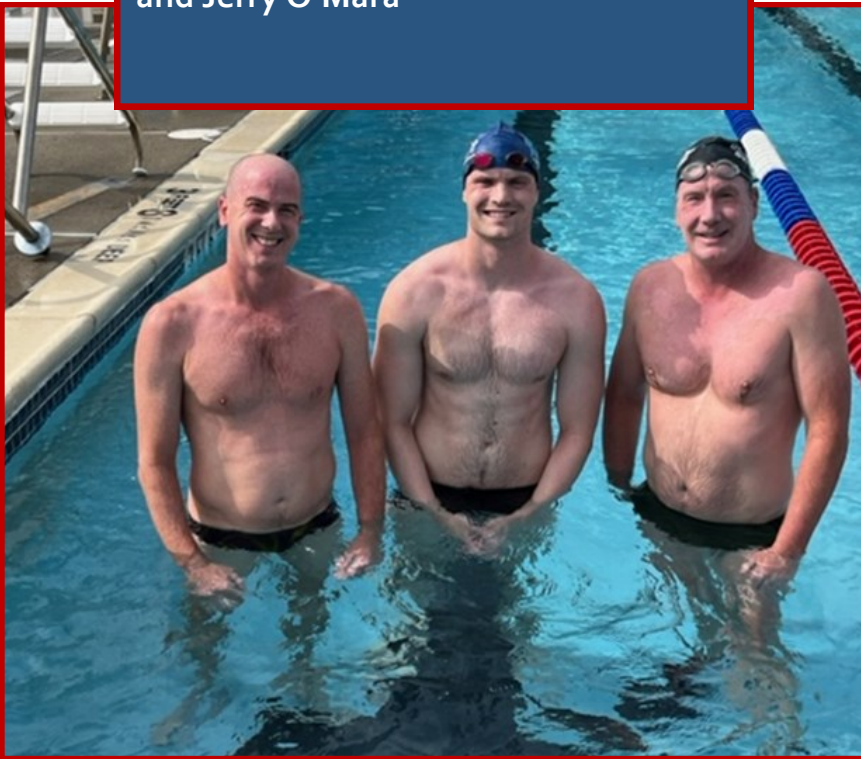
--Linda Brown-Kuhn, Fitness Chair



Photos by Linda Brown-Kuhn



L-R Jim O'Day, Harry Clewell
and Jerry O'Mara



Front l to r: Susan Howley, Mary
Breslin, Laura Tyson

Back row: Michelle Ray, Richard
Wallace



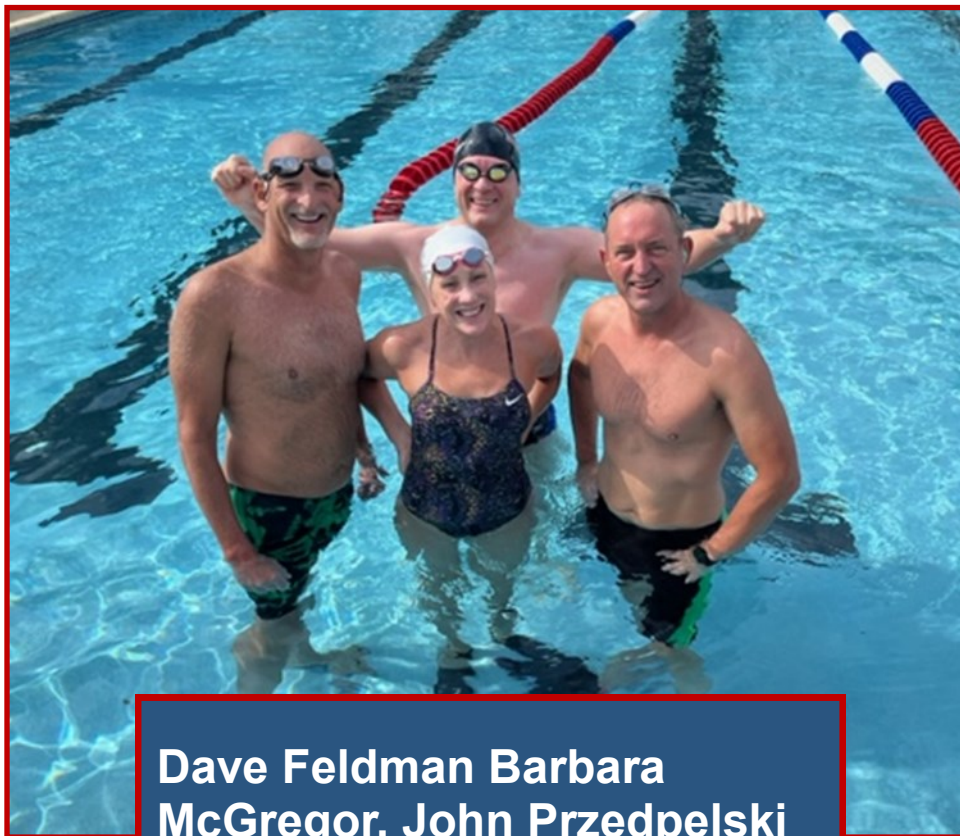


**Albie
Ashbrook,
Ashley
Pertsemlidis,
David
O'Dougherty**



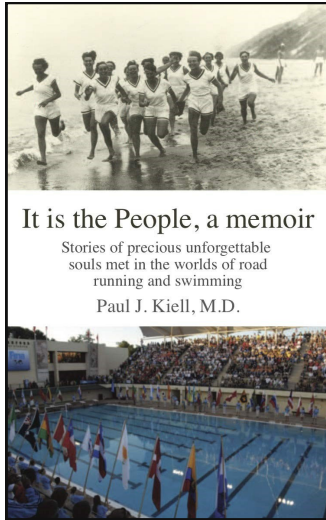
**Beth Maloney,
Donna
Adamoli, Sarah
Sangree, Bill
Reichle, Jen
Bauman**





**Dave Feldman Barbara
McGregor, John Przedpelski
and Yves Baeyens in the back**





Thanks Paul Kiell for sharing a chapter from your book!

If only it could be ...

How many times and in how many situations do we utter that phrase, “if only it could be?” Let me tell you of a time it came home to me.

It was 2006, and the place was the international masters swimming contest, held that year at the state-of-the-art swimming complex of the Stanford University Avery Aquatic Center. Qualified Masters swimmers from all over the world would enter. Competitors qualified by their performance in competition over the past 12 months of 2005-2006. I made it in the 75-79-year-old group for the 200-meter backstroke and the 800-meter freestyle.

It would be a gathering of more than 8,000 “world-class athletes” in swimming, water polo, and synchronized swimming competitive events. But the overall atmosphere made it hard to believe it was actually competitive. It was the World Series for the little guy, in a contest considered then to be the world’s largest competitive aquatic event.

A wonderful note was struck right at the opening ceremonies that took place in one of the warmups pools the evening of August 3rd, 2006:

Over the loud speaker the president of the United States Master’s Swimming organization asked everyone to yell “Welcome” in their native tongue. He gave the signal and what came forth was a harmony in cacophony, setting the tone for what was to come in the next days.



I was in two events and competing within one of the older age groups. Medals were given to those finishing in the first eight places. I was able to garner two medals and was celebrating with Jeff Jotz and another of my younger teammates:



While posing on this elevated grassy knoll, a swimmer standing at pool level was enthusiastically signaling with upturned thumbs. Smiling broadly, he came up to us and said “We take picture with you!” He was a swimmer from Slovenia, a country once part of Yugoslavia. With a few of his teammates, someone from his **Team Slovenia** clicked his camera and this picture was later dispatched to my e-mail address.



I look back now at that day. I wasn't thinking about issues so much then as now but within that moment we had a harmony, we had the answer, that we're all part of the same team, that we're all in this thing together, one people, one team. We had it then if just for the instant. It was one of those rare magic moments. If only it could be ...



Happy October fellow swimmers!

I hope that you are finding time to swim this fall! In early September, I was lucky enough to attend the American Swim Coaches' (ASCA) International Meeting in Dallas, Texas. I thoroughly enjoyed the meeting even though I did not know a soul! I met terrific people and learned a lot about swimming from some of the finest coaches in the sport. Several things kept reappearing in coaches' discussions of their workout seasons...kicking in workout OFTEN and A LOT especially in the beginning of the season and consistent dryland training over the whole season- keep both in mind for new depth in your training! So give this workout a try! ~~~ Deirdre O'Mara

Warm up:

400 Free

4 X 50 Drill swim by 25

300 Free

4 X 75 as 25 Breaststroke arms with free kick, 25 backstroke, 25 free

1200/1200

Preset:

2 times thru-

3* 75 1 easy on 1:15, 1 build on 1:10, 1 fast 1:00

25 easy

750/1950

Main Set

6X 50's 25 zombie kick (on your back, arms out of the water extending to ceiling and perpendicular to water) then 25 free 1:00

200 Free smooth free, focus on kicking past the flags! 3:00

3 X 100's with descended interval by 10 seconds so 1:30, 1:20, 1:10

50 easy, reset

(maybe second round with fins, and fly kick with arms at your side!)

1700/ 3650

With fins:

5 X 50 Free with a flipturn BEFORE the T on the bottom of the pool! Use your fly kick legs to recover the streamline body position :50 with effort.

250/ 3900

Warm down 100 easy

4000 total

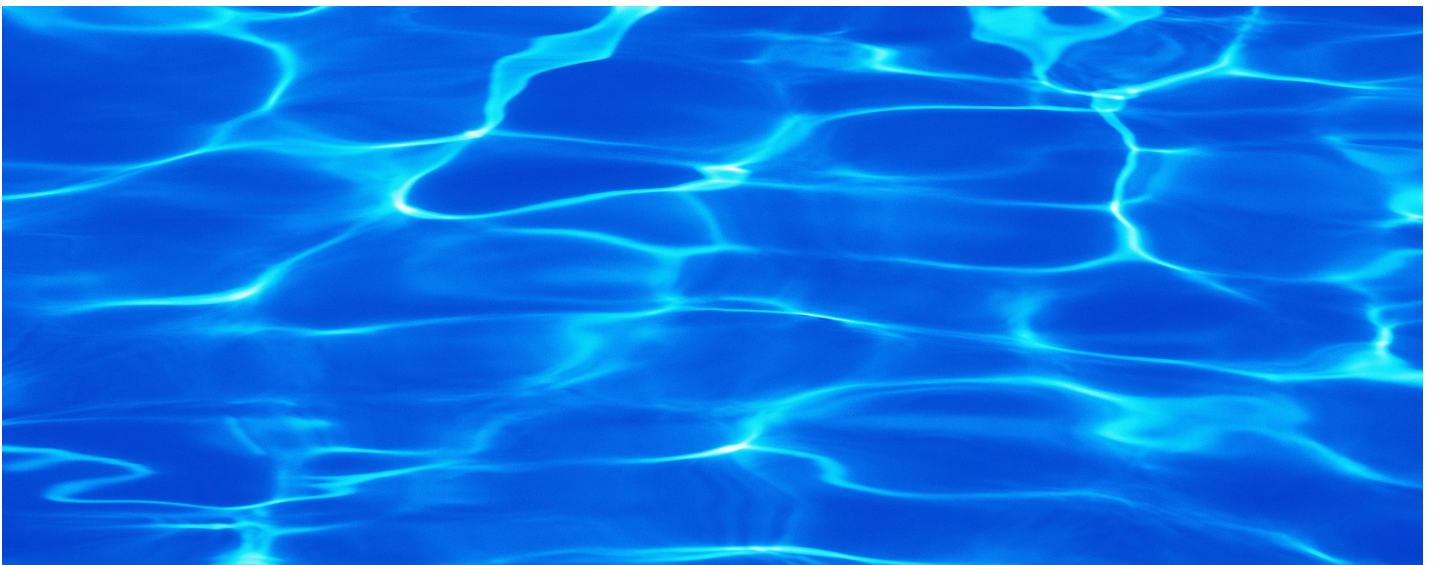
Fun story!



**We love when readers send in
pics and stories!**

Thanks Linda Brown-Kuhn for sending the Fastlane this awesome story!

Click the bubble for the story!



OH! WHAT FUN!

Continuous
Member
Awards Banquet
pics and award
winners!



Thanks Deirdre O'Mara!



**More
CMRPA
Award
Banquet
Photos!**



Guest
Speaker
Bruckner
Chase!

**So
Much
Fun!**



Congratulations
to all our 2022
NJ Masters
Swimming
Continuous
Membership
Recognition
Award Recipients!

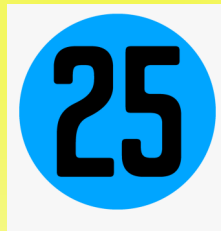




Judy Lee
Richard Wallace



Scott Yeomans
Jack Zakim



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



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



***Sarah Clark
Tim Clewell
John Esser
Bridgette Hobart
William Kosakowski
Drew Moll
Beth Poore
Martin Scheidl
Nancy Wagner***



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

5

**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
Tricia Hiller
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's going on?
Send in *your swim
pictures and stories!***

To:

editorfastlane@gmail.com



Email editorfastlane@gmail.com

December 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