

Fun, Fitness, Friendship & Participation

Waves

Newsletter for members of
Masters Swimming Canada



Ideas and opinions:
Maitres Chez Nous

**Can massage therapy
help your training?**

Master Strokes
Benefits of Masters swimming -
in and out of the pool

**Taking on
Mother Nature**
Kenora Masters swimmer
Edie Fisher takes on Raid Ukatak

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The Masters Swimming Canada website invites and encourages all swimmers to contribute their thoughts. We are always seeking feedback to be included in the Comments, Tributes and Happenings sections on the website. We would like to know your opinion regarding the newsletter, the programs offered by MSC, the administration of MSC, the website, or any other area of MSC you feel deserves attention. Please send all correspondence to David Ellis, Webmaster.

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Editorial

Growing up in Fenelon Falls, ON, long days at Verulam Park and swimming lessons at the Lindsay Aquatorium were the highlight of my summers. However, with lessons far from my home, swimming soon was replaced with other sports. After years of struggling with running and soccer-related injuries, I took up swimming to stay fit. I joined the Manitoba Masters Aquatic Club in March 2002.

Although I am new to Masters swimming, I am not new to newsletter publishing, marketing and graphic design. My experience includes education in Advertising at Sheridan College in Oakville, ON, several years of graphic design with the Fort Frances Times and as marketing manager with Ipsos-Reid's Global Research Division in Winnipeg, MB. I am now a graphic designer and marketing associate with Rarestone Financial Series where I design and promote financial planning education seminars that are used across Canada. I live in Winnipeg with my husband Kevin (a non-swimmer, but an enthusiastic cheerleader at meets) and dachshunds Fudge and Sherlock.

While this issue of Waves is long overdue, I know you will enjoy the stories and opinions that fellow Masters swimmers want to share with you. I'm excited about the opportunity to work with MSC and getting to know other swimmers across Canada. I look forward to your ideas and stories!



President's Report

By Sue J. Schmidt

It is with pleasure that I write this column for this first issue of 2003. I am confident that you will enjoy the work of the newest member of our team - Jennifer Pinarski, Editor of WAVES/LA VAGUE.

There are some new faces at the MSC Director's table: Aart Looye from British Columbia, Luc Hurtuboise from Quebec, Richard Gillespie from New Brunswick and Chris Smith from Ontario. We thank those volunteers who have recently retired - Geoff Camp, Andrew Martin, Darlene Brown and Tony Trubiano - for their work on behalf of MSC. At the Executive level, I am ably supported by Charles Nauss as Vice President, Mark Sandilands as Secretary and Chris Smith as Treasurer.

MSC has recently undertaken some large projects that I would like to share with you.

- Michael Stroud and his committee are reviewing and updating MSC rules and guidelines.
- MSC struck an adhoc committee to look at our structure, bylaws, long term planning, relationship with the Provincial Member Organizations and SNC. Chris Smith, chair and his committee certainly have their work cut out for them with this enormous project. There are other committees that need an energetic volunteer or two. If you are interested, please feel free to contact me.
- Short Course Swimming Championships 2003: Luc Hurtuboise and his committee will show us how to compete, party and then compete in Montreal.

Since our last issue, we have lost a few swimmers, friends to us all, in our family of Masters Swimmers. To their family members and friends, we pay our respects with your loss and share fond memories of pool adventures.

Head Office Report

By Beth Whittall

First off, I welcome our new editor, Jennifer Pinarski wish her all the best in her new endeavor. At the same time I thank Christiane Fournier for the terrific job editing Waves/La Vague and wish her luck in her new job and with her swimming. I look forward to seeing you soon in Montreal, Christiane.

Waves/La Vague is probably the most important thing that MSC does for all its members. I am sure I speak for the board in saying that we are very sorry that for a year you have not received your newsletters. MSC found an editor to replace Christiane but after several months with no output, MSC began its search anew. A swimmer with Manitoba Masters Aquatic Club in Winnipeg, Jennifer's skills in graphic design, marketing and editing are sure to bring success to Waves/La Vague. To help Jennifer in making this a successful newsletter, please send her any comments, ideas, articles and/or photos.

For those of you new to the sport, the MSC head office is located in my home in Meaford, ON on Georgian Bay. It is staffed, on a part-time basis, by your executive secretary. Nevertheless, I am available to you all at all times, in French or English, by phone or fax, e-mail or snail mail.

I would like to remind everyone that all registration is done provincially thus the addresses for the newsletter come from the provinces. If your address changes or if you prefer to receive your newsletter in French, please contact your provincial director, NOT head office.

MSC has several committees looking for more members. If you are interested in serving on a committee, please contact its chair or one of the directors. The Contact List on the inside front cover provides you with details to enable you to contact all MSC directors, volunteers, staff and committee chairs, as well as the MSC website.

I look forward to meeting many of you at the Canadian Championships in Montreal. Be sure to visit our booth in the lobby.

Beth Whittall is the MSC Executive Secretary.

Long time no swim

returning to competition

after 30 years off

By Gordon Black

It was thirty years ago today, that I suited-up ready to play....." Yes I know, that's not quite how the song goes, but it does sum up my re-entry into the world of competitive swimming, after 30 years away.

I last competed in the early 1970's. Inconceivable, when in those days I was swimming twice a day, a member of the British Swim Team, Scottish record holder, Scottish Champion, World Student Games Silver Medallist and All-American. That time was a "buzz". I admit that I could have lived very happily in the bubble of international competition and top-level meets.

But this is now. I got the idea of returning to competitive swimming when I started writing a cook book incorporating diet, fitness, nutrition and motivation. The concept of my book is more realistic than the "hold your breath" type diet, that last just as long as you can "hold your breath". These diets are so discouraging, because the potential to fail is immense unless you naturally down two raw pineapples every morning (goodness knows how your teeth would stand up to it!), or are prepared to weigh every morsel before eating it (I think you know the kind of book I mean).

As I started writing I wondered if I should see if I'm in as good shape as I think I am. If I'm pontificating about what someone should eat and how to get motivated to stay with a more do-able food intake routine, then I wanted see what kind of shape I was in. So I entered the Masters meet at Technosport, Ottawa in January 2002.

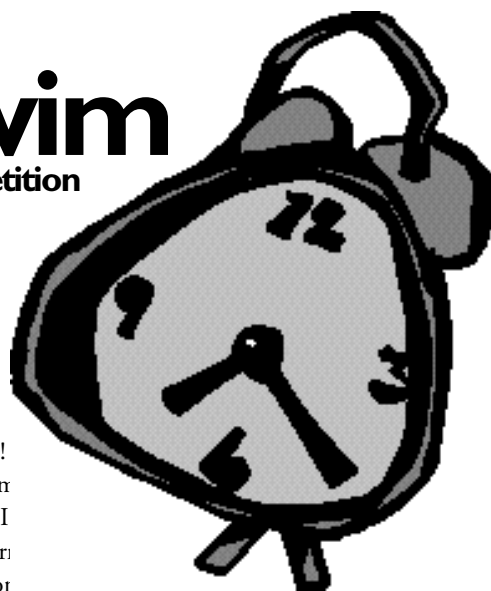
This was a whole new experience! The last time I competed I of the inter-competitor. Coming into Masters as an unattached individual competitor was a bit of a change.

It took awhile to get with the program, especially those little card things that you give to your timer. The lady at the card desk got fed-up with me not knowing what they were or why I would need to have one. Once I did get the hang of what they were, I managed to pick the worst possible time to ask for mine. It's an art to slip it in front of your timers at the moment they are still noting down the time of the previous heat. When you don't know your way round, you are a bit at sixes and sevens.

In the warm-up I managed to collide with my average two per session. I still can't figure out when you can use the starting blocks to practice. My first mount was in the competition. I wanted to save myself the embarrassment of losing my balance and that water feels COLD!

My preparation for the meet on January 19th started around December 28th, in a warm 11-metre pool at the lakeside condo I'd rented.

But with the fire of the starter's gun at the Technosport meet, I realized two things:



My start was extremely rocky. I am not a fan of cold water.

I also became aware of the fact that I had to think my way through the swim as opposed to have it just happen. And WOW, did 25m seem a long way! In the "old days" the concept was that the first 50 m were a gimme, with no real effort required. It wasn't the same feel at Technosport. After a belly-bruising dive and the cold water a shock to the system, I came to the awful realization that this was going to be more work than I thought. I had to start trying from the get-go, and it was only a 50 m!

I also learned that old habits die hard. For me it really doesn't matter what age the other guys or girls are in my heat, I want to win any race I enter regardless of age. And have you noticed those 70-year-olds? Posting impressive times, they are an inspiration.

That was how I saw my return to competitive swimming. It was a start and felt good to compete again.

Gordon Black is a world-ranked Master swimmer and Canadian national record holder. A member of the British swim team in the late '60s, Gordon returned to competitive swimming last year. He offers an online weight loss, fitness and motivational coaching service through his web site <http://www.gordonblack.com>

Worlds ‘unforgettable’ for Ontario swimmers

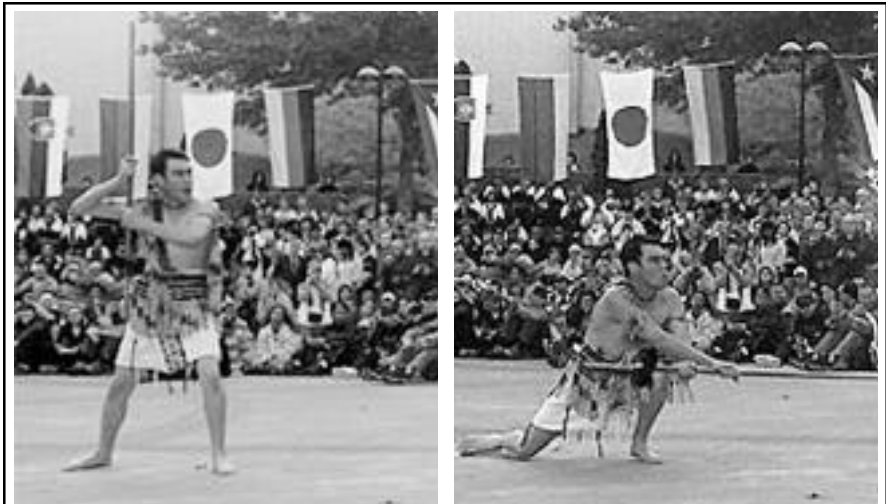
By Richard Arnold

Less than a dozen Ontario swimmers went to the Worlds in Munich in 2000. When they got home they complained a lot. Too many swimmers, lengthy sessions and, most importantly, they didn't know who else was going until they got there.

In early 2001 “TOMS” (The Ontario Masters Swimmers) was created, not by Masters Swimming, but by Ontario swimmers going to New Zealand. Twenty-five Ontario swimmers went to Christchurch, 21 with TOMS and four with ROW, and ten partners. We sat together, socialized, swam relays, and cheered each other on. We had some great swims and we were a team!

The Christchurch venue was up to the task of handling the more than 3000 swimmers from more than 60 countries. The organizers are to be congratulated on running a smooth event. I have so many stories to tell. A favourite is the story of the three generations of the Cable family from South Africa -- Colin Cable at 92, son Hugh at 62 and grandchildren Roger, 32 and Hazel, 30. I observed an animated discussion between Colin and Roger prior to Colin's 50m (long-course) free. When I asked what advice Roger was giving Colin, he told me that he was reminding grandpa to avoid getting distracted and to keep going until he got to the other end of the pool! Colin did and medalled.

The Maori welcoming ceremony at the beginning of championships was an unforgettable moment. And what can I say about the closing party - the Kiwis sure know how to throw a good one. A special tip of the hat to the Japanese women swimmers - they were tireless in leading us all in frequent serpentine



The Maori welcoming ceremony at the beginning of the World Masters Championships was unforgettable.

dances throughout the big hall. With so many well-conditioned swimmers in attendance and no more races to swim, there was high energy on the dance floor all night long.

Many of us stayed on after the meet and traveled around the North and South islands. New Zealand is a beautiful country with very hospitable people. The interesting thing about New Zealand is because of its small size, you can hike on a glacier in the morning and kayak in a semi-tropical setting in the afternoon!

Agriculture is an important part of the economy. The country is believed to have 48 million sheep (12.5 per person).

I think this experience represents what Masters is all about, fun and friendship! Back in Canada, there is a noticeable difference when I go to swim meets. It seems the level of inter-club

friendship has increased, meets are friendlier and more fun.

A third of the TOMS team in New Zealand were swimmers from YMCAs. Many smaller Ys in Ontario, like mine, have difficulty in sustaining a Masters program. Since Christchurch we have been working together to bring workshops to clubs and this has been good for Y swimming.

Next year, the Worlds are in Riccione, Italy! Will there be too many people or will the be sessions too lengthy? I haven't decided if I'm going. But if I go, I'd like it to be as a member of TOMS!

Rick Arnold lives in Roseneath, ON and is a member of the Cobourg Family Y Barracudas. Rick can be contacted at rarnold@eagle.ca

Unbeatable Bonnie

Bonnie Pronk had incredible swims in the Australian Nationals and at the New Zealand World Championships last spring. Every event resulted in a world record or in a few cases, two or three world records!

The Australian Nationals were set for short course at the Sydney Olympic Pool. Pronk started by swimming the 200 breast breaking the world records for the 50m and 100m breast on the way to the 200m. Her time of 3:06.48 sliced 11.77 seconds off the world record. The time was also over two seconds better than her standing current world record in the 55-59 age group set 5 years before. In the 100m breast, Pronk again broke the 50m world record on the way to the 100m and sliced 4.01 second off the world 100m mark. In the 50m breast, although it was another very good time and world record, Pronk had to be content with a second place finish, three-tenths of a second behind her German rival. Her time of 38.97 was also her best time in the past eight years.

Another personal best and world record came in the 200m IM with a 2:55.72, breaking the record held by a Japanese swimmer by 4.23 seconds. Not content with that, the 200m backstroke was next in a world record time of 2:55.06, which took 1.86 seconds off the old mark held by an ex-British Olympian who had medalled in the 1956 Melbourne Games.

Swimming in the Olympic Pool and having your name announced in the pool

as breaking the world record was truly an awesome experience and memory, according to Pronk.

A week later, 2,400 swimmers assembled in Christchurch New Zealand for the IX World Masters Swimming Championships. Pronk swam the same five events again in the 50m pool, setting seven world records. Her best swim was the 100m breast, which not only broke the 60-64 world record, but was better than the world record in the 55-59 age group by an amazing 1.42 seconds. The time at the 50m was also under the current 50m world record. "My time of 1:27.64 was a time I had not swum in over 20 years," said Pronk. Earlier in the meet Pronk had broken the 100m breast record on the way to the 200m, breast. Her 200m breast swim resulted in a time of 3:14.49 bettering the old record by over nine seconds. In the 50m breast Pronk's time was a good 39.16 beating the world record but was again only good enough for second place behind the same German rival. In the 200m IM, Pronk beat the old standard by 5.48 seconds to finish with a time of 3:00.52.

"Since this event requires being able to swim well in all four competitive strokes, it was a most satisfying record," said Pronk. Then it was the 200m back with a time of 2:59.01 breaking the world record by a US swimmer by 6.22 seconds.

"This was, by far, my best ever meet in Masters swimming and one which will be difficult to beat," added Pronk. "The



newly built pool was fast and the competitors serious but friendly."

These 15 records bring Pronk's total world records to 22 since the beginning of 2002. Other records included a 100m and 400m IM in short course. "It really is great to be 60 and the youngster in the age group," said Pronk.

After the ecstasy of these swims, Pronk and her husband Gary toured New Zealand. However, the cough Pronk had been nursing since the meet grew worse and 10 days after the meet she was in the hospital in the lovely small town of Whakatane on the North Island with pneumonia and complications. That was the agony. However, that didn't stop Pronk from showing a couple of nurses just how to move the arms in breaststroke when they enquired. Three other amazed and wondrous patients looked on in disbelief.

Bonnie Pronk trains mainly on her own in Campbell River which requires a 30 minute drive and a 15 minute ferry ride to the nearest pool. Her husband, Gary acts as coach once or twice a week.

Hobe Horton: 'Plenty of good luck'



On January 4, 2002, Hobe Horton was struck by an impaired driver. The impaired driver control of his vehicle, crossed the median (spinning and airborne) and slammed into his minivan. Thanks to seatbelts, airbags, and plenty of good luck, Horton was not killed. However, the collision left him with a severely damaged left elbow. Several surgeries later (and still more to go), Horton is back on the racing scene, making up for lost time. At the end of 2002, Horton amassed the most points in the 45-49 age group.

Pictured are (left to right) Hobe Horton, Jen Scott, Wendy Rendall and Morris Diminutto from the Calgary Winterclub Clippers Masters team at the Fernie Bull Trout Masters meet.

World Record set by VMSC



It just keeps getting better! VMSC swimmers set two WORLD records at the 23rd Annual Victoria Masters Swim Club meet held March 9, 2003 at Saanich Commonwealth Place, along with a host of Provincial and Canadian records. Pictured at left is the 200 Freestyle Relay(160-200 age group) team. From left to right: Judy Woodward, Sarah Macdonald, Avila Rhodes, Cindy Radford. Seated: Coach Danielle Brault

Masters Swimming
Canada announces
that it has endorsed the
Sears I Can Swim
adult lesson
program.

The program began
in the fall of 2002.

For more information,
contact Chris Wilson at
chris@searsicanswim.com

a SMARTER WAY to train swimmers

By Terry Laughlin

In February, I had an eye-opening experience in London. While leading TI workshops in England, I swam with a Masters group coached by Tony McGuinness, a Bill Boomer disciple, at Queen Mother Leisure Centre. Arriving at practice a bit late, I immediately noticed something extremely rare: the majority of the team was swimming smoothly -- and some were going rather fast smoothly! While Tony hadn't placed particular emphasis on technique that night, he had obviously gotten across the message that fluency mattered and found a way to make efficient swimming the norm. As we finished, a different Masters group, with other coaches, took to the pool and the usual unsightly swimming returned, reinforcing the rarity of Tony's group.

Two weeks later, traveling in the U.S., I swam with three different Masters groups on consecutive days, experiencing the kind of swim training I see at nearly every pool I visit.

On Sunday, "Team A" did a 2400-yard main set, alternating swimming and, using fins. I practiced in my usual way, trying to stay fluent and keep my stroke count low on the swim repeats, kicking in my side balance ("Sweet Spot") position, and choosing to eschew fins. Implicit in this set was that the effort one could expend with fins on (or the speeds one might achieve) was beneficial. However the waves and turbulence kicked up by all the fin-wearing swimmers made it noticeably harder to swim efficiently. When I looked around I could see that — even with fins — most people were taking 30% to 50% more strokes than I did, which means they were 30% to 50% less efficient. In other words, most of the work was wasted.

On Monday, Team B did a well-designed main set of 2000 yards. Though the set was supposedly "swimming" — five of the other six swimmers wore paddles, buoys or fins and only one other person (the other one swimming "nekked") had a reasonably efficient stroke. People seemed to be using equipment as an aid to completing the set or making the intervals.

On Tuesday, Team C did a rather unimaginative workout of nearly 5000 yards. The coach sat at poolside reading a newspaper for most of it and the 15 other swimmers - again virtually all of


them markedly inefficient - seemed mainly intent on taking less rest (consistently shortening the intervals) and pushing off right on the toes of the swimmer ahead of them.

The impulse to draft is pretty common and I see it in most workouts I visit. Like resorting to fins, buoys and paddles, it's a common crutch for swimmers who are too inefficient to make a challenging interval or distance without it. Most swimmers, it seems, would rather resort to a temporary shortcut than improve their efficiency.

During a total of nearly five hours and 500 laps, the workout plans, as written by the three coaches, made no mention of stroke counts or specific technique points (and there were plenty of opportunities for correction) or any reference to movement quality. The implicit message in those workout plans, embraced enthusiastically by the swimmers, was that the work - how much can you do, how hard can you do it, and how little rest can you survive on - is all that matters.

(Continued on the next page)

Swim Faster Easier?



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(Continued from previous page)

This is what we call "training." The uncomplicated workouts we did might be called "basic training." Where the goals are more ambitious and work/rest ratios and effort levels more precisely prescribed, it's given the impressive-sounding name "energy-system training." Whether simple or involved, training focuses on the same organizing principle: swimming is an endurance sport. Success is determined by the ability of the heart to pump large volumes of blood and oxygen to muscles so they can do more work. You develop that ability by working the body hard enough to make it more resistant to fatigue.

As illustrated by the three workouts I attended and at least 95% of all the other workouts I have ever watched wherever I travel, this principle is a firmly established article of faith among the vast majority of swimmers and coaches. But it seems to me that a bedrock belief so universally embraced in the sport of swimming ought to stand up to critical analysis. So let's examine the logic behind it.

From the first day I ran a workout, in September of 1972, I've had what seems a distinctly minority view in the coaching community: I was mainly interested in the esthetics of swimming. I studied all kinds of swimmers keenly and realized that more successful swimmers looked different as they swam, than less successful ones. Their bodies moved much faster, and looked smoother and more relaxed - relatively unhurried in their stroking. So I devoted a considerable portion of my efforts to

making the slower swimmers "look" longer, smoother and more controlled. My early efforts were relatively random but I did see my efforts pay off - dramatically and quickly. The swimmers I was coaching progressed far faster than I ever had in my own swimming efforts, which had been based mainly on a determination to outwork everyone else in the pool.

The primary reason I coached "esthetics" instead of physiology was simple. I read all I could on the science of training. The cardiovascular adaptations supposedly taking place at the cellular level were simply too intangible compared to the concrete results I could see when I coached technique. The complex energy-system formulas in Doc Counsilman's Science of Swimming and Ernie Maglischo's Swimming Faster seemed so scientific compared to my "seat of the pants" coaching. I'd try to apply the formulas for a few days, but was inexorably drawn back each time toward a more artistic style of coaching - mainly because I could directly observe and grasp movement quality. Because the swimmers themselves could instantly and clearly sense the improvements we made, they became excited and motivated. They could neither sense nor understand the cellular adaptations promised by energy system training, so it was difficult for them to get excited about that.

(Continued on the next page)

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(Continued from previous page)

I see the lack understanding as the primary shortcoming of energy-system training. At heart, we simply have to take it on faith. You never actually see it and the swimmer can't feel it - except over the long-term. After a few weeks or months it feels more do-able to, say, swim a set of 100s on 1:20 than it had been before.

Of course, coaches have the habit of continually raising the bar, so by that time, the interval is 1:15. Many swimmers don't experience the full excitement of those training adaptations until they taper - a long time to "keep the faith". That's one of the reasons so many swimmers lose interest and quit swimming or go through the motions.

Beyond the fact that its benefits are never tangible, energy-system training also suffers from an empirical weakness: all of its "rules" or prescriptions (swim for this duration at this heart rate

and this work:rest ratio) use laboratory studies to suggest performance in the pool. For instance, an increase in a swimmer's maximal oxygen uptake (VO₂max) is used to infer the likelihood of a faster 200 Backstroke or 400 Freestyle. But when researchers try to work that equation backwards, it fails as often as it succeeds. In other words, when they look for the difference between two swimmers, one of whom may be 3 seconds faster in the 400 Freestyle, it is never a given that the faster swimmer has a higher VO₂max.

Energy system training has two distinct weaknesses.

- You can't be sure it's actually happening as you train, and
- Even if you could be sure, you can't be certain it will make all that much difference.

So, what about those Kenyan runners? How do they keep setting records despite pedestrian physiology? As Owen Anderson wrote in *Runner's World* about those and other examples of runners exceeding their physiology, their "secret" is movement-economy. The energy-system model predicts that superior performance results from superior delivery of oxygen and energy to the muscles (and, by the way, increased metabolic activity in the muscle also increases the heat produced). The economy-of-movement model predicts that by moving more efficiently, you reduce the rate of oxygen and energy consumption at a given speed. Because an efficient runner can go faster with less effort, they simply don't need an impressive VO₂max to break records. If this is true on land, it must be doubly true for moving through a substance as dense as water. With the possibility for movement errors far greater in swimming, the opportunity for making significant improvements in movement-economy must be extraordinary.

So back to those three workouts I did this week. While they were, on the whole, well-designed training sets, their sole objective was to improve fitness and work capacity. It should be obvious by now that there's a much easier and more dependable way to do that, simply by changing -- or at least balancing -- the emphasis in those workouts from energy-system to movement-economy.

Terry Laughlin is founder and head coach of Total Immersion Swimming. Read more articles like this in Total Immersion Magazine, published every Friday and available FREE at www.totalimmersion.net. Contact Terry at totalswimm@aol.com with comments or questions.

Movement-economy: a better way to train

It should be obvious by now that there's a much easier and more dependable way to swim, simply by changing - or at least balancing - energy-system to movement-economy

And it's not hard to make that change. Try to incorporate the following tips into your training:

- Count strokes and try to use fewer of them to cover a given distance. Strokes per length is the simplest and clearest measure of efficiency; swimmers should be asked to count their strokes on nearly every set.
- Use a lower Stroke Rate to achieve a given velocity. If you can slow your turnover without sacrificing speed, you save a great deal of energy.
- Use smoother movements at all speeds. Swimming with less noise and splash, and with better coordination is a clear sign of more economy.
- Try to stay smooth (avoid struggle) as you go farther and faster. When you feel your form breaking down, slow down enough to regain it and try to figure out how to swim fast with more control.

MSC Fitness

Challenge 2003

The "McAuslan Challenge"
Submitted by Juanita Prebble

Description	Friendly fitness challenge organized by MSC.
Purpose	Allow all Masters (especially beginners) to compare personal times with other Masters of the same age group across Canada. May be done during training period.
Eligibility	All MSC registered Masters. There is no entry fee.
Recording Period	Beginning January 1, 2003 to June 30, 2003.
Rules	Enter one or several events. One may enter all events if desired. Obtain a time for each swim. Rules are not as strict as during competition (no judges or electronic timing required). However, it is expected that everyone will use fair swimming techniques and will avoid unfair starts, touches and miss-timing.
Results	Send all results, no later than July 15, 2003 via email to Juanita Prebble dprebble@nbnet.nb.ca or mail address: 112 Kingston Ave., Miramichi, NB E1V 7P8. Results will be published on MSC website http://www.compumart.ab.ca/masterssc . Please use grid provided in Excel format.
Age Groups	20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 (in five- year increments).
Events	Free (50m, 100m, 200m, 400m, 800m, 1500m) Back (50m, 100m, 200m) Breast (50m, 100m, 200m) Fly (50m, 100m, 200m) IM (100m, 200m, 400m,)

Comments/Clarification

Course is expected to be in SCM (25m pools). LCM (50m pools) will be accepted as well, but treated as SCM. To convert SCY to SCM add 12% (+/-3%). Times may be recorded during one training session, or spread over several sessions. If desired, a swimmer may try to improve on a previously-achieved time.

** PLEASE do not submit times achieved in regular meets. The intended audience is mostly for beginners or people who have no time to enter regular meets, or experienced swimmers who will try a different event, or experienced swimmers turning in casual times to encourage club mates to enter.

* No records will be accepted from these events. No Top Twenty Times will be accepted either. Only times from regular sanctioned meets will be posted for records with Christian Berger.

Healing body and mind

The benefits of including massage

By Kathy McBurney and Nik Quatember

Is pain or restricted movement keeping you from doing the things you want? Sports injuries and everyday stresses can cause problems that take up permanent residence in our bodies. Whether you swim once a week or everyday, chances are you could benefit from massage therapy.

Massage therapy can help relieve pain, help heal certain conditions and aid in preventing their return. Massage releases chronic tension and pain in muscles, improves circulation, increases flexibility at joints, and reduces fatigue both mentally and physically. Upon consultation, a therapist may recommend a series of massages and a plan to focus on your problem areas. The frequency and duration of your massage sessions depend on the severity of your problem, how long you have had it, and your general health. Be sure to share with your massage therapist your swimming program and goals to get the most out of your massage therapy.

As part of your everyday training

Training massage focuses on the prevention of developing chronic injuries and aids in the healing process of current ones.

Painful or tight muscles

Massage can relieve many types of muscle tightness, from a short-term muscle cramp to a habitually clenched jaw or tight shoulders. Massage acts directly on your muscles with stretching and kneading motions. It also stimulates the nervous system to instruct muscles to relax even more.



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JOANNE BAKER, RMT
Registered Massage Therapist

**Sōlann
Therapeutics**

ge in your training program

Prevention of new injuries

Massage can help prevent injuries that might be caused by stressing unbalanced muscles groups, or by favoring or forcing a painful, restricted area.

Delayed muscle soreness

Massage flushes muscles of built-up waste products that can make you sore after vigorous exercise.

Stress

Massage is one of the best known antidotes for stress. Reducing stress gives you more energy, improves your outlook on life and, in the process, reduces your likelihood of injury and illness.

Pre-meet massage

Massage prior to a meet stimulates circulation, calms nervous tension, and prepares the athlete for optimal performance while reducing the chances of injury.

Post-meet massage

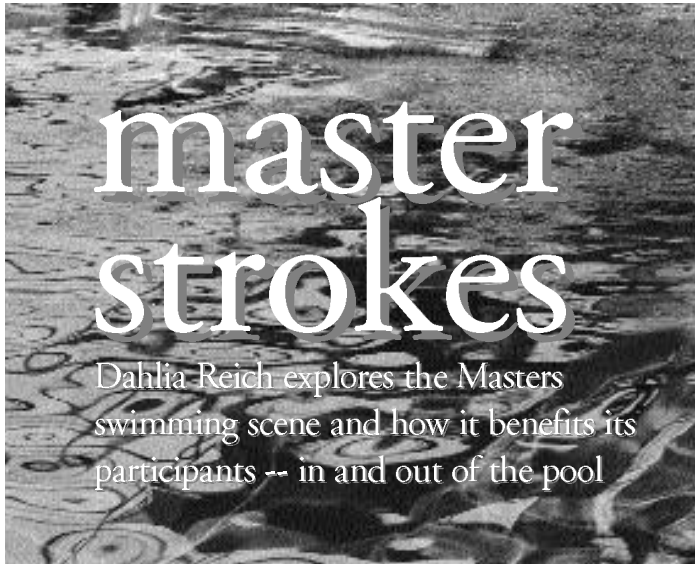
There are many benefits to having a massage after a swim meet or challenging practice. Massage under these circumstances:

- Relieves soreness and assists in the removal of lactic acid and other waste products.
- Prevents muscle and tendon injuries.
- Reduces the strain and discomfort of training and chronic strain patterns allowing a quicker return to maximum training levels.
- Enables you to recover quickly from myofascial injury with less chance of chronic problems returning.
- Provides psychological boost, consistent with your training program.

Kathy McBurney and her husband Nik Quatember own The Well Being Massage Therapy Clinic, in Winnipeg, MB. Kathy is a coach with the Manitoba Masters Aquatic Club and an ex-competitive swimmer and has competed in both Commonwealth and Olympic Games trials.

master strokes

Dahlia Reich explores the Masters swimming scene and how it benefits its participants -- in and out of the pool



Linda Quigley glides effortlessly through the water, her powerful stroke so smooth it barely ripples the water's surface. The London, Ont., swimmer is ranked number 1 in freestyle in Ontario. At the last provincial championships, she dominated, winning the 50, 100, 200, 400 and 800-metre freestyle events. She has broken many provincial and national records. Quigley is 61.

She is a master among Masters and one of more than 7,000 Canadians participating in Masters swimming programs across the country, unabashedly squeezing into Speedos and jumping into cold water to stay fit and have fun. The camaraderie, friendly competition, personal challenge, strength and well-being that all come with swimming have been attracting a growing number of adults—of all shapes and sizes—to the sport and keeping them in the pool well into their senior years.

While Masters swimming is for anyone over age 20, about one-third of registered Master swimmers are 50 and over, estimates Beth Whittall, executive secretary of Masters Swimming Canada. Although many have been swimming all their lives, some have taken it up only as adults. About 40 percent of them compete and the rest choose only to train. Some churn through the water in the fast lanes—others meander in the slow lanes.

"I feel years younger after a swim," says Alice Lawrence, 73, of Southampton, Ont., who joined Masters at age 55. She became so hooked, she started her own team, now numbering 18 members, in Bonita Springs, Fla., where she escapes Canadian winters. An artificial knee hasn't slowed this record holder who says joining Masters is "the best thing I've ever done for myself."

Quigley swam competitively as a youth but left the sport for nearly 25 years before returning to the pool in her 40s. Her times and records are unimportant. "I love the way I feel when I swim," she says. "Being immersed in the water, the sensation of moving through it, and how the more I swim, the stronger I feel—I love it all!"

Quigley, who trains three to four times a week, says swimming keeps her so fit she has above average lung capacity despite having asthma. Last year, she was back in the water three days following gallbladder surgery. "A nurse took my pulse and said, 'Are you an athlete or should I get the crash cart [a device used to revive the heart],'" Quigley recalls, referring to her low resting heart rate.

Colm Kelly, 57, had the same reaction from medical staff when he landed in a trauma unit following a car accident last year in which he suffered seven broken ribs and a collapsed lung. A triathlete who has been swimming for 15 years, Kelly was back in the pool three weeks after the accident, a feat he attributes to his fitness level.

"I feel years younger after a swim. Joining Masters is the best thing I've ever done for myself."

Kelly and Quigley are members of the London Silver Dolphins in London, one of 228 Master swim teams in Canada. Clubs have been sprouting up ever since Whittall, 66, a Canadian Olympian in her younger days, formed one of the first teams in the country in 1973 in Saint-Laurent, Que. The appeal for older adults, she says, is the high level of fitness swimming provides without the injuries of other sports. "That's the draw," explains Whittall. "The social aspect keeps people in the pool."

At age 71, Chris Smith of Toronto is faster in the pool and swimming longer distances than when he was a competitive high school swimmer. An avid swimmer who trains five to six times a week, he coaches and manages some of the large competitions. He returned to swimming at age 58. "The sport makes me feel terrific," he says. "I bounce around like a kid."



Smith, who competes all over the world, isn't sure if he swims to travel or travels to swim. The meets, he says, are as much a social event as competition. "We're mostly swimming against ourselves. Seeing the same faces at the meets, you make some good friends. You even correct each other's strokes. It's wonderful."

Former Olympian Rob Stoddart of London says (with a grin) that a false start in a Masters race means someone has fallen off the blocks. In his younger days, it meant a swimmer was trying to psych out the competition.

Stoddart, 53, took an almost-20-year break from swimming before jumping back in at age 39 because he missed it. While he's getting slower instead of faster—something he had to get used to—Stoddart is still breaking records. He swims, he says with a laugh, "to slow the decline."

There's a lot of laughter at the end of the lanes among Masters, and at pub nights, parties and other activities held regularly by teams. The most popular meets are those with meals served afterwards. At coffee after a Sunday swim, several Londoners share tales of swimming glory and amusing moments less glorious. Quigley recalls one relay race when no one could read the event card because they weren't wearing their glasses. They couldn't figure out their heat or lane number.

Swimming is an equalizer, declares Ginette Kurtz, 53, of London, who began swimming only six years ago. Profession, income, age—it's impossible to tell in a bathing suit, and it doesn't matter anyway, she says, adding, "We're just trying to survive the practice."

Christian Berger's passion for swimming is more about statistics than speed. The swimmer from Brossard, Que., keeps track of Masters across the country with their rankings, records and other tidbits, which he posts on his own website, www3.sympatico.ca/chberger. He knows names like Margery Anderson of B.C., who began swimming at age four, joined Masters at 87, and was the oldest active Masters swimmer in the

world until she died last year at age 99. "She finished her races with a valiant sprint to the cheers of generations of her family in the stands," recalls Berger.

Quigley remembers a woman in her 80s at one meet. Asleep in a lawn chair by the pool, she was woken up by her teammates when it was time to race. Spectators were on their feet as she completed eight lengths of butterfly, the toughest stroke in swimming.

"I want to be that woman in the lawn chair," says Quigley smiling. "Just get me to the water."

in the swim

A rigorous swim is healthy from head to toe. Kinesiologist Maria Mountain of the Fowler Kennedy Sport Medicine Clinic in London, Ont., says swimming is an excellent all-round fitness activity, particularly for older adults.

- 1 As an aerobic exercise, it works the heart, improves cardiovascular fitness and reduces the risk of heart disease.
 - 2 It works both the upper and lower body yet is a non-impact sport, making it ideal for people with mobility problems.
 - 3 It improves muscle strength, endurance and flexibility.
 - 4 It trains respiratory muscles, which can help those with breathing problems, like asthma.
- A caveat: Swimming does not help the body maintain bone mass, which begins to decline after age 35 and can lead to osteoporosis. As a result, in addition to swimming, older adults should also participate in weight-bearing activities like walking.

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Taking On Mother Nature



Masters Swimmer and Eco-racer Edie Fisher takes on Quebec's Winter Challenge

*By Michael Jiggins, Miner and News Staff
Editor's Note: Edie Fisher is a member of the Kenora Swimming Sharks Masters team and multiple record holder.*

Kenora's Edie Fisher isn't the type of woman to back down from a challenge. As a triathlete and eco-challenge competitor, Fisher has many times conquered the demons of self-doubt, fatigue as well as the harsh elements which are constantly at the heels of an athlete on the course. Those past athletic achievements have honed both her mind and body, but in no way did they prepare her for what she and her three Team Olympia teammates -- Winnipeggers Lindsay Gauld, Paul Lapointe and Phil Roadley -- faced in the Raid Ukatak adventure race in Quebec. What began as a battle against the clock and other teams in the field would become a high-stakes struggle for survival against weather conditions that can only be described as calamitous.

During the most harrowing portion of the race, Fisher said the matter at hand switched from finishing to simply getting out alive. "I never will again," said Fisher of her chances of returning. "Because it was extremely dangerous and difficult and it wasn't what I expected ... I had really

bad frostbite, I was in the hospital for awhile, I could hardly walk."

The fact Olympia crossed the finish line in fourth place overall (second in their category) and was one of just four of 18 teams who started the race to complete it, seems almost secondary to the incredible challenges they overcame during their five days on the course.

Raid Ukatak is an annual adventure race covering 400 km of rugged terrain through the Saguenay region of central Quebec. Teams come from across the world to compete. Even in good weather, race organizers bill the event as one of the most difficult adventure races in the world, pitting four-person teams (which must include one woman) against nature on skis, snowshoes and mountain bikes. Most of the course is run through the unmarked bush handing teams the additional challenge of orienteering.

Fisher knew ahead that she was in for a challenge when she and Gauld, Lapointe and Roadley set out Sunday, Jan. 19 on mountain bikes to begin their 125-hour journey. Eleven hours later (with only "very minimal" stops along the way) the team made it to the first checkpoint as the weather began to make a turn for the worse as the mercury dipped to record

lows. "A lot of teams dropped out at that point," notes Fisher. "It was hard and really, really cold."

After a short break, the team began again in winds that reached up to 150 km-h, making the -30C temperature feel more like -56C.

"Apparently trucks and vans were getting blown over. At one point I was on a lake when it was that windy and I got blown over 20 or 30 times," she said.

A report posted on the Raid Ukatak website shows Fisher's account was no exaggeration: "Team Subaru Canada had to crawl on the ground to keep on going. During a few hours they had to run in irregular intervals and hold on to trees when the wind was getting up again." Another competitor described the experience like this: "Since I want to go to the North Pole eventually, I can't imagine a better preparation."

Frostbite

Fisher discovered frostbite in eight of her toes by Tuesday, a situation facing other members of the team. They camped for four hours on a frozen lake, huddling against the howling winds before hitting the course again on skis. Their luck got worse when some sleds they'd rigged up



to carry their equipment didn't work, forcing them to carry 40-50 pound backpacks while they skied. They ended up traversing up one side and down another on a mountain in the blizzard-like conditions. "We were bush-whacking, if

"That whole leg, our whole team felt like we were fighting for our lives. If you didn't have the will to live, you'd be dead."

- Edie Fisher

you can imagine what that was like... It took us about five hours to get down that mountain and I can tell you it was really dangerous and steep," recalled Fisher.

Now into Wednesday, the team like everyone else in the race was forced to take a 16-hour break.

The reason? One team had become lost after falling through the ice into a river, forcing race organizers to call in search teams. Fortunately, the lost team was checked at hospital and released not much worse for wear. At this point, some of the teams not knocked out in the initial 36 hours were forced by medical officials to withdraw due to frostbite. Fisher's Team Olympia was one of just four of the 18 original teams entered allowed to continue on the official course

(others completed a shortened route).

When the race restarted, Fisher's team ventured out into the darkness on what she said was the most grueling leg. With the wind still howling, frostbite was now on everyone's face and Fisher described her thoughts this way: "That whole leg, our whole team felt like we were fighting for our lives. If you didn't

have the will to live, you'd be dead." One moment from those final legs of the race seemed to sum up the team's experience.

While skiing, the team's navigator hit a fallen tree and fell, smashing his nose on a lamp he had mounted on his head. Blood poured from the wound covering the map, which ultimately caused the team to miss a turn and forcing the team to double back some 15 kilometres. "That was the whole story of the race, never finding the right place and always being lost. It went on and on and on," she said. "That last long ski, my legs were really feeling it and, actually, the strongest guy on the team hitched me up to his belt and pulled me for about an hour. We were all almost asleep on our skis." The team crossed the line at 3 p.m. Friday, Jan. 24, completely exhausted, but incredibly

proud of what they'd survived. In the Winnipeg Sun, Gauld said the team fell into each other's arms and cried.

"Our attitude all along was you can't win if you don't finish," Gauld said. Fisher agreed she and her teammates were "stubborn and tough" during the moments when they discussed the possibility of packing it in. "There was really never any thought of not finishing. It was a common goal," she said.

Sitting at home in Kenora -- and still recovering -- Fisher says there is nothing that could get her to try Raid Ukatak 2004. "They bill it as the hardest expedition length race in the world. I finished it once and why would I want to do it again?" Although she admits to feeling somewhat put off of adventure racing by her experience at Ukatak, Fisher admits there might be some good to come out of it.

"I've always wanted to do the Hawaii Ironman ... If I can do the Ukatak, then I can just about do anything."

Amen to that.

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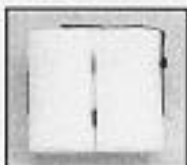
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What is a Masters Swimmer?

By Geoff Camp

This is an interesting question, and one that I have been thinking about a lot in the past few months. It used to be an easy question. Most Masters swimmers were former competitive swimmers who stayed with the sport to keep fit, stay in touch with former swimming buddies, and maybe also relive their fast and furious youth. This isn't the case anymore. A Master swimmer can be young or old, fit or fat, elite or not, interested in competition or not. The only determining factor is age, and even that is different in each location, as the base age for Masters is not standard.

Even the name is misleading -- it has connotations of Masters Golf, as if we all used to be champions. Master Swimming Ontario, under its new President, Michael Stroud (OSG), has challenged all of us to rethink what Masters is all about, and this is my first attempt to put on paper my thoughts about swimmers themselves. While I think that there has to be a better name for us, Masters Swimmers will do for now.

If you ask ten Master swimmers, you will get ten different definitions of what it means to be one. I think this is because each swimmer has a different reason to be there, or different goals they are trying to achieve.

When in doubt, keep it simple. A Masters swimmer is any adult (in Canada, reaching voting age of 18) who takes part

in swimming on a regular basis for fun, fitness or fellowship. While some of us may choose to compete, this is a bonus not all Masters may enjoy. While some of us may be fast, elite speed is not a

Nonetheless, these people are Master swimmers as much as I am. The recent Romanow Report commissioned by the Federal government has presented Masters swimming with an incredible opportunity.

If you ask ten Master swimmers you will get ten different definitions of what it means to be one.

determining factor. While some of us may belong to a local club, be registered provincially, or sit on a Board of Directors, membership and registration are not key to Masters.

This last is the hardest leap to make. Masters Swimming Canada has trademarked the words Masters Swimming, and has the right to prevent others from using it, at least in Canada. While we might like to control the sport, the simple fact is that it grows as we include people, not exclude them. For too long we have paid lip service to fitness swimmers, and spent most of our time focussed on competition, records and top twenty times. If Masters really wants to be inclusive, we must also consider the adult swimmer who chooses not to compete.

The trouble is, many fitness swimmers don't need anything Masters currently has to offer, and probably just want to be left alone to swim their laps. Registration would be a needless administrative exercise for them, and the cost a pain. Even the magazine would probably be considered much junk mail.

As a sport, Masters swimming exemplifies the preventative aspects of health and the potential avoidance of extensive and expensive medical care.

Armed with a simple and inclusive concept of who and what we are, let's get out there and spread the word. So what if someone isn't registered, she's still a Master swimmer. So what if someone can't swim butterfly, who can anyway? So what if someone is primarily a triathlete, policeman, university student, golfer, or even couch potato? If we understand the range of people to be included as Masters swimmers, we can start to ask them what they want and need.

Maybe a few more would register/compete/set records/officiate/or just get fit.

Wouldn't that be great? Isn't that what we're all about?

Geoff Camp is Past President of Masters Swimming Canada and a member of Etobicoke Masters in Ontario.

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Maitres Chez Nous

It's time that Masters became Masters in their own house.

By Chris Smith
MSO Representative

Masters Swimming Ontario (MSO) has had a rough year. Swim Ontario (our age group counterpart), imposed an affiliation fee on MSO. MSO is a totally self-financed, self-administered organization, and as such, is not provided with any services by Swim Ontario. However, due peculiar structure of swimming in Canada, Swim Ontario provides MSO with right of sanction. Without going into details, Swim Ontario, without consultation or explanation, sent MSO an invoice with the directive to pay or lose its right of sanction retroactively. The affiliation fee was not the issue, it was the process. Does the age group organization have the right of elder abuse? Apparently yes!

A survey of our members last fall indicated 75% opposed affiliating with Swim Ontario, even if it meant losing our right of sanction. At our December AGM a motion to not affiliate was defeated. Three members of the Board of Swim Ontario, also registered swimmers with MSO, agreed that the process used by Swim Ontario was wrong and that it would not happen again. The membership of MSO then unanimously rejected the current relationship with Masters Swimming Canada (MSC) and Swim Ontario and instructed the MSC Board to work for change.

What does MSO want? A little history might help:

Masters swimming started in

Germany in the late 1940s, spread to the U.S. in the 1960s and into Canada in the

Does the Age Group organization have the right of elder

early 1970s. By then the "Age Group Club" structure was well established and initial Masters groups were often affiliated with these. Initially "Masters Committees" were formed at Clubs and Provincial Organizations for "adult swimmers". By 1977 the basic framework of MSC was established with ten representatives from the provinces. Incorporated in the early 1990s, the basic representation is still in place. By the early 1980s MSO had become a totally self-administered, self-serviced organization. B.C. Masters reached this same point a few years later.

Although there are some shared resources (facilities, coaches, officials) between Masters and Age Group organizations, the goals of the organizations are very different. Age Group organizations develop a large pool of swimmers from which a few elite swimmers will emerge. Masters Swimming is focused on promoting fun, fitness and friendship for adult swimmers. The majority of members do not compete. We will always work with the age group organizations but believe that it is most important that those provinces who want should be allowed to evolve independently.

MSO believes there are two major problems:

- The current structure of MSC
 - Its relationship to other senior swimming organizations.
- These clearly affect the function of

MSC. MSC is not representative of the membership, has no direct connection to

the Aquatic Federation of Canada (AFC), the FINA Masters Technical Committee (FMTC) has no power and few functions. Is it dysfunctional?

MSO believes the first step is to get our own house in order, change our structure so that is more representative of our membership. With the current structure we have 36% of the Board representing about 7% of the membership, at the other end of the scale 27% of the Board represents about 75% of the membership. If we look at the Provinces that are self administered we find 18% of the Board represents about 55% of the membership. We know all the Board members are dedicated, fair minded people, however, this does not come close to fair representation and has been a serious irritant for over a decade. Committees have been set up to deal with the issue, but nothing has happened. Dennis Crockett from B.C. wrote an article in the fall 1997 MSC News that proposed a five region solution. This could be the answer.

People and organizations must be given choices. There must be flexibility. There is none now.

MSO believes that MSC should have a direct relationship with the senior swimming organizations, as do the U.S. Masters and most of the European Masters organizations.

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Why is this important? Partly because of authority and irritation. Authority is primarily controlled through right of sanction. Sanctioning rights come through our provincial age group organizations, so they have authority over us.

We, the members, have no control of the age group organization. We control MSC and that is where our right of sanction should come from. We are dealing here with "Taxation without Representation". If we were structured as

democracy works. Having a direct connection to AFC and FMTC, instead of having SNC appoint someone on our behalf would clearly be beneficial for Masters and MSO believes for all swimmers.

There have been several irritating incidents. For example: FINA hosts a meeting with two delegates from each country to discuss current issues and concerns at the World Masters Championships. FINA asked AFC to appoint two representatives of Canadian Masters. Because MSC has no representation on AFC, AFC appointed two synchro officials to represent us. Although there were over forty MSC members at the championships, many with years of experience at all levels, MSC was

not approached prior to or after this meeting, about our issues or what was said there. This is irritating!

Many have been calling for change, particularly in B.C. and Ontario. The Board of MSC recognizes there is a problem and that something has to be done. An ad hoc "Structure Committee" has been created, consisting of chairs of the Long Term Planning, Rules and By-Laws Committees. The MSC Executive Committee has agreed that this committee should host a Forum on the issue in Montreal on May 16 with representation from the various regions in an effort to develop a strategy to resolve these issues.

It is time that Masters became Masters in their own house.

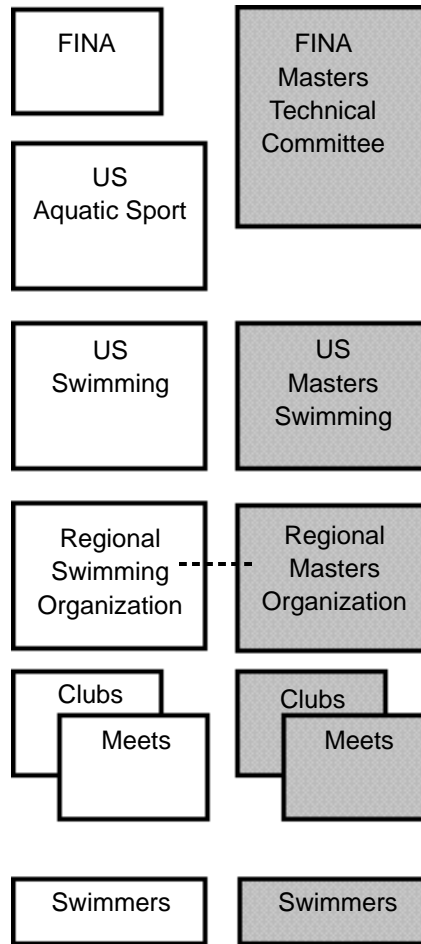
Under abuse? Apparently yes!

other jurisdictions, MSC would have some authority over its members, it would also be controlled by its members, that is how

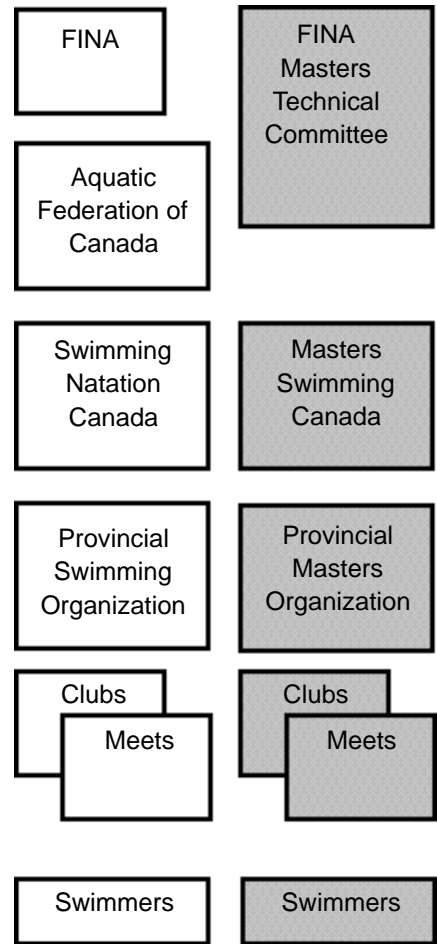
Current Canadian Swimming Structure



US Swimming Structure



Possible Canadian Swimming Structure



Legend Representation — Line of Sanction - - - - Affiliation - - - - -

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Past President's Report

I accepted the challenge of president in May 2001, with both strong objectives and some strong reservations. After 20 months, many of my reservations have come to pass, and frighteningly few of my objectives have been met. I decided in September 2002 to try for a three-month period to make a personal change, with the commitment that if I was unable to do so I would resign. Hanging on until the AGM in Montreal would only hinder my successor, and potentially cripple the organization. As I said in my letter of resignation to the Board of Directors, I plan to stay involved, but at a level where my current abilities and deliverables can coincide.

Meetings have been missed, communication has fallen down, committees have become inactive, and even the new ideas which I espoused have remained stolidly incomplete. It has not been a complete loss. I attended the 2001 USMS AGM and meeting in Louisville, which allowed me to see what MSC could become. Ongoing pressure to reopen the discussion of a former member was resisted, and I met with the Club President in New Brunswick to explain the MSC majority position, as well as that of the minority, so far as I understand it. A key realignment of the committee structure to separate Rules from the annual Championship process was completed. Plans for 2003, 2004, and 2005 competitions are underway. In Quebec, a new Masters president has successfully implemented one-tier registration, which will bring many Masters swimmers back into the fold. The organization is sufficiently resilient to recover from a period of presidential inactivity.

As I step down, I recognize both missed opportunities and misplaced focus. Masters Swimming Canada has been hampered by its very structure and history. We are considered to be irrelevant by some, an obstacle by others, and little value for \$10.00 by others. We have searched our collective navels in brainstorming sessions, suggested wonderful ideas, and completed few of them because as an organization we are constituted poorly, from our internal structures to our external relationships. I hope to take part in a careful review and evolution of both of these in order to allow the incoming Executive and Board to make MSC relevant to a broad-based constituency of adult swimmers.

Finally, I would like to thank Sue Schmidt for taking over as quickly and efficiently as possible.

Geoff Camp is Past President of Masters Swimming Canada

A Swimmer Remembered

I love Masters Swimming because it is an activity for life. The friends you make here will be here for a long time, and although they come from different walks of life and are usually at different stages of it than you, the common interest in fun, fitness, and fellowship bonds us together regardless of our differences. The trouble is that because it is an activity for life we wind up saying goodbye to a lot of our good friends.

I have been involved in Masters Swimming since 1974, almost thirty years, and have had to say goodbye to far too many great friends and competitors. Today, however, I bid farewell to Ian McCloy, long before I expected or hoped to have to do.

I met Ian in 1976, when I was a first year swimmer at Dalhousie, and he at Memorial. I was immediately struck by his quiet strength, his wicked sense of humour, and his unwillingness to let me beat him at any distance or stroke. For my four years at Dalhousie I never beat him at anything. After Dalhousie we lost track of each other, but I knew I'd see him again.

Sure enough, I moved to Ontario with work in the 1980's, and who should turn up at Masters meets but Ian, once again beating me as usual. I was in Toronto, and he was in Sudbury, but somehow every time I hoped to crack a record he was in the pool ahead of me, cheerily finishing long before I did.

I encouraged him to help out with MSO, and he graciously served as Far North Representative

He died suddenly while on vacation in San Diego, at the far-too-young age of 44, the result of heart trouble. I will miss him, and so will we all.

Geoff Camp is Past President of Masters Swimming Canada

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Masters Swimming Canada Irrelevant or Vital?

By Michael Stroud

The focus of a Masters Swimming Organization would, intuitively, seem to be the Masters Swimmer.

I was reading a novel last summer and came across a passage that spoke of “cleavage” (no not that kind of cleavage), but the kind of cleavage that splits things in half. The passage was philosophical and the cleavage was subjective/objective, mind/matter, classical/romantic, anyway, you get the idea. The cleavage that has always resided in Masters Swimming, and which I think we must now work to eliminate from our thoughts and from our actions, is the split between the competitive swimmer and the non-competitive swimmer.

It is this split that has long coloured our decisions, muddled our thoughts and frustrated our actions. But what if, at the centre of our organizations, there was but a single swimmer, not a competitive swimmer and not a non-competitive swimmer. What would that swimmer want? As Geoff Camp noted, the question is not what does the swimmer get, but what does the swimmer want?

First and foremost the swimmer wants a place to swim and that is the easy part – there are thousands of pools in this country. But what about access to those pools. Obviously some facilities make the pools available to adults for swimming simply because the desire exists, but if Masters Swimming is more than adult lane swimming then a structure of some sort is necessary to formalize the time in the pool and hence Clubs are formed. This is the structure that holds most of us together – negotiating pool time; providing the first level of social

interaction and hopefully arranging the Coach.

And there is the second thing that a Masters Swimmer wants – a Coach. And the role of a Coach? Education. A Coach will help us swim more efficiently, will provide the work load to increase our fitness and motivate us to improve.

And I think it is that simple – Clubs and Coaches – the most direct impact on a Masters Swimmer in this country.

Does Masters Swimming Canada play any role in the Club structure in this country? Does Masters Swimming Canada play any role in the coaching aspects of Masters Swimming? Can it? Should it?

Are there any other services and/or programmes that Masters Swimmers want from Masters Swimming Canada? Maybe, maybe not, but you are the only one who can answer that question.

I know there are other services and/or programmes that Masters Swimming Canada is capable of providing (with varying degrees of efficiency and reluctance). I would categorize those services thusly:

- Communication
website, newsletter, handbook
- Membership
registration, meetings
- Recognition
for excellence and for participation
- Education
clinics, symposiums, literature

Is the national organization too far removed from the swimmer in the pool to deliver these services? Or are these the

Are there any other services and/or programmes that Masters Swimmers want from Masters Swimming Canada? Maybe, maybe not, but you are the only one who can answer that question.

services better provided at a provincial level?

And if Masters Swimming Canada is too far removed from the swimmer in the pool to have an impact, should MSC then turn its gaze outward and remold itself as a political body; interacting with SNC, AFC and the federal government or should its rebirth be as a publicity body; cultivating relationships with the media, marketing companies and corporate sponsors?

It is always a good time for Masters Swimmers to be thinking about what they want from their Masters Swimming Organizations (national and provincial), but with the upcoming Forum on the Evolution of Masters Swimming in Canada, I think it is imperative that we decide on the role of Masters Swimming Canada before we decide on the structure of Masters Swimming Canada. As Christopher Smith noted “Form follows function” and even the most elegant structure will fail if it does not meet the wants of Masters Swimmers in this country.

Michael Stroud is President of Masters Swimming Ontario.

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Manitoba Report

*Submitted by Glenn David
President, Manitoba Masters*

Masters Swimming in Manitoba has seen steady participation throughout the 2002 and 2003 year. As this is being published in May 2003, we have already finished our Provincials, held in April at the Pan Am Pool, and some members are competing in Montreal at the Nationals.

What lies ahead? There are a variety of activities that members like to engage in including fitness and competition. The challenge always lies in letting members know what is coming up next, what there is that they can participate in. How to let members know? Word of mouth, posters, newsletters, websites and emails. We are increasingly informing members by email, and for those who don't have email, through club members who do. Event posting on websites, as well as result postings from swim meets, is also an increasingly being used by members as a way of finding out about upcoming events.

Our upcoming events include St. Malo Triathlon, which includes triathlon competitors and a separate open water swim of 750m or 1500m. This is a fun event in a great small lake. It is open to all, so if you would like to enter, drop me a note and I will send additional details.

As for the summer, many clubs cut a few practices, or members add biking and running to their normal summer workouts.

If you are planning on being in Winnipeg in November, the 1st meet of 2003-2004 is the Pop Sidwell Meet, and is at the end of that month. Well attended, it is a good start to the winter season.

Our plan to increase membership in the 2003-2004 season includes:

1. Posters at pools and the University of Manitoba to let current swimmers know about Masters programs
2. Website presence, as prospective members, and travellers, who do not frequent pools in Manitoba can find Masters programs through this search method
3. Continued involvement with age group swimming at the Swim Manitoba level - kids have parents that can swim too.

4. Continued information out to members (and other clubs that may be interested in participating) about upcoming events, primarily via email. Members can always opt out of this service, but very few do. Websites can provide the bulk of information, but email can be very much like a magazine, a welcome read of news without having to remember to pick it up at the store.

Here is to a great summer ahead! Remember to try that lake swim!

Alberta Report

*Submitted by Mark Sandilands
President, Masters Swim Alberta*

When I write these reports I always have a dilemma-should I write it for Alberta Masters Swimmers to tell them about what's happening in the province and Canada or should I write it for other Masters Swimmers to tell them what's happening in Alberta? The answer is probably a bit of both. It's been some time since there's been an issue of Waves and you've likely read an explanation of why elsewhere in this issue. However, here's my take on what happened. The editor of several years, Christiane Fournier, resigned in the spring of 2002. The board hired a replacement, but, for various reasons, this person was not able to get an issue out.

Unfortunately, the Board did not hear of the problem until January 2003. It took a bit of time to find and hire a replacement editor and there are the inevitable time lags in obtaining copy, printing, and mailing.

One function of Waves/La Vague is to be the vehicle for sending to the National Championship Meet

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invitations to those Masters Swimmers who are interested in competing. (Surveys have shown that about 20 to 25% of Masters Swimmers are in this category; others are in Masters for fitness, fun, and friendship, as, I'm sure, are those who compete.) The invitations should have been sent out in the fall of 2002. So, in early January, we had a problem. But not for long: I'd like to take this opportunity to thank Aart Looye and the Masters Swim Association of BC for sending the BC Master Newsletter to Alberta Swimmers (as well as swimmers in several other provinces), so that the Nationals invitation could arrive in a timely fashion.

The above raises an interesting question: Do Masters swimmers in Alberta want their own newsletter? Alberta Masters at about 700-800 members is the fourth largest Masters group in Canada, after Ontario, Quebec, and BC. We're the largest Masters group that doesn't have a newsletter. Manitoba Masters have a web site, separate from Swim Manitoba's, which has a newsletter flavour. Of course, if the answer is "Yes," then we need someone to be the newsletter editor or Webmaster, if we decide to go that way. Please communicate to me your opinions.

Now, for other Alberta news: At the AGM on October 6th, I was re-elected as President and Deb Langvand was elected as Vice President. Mike Morrow

Address Changes

Please note that address changes must be sent to your Provincial Registrar and not to the National Office.

If you don't know your Provincial Registrar, the changes should be sent to your provincial representative.

See the Contact List on page 2 in this issue for a complete listing of contacts.

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was re-elected as Secretary and Rob Davis as Treasurer. Additionally, Deb Langvand was formally elected as Masters Swim Alberta representative to the Board of Directors of Swim Alberta. Since almost all of the Swim Alberta meetings are in Red Deer, Deb's home base, it made sense to do this; Deb has been representing Masters Alberta at Swim Alberta meetings since the fall of 2000 anyway. Among other items discussed at the AGM was a recruiting poster for Masters in Alberta. This has been in the works for a while and suffered from several unanticipated delays. We hope to have it for the start of the 2003-2004 season.

And, in case you haven't heard, Edmonton has been awarded the World Masters Games for 2005. It will take place July 22 - 31, 2005. The web site is <http://www.2005worldmasters.com> There's not much there at the moment, but keep checking back for updates. The web site also has a feature whereby you can give them your email address and they will send you these updates.

As stated above the Nationals will be in Montréal this year. In conjunction with the nationals will be the AGM of Masters Swim Canada. Often this meeting is a formality; however, this year there will be discussions that may significantly alter the nature of Masters Canada, having to do with the relationship between Masters provincial sections and their Provincial Swim/Natation Canada organizations. I will be attending to represent Alberta Masters swimmers. If you have views on this, please let me know.

Finally, as more and more people move to the Internet for communications, I feel guilty sometimes that there are swimmers who miss out on many announcements and, particularly, last minute changes to events. May I make a plea? Anyone can get email, by going to your local public library and asking the librarian to help you set yourself up to read email. From there it's easy to tell us your email address to begin receiving information, including swimming information. You might even find some useful tips on improving your stroke! Good swimming!

Quebec Report

To be translated



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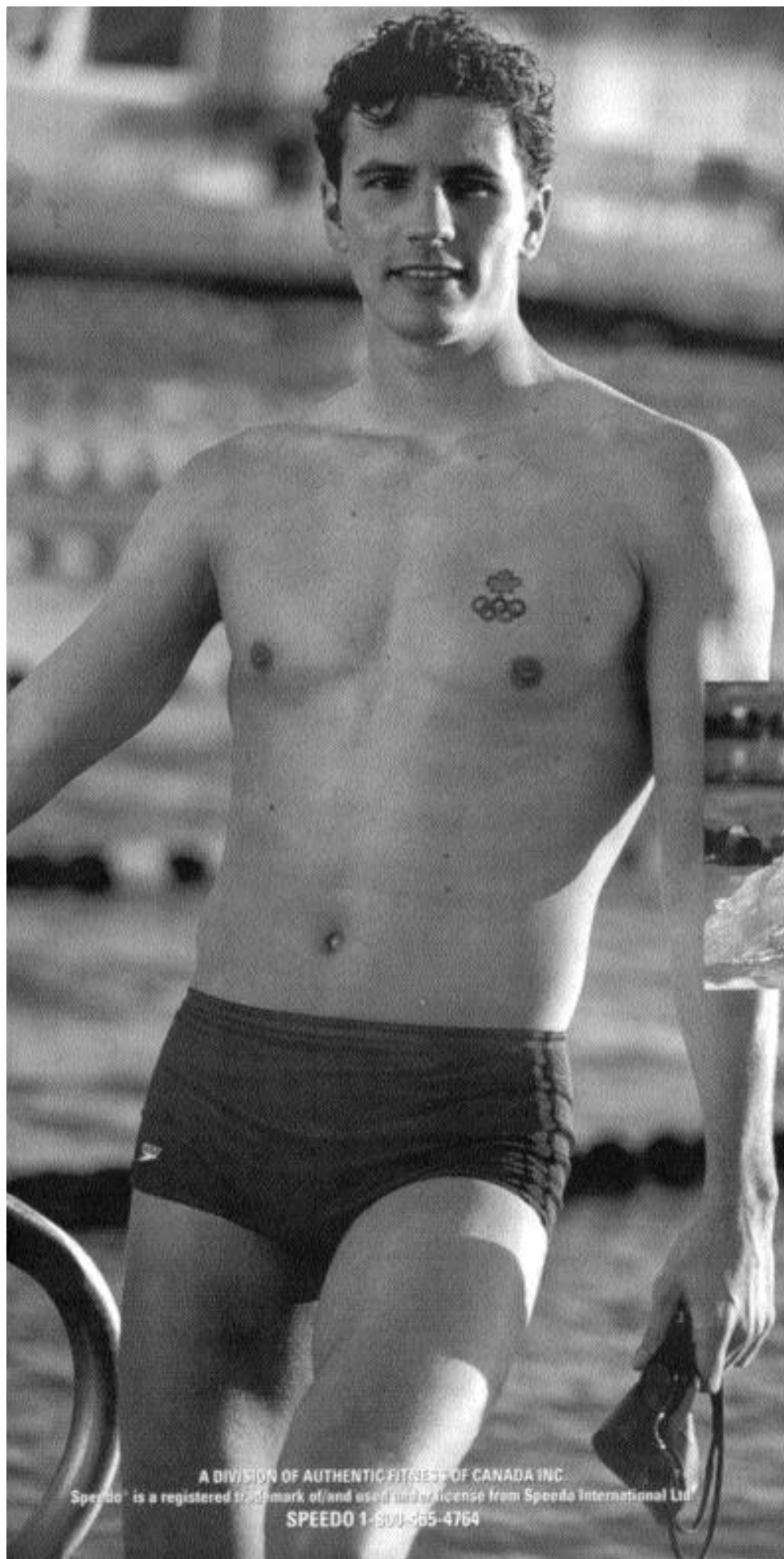
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