

MASTER'S SWIM NEWSLETTER

SJAC MASTERS SWIM NEWS LETTER

**INSIDE THIS
MONTH'S
ISSUE:**

SAVE THE DATE

**MASTER'S
OPEN HOUSE**

SEPT 25TH @ 3:00

**NEW & IMPROVED
AQUATIC
EXERCISE
CLASSES**

**NEW TRAINING
TIPS FROM OUR
COACHES**



MEET COACH DEB KASSEKERT

Hello, my name is **Deb Kassekert** I have been passionately coaching triathletes & swimmers for 7+ years. Previously, I had a long career as a Registered Nurse specializing in adult fitness training. I carried my passion for adult fitness & health into the sport of triathlon, coaching triathletes & swimmers. I am an ACE Cert Personal Trainer, USAT Level 1 Certified Coach & a USMS Level 1 & 2 Cert Swim Coach. In addition, I completed multiple education programs on different aspects of freestyle & open water swimming in a triathlon.

I became a confident & strong swimmer at a very young age. My swimming passion was revived once I entered the sport of triathlon many years ago. I've been competing in triathlons, Sprint, Olympic & Half Ironman Distance for 12 years with many podium finishes & qualifications for USAT Nationals.

My proudest moments come each time a client either learns to swim, improves their swim, and/or learns how to improve their training so they can meet their goal or goals.

Fun Fact! I love the mountains & hiking with my husband & 2 dogs

“SUCCESS HAPPENS ONE LAP AT A TIME.”

R. AHREN

Coming Up...

FALL 2021 PROGRAMS

Aqua Fit

Tuesdays 11:00 AM - 12:00 PM

This aerobic workout in the shallow water includes walking, light jogging & upper body exercise to develop & improve fitness. Water shoes are optional.

Swim Jog

Thursdays 7:30 AM - 8:30 AM

Join us for this 30 min freestyle swim workout including short intervals & drills to improve skill & fitness in the water followed by 30 min aqua jogging in deep water.

Intro to Triathlon Swimming

October 16th - 1:00-2:15 pm | November 20th - 1:00-2:15 pm

Learn the basics of swimming freestyle for a triathlon!

Skills included will be breathing, body position and, rotation. Registrations are limited

PRACTICE, PRACTICE, PRACTICE!

COACHED

**MONDAY, WEDNESDAY &
FRIDAY 5:30 AM - 7:00 AM**
@ NL AQUATICS

THURSDAY 7:00 - 8:00 PM
@GIANT FITNESS

SUNDAY 3:00 - 4:00 PM
@ NL AQUATICS

NOT COACHED

SATURDAY 7:00-8:30 AM
@ GIANT FITNESS

FIT TECH WITH CAROL

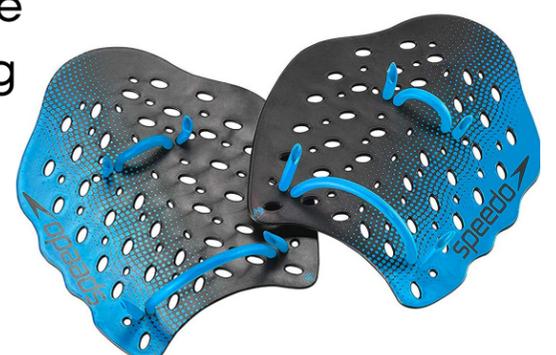
MONDAYS AND THURSDAYS
11:30 AM TO 12:30 PM
@ NL AQUATICS

THE PROSHOP HIGHLIGHT

Written by: Amaya Edwards

Speedos' Preflex Paddles are PERFECT of all levels! The concave shapes mimic the shape of a bare hand giving a natural pull. The middle hinge in the pad **ENHANCES** the catch & helps swimmers with their stroke technique!

Grab yours now at TheProShop!





TRAINING TIPS

Written by Debbie N. Kassekert

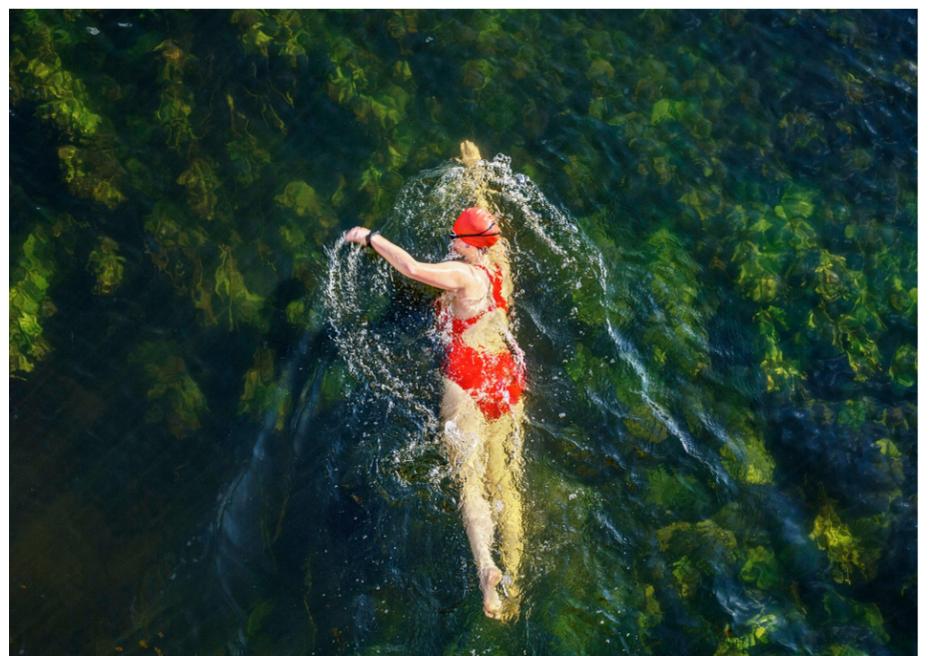
Though some triathletes are still training for Sept/Oct events, most are winding down a very busy racing season. What comes next? After spending many months training hard in the pool & open water it is okay to take a couple of weeks off from swimming to take a mental break from the consistent schedule. But after that, return to the pool for shorter, easier recovery swims a few times per week.

During these lower volume, easier swims you will build & maintain a foundation of swim fitness & improve or reinforce some basic freestyle swim mechanics to improve swim efficiency. Once January rolls around, you will be ahead of the game & you will be fit to start building your endurance & strength in the water.

OPEN WATER

Written by Debbie N. Kassekert

There is no magic bullet to being prepared & confident for your race day open water swim. It takes work. Preparation is year-round and starts with gradual, progressive training to the distance of your swim event. Swim strong in the pool by including various zone training intensities. Practice open water skills/drills all year round. These skills include sighting, inline & off the hip drafting, alternate side breathing, swimming close to other swimmers, treading water & in-water starts & turns & dolphin diving to name a few. Be knowledgeable of your race day swim venue & practice open swims & skills weekly or more once open water is available.





JANICE BITTLE

ATHLETE OF THE MONTH!

Written by Carol Restrepo

In this inaugural edition of the SJAC Masters newsletter, it is my great privilege and honor to highlight Janice Bittle as Athlete of the Month. Janice's introduction to swimming was being thrown into a pond on the farmstead. Her instruction in the mechanics of swim technique was limited to the doggy paddle. She employed the same technique to pass her College swim test and she never participated in any sports throughout her high school, collegiate, or adult years. Janice competed in a summer league swim meet and her husband Bill cheered for her on the sidelines.

Fast forward to 2018, when at the age of 70, Janice sustained shoulder injuries while exercising in the gym with weights. While contemplating what to do for exercise, she decided to sign up for water aerobics with Deb and me at our former location. As her skills and confidence steadily improved, she bravely signed up for Masters's practice. When Deb and I relocated to SJAC, Janice was right behind us. Following neck surgery a few years ago, Janice was determined to return to practice and competition which she accomplished at astonishing speed.

Janice serves as an inspiration for teammates and is one of the most dedicated swimmers I have ever had the privilege of coaching. She frequently steps outside the confines of her physical and psychological comfort zone to complete a set. On nonpractice days, Janice is practicing drills by herself. At special clinics, you can count on Janice being on the signup roster. She spends countless hours in the pool honing her technique and uses commitment, dedication, and self-discipline, to become the best that she can be.

As I look back at where Janice started and where she is now, I can say with great enthusiasm that she is the embodiment of a role model for successful aging. She has embraced swimming with passion, dedication, and determination on a journey that is still unfolding. Janice, ...Deb and I are looking forward to seeing you at Nationals in the not-too-distant future! I am so very proud to be one of your coaches!!

NEW TO THE DECK

Written by Deb Kassekert

Colleen Skanes joined team SJAC in late July, timidly, at first thinking that she would not be qualified to participate. Colleen never had formal lessons or training. Colleen learned how to swim in the family backyard pool, largely self-taught. Her daughter swims in the SJAC age group program and, Colleen was determined to learn correct stroke techniques and enjoy this lifetime sport. Especially after seeing the progress that her daughter has made. The first few sessions I, could tell that she is a fast learner and is a force to deal with in kick sets. Her delightful personality and willingness to get outside of her comfort zone with determination to master a drill or new stroke enlivens every practice session. Her strong work ethic makes her a great addition to the team. I am looking forward to watching her performance at a future meet.



GATOR GAINS

A Shoutout & Congratulations to all of our Iron Gators!

Brian Haynes

AC Tri Olympic Aqua Bike 64/472 swimmers,
Autumn Lake Tri

Joanna Russo Distasi

Autumn Lake Aqua Bike

Amy Civitella Gravenstine

AC Tri Sprint

Besty Smith

AC Tri Sprint (2nd Place AG swim)

Ron Smith

AC Tri Sprint

Josh Heller

Brookville Olympic Triathlon
(first triathlon)

Gene Martinez

AC Tri Olympic, Autumn Lake Tri

Debbie Smith Peterson

AC Tri Sprint (podium), Autumn Lake
Sprint Tri (podium)

Kyle Smith

Autumn Lake Sprint Tri (first tri &
longest open water swim)

Andrew Becker

AC Tri Sprint (first olympic distance)

Laura Wieland

AC Tri Olympic



Cedar Island 5k in Avalon on August 29th

MARK VALEZANO SAM WILL RICH MONTGOMERY
LIZ SCHMIDT VAL BEACH ROBYN BULICKI TINA ZAPPILE
SHANNON TOMASSO JEFF KIESEL STEVE O'DAY
KEVIN WALKER MATT BALDWIN