



waves

6 ways
to jump start
your training

Nationals
2004

7 steps
to faster turns

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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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Contact Robin McDonald (see above) for mechanical specifications and a rate sheet.

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Mark your calendar and book your airfare! Nationals 2004 will be held in Edmonton, Alberta

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President's Report

By Sue J. Schmidt

I hope that everyone has had a good summer and is back into their fall routines and preparing for Championships 2004, which will be in Edmonton at The Don Smith Pool, Kinsmen Sport Centre (host site for the 2005 World Masters Games Long Course) May 21-24.

To update you on the Rules project: Michael Stroud and his committee have completed and updated MSC rules. We look forward to the publishing of this document both in paper form and on our website. There are other committees that need an energetic volunteer or two. If you are interested, please feel free to contact me.

There is a new face at the MSC Director's table: Korrie Miller from Saskatchewan. We thank Richard Gillespie from New Brunswick who has recently retired for his work on behalf of MSC. At the May AGM, the results of the election Executive officers are (each for a 2 year term) Chris Smith as Vice President, Mark Sandilands as Secretary, Luc Hurtubise as Treasurer and myself as President

Short Course Swimming Championships 2003: Thank you to Luc Hurtubise and his committee, who showed us how to compete and party in Montreal.



Helping you get back on track this fall

By Jennifer Pinarski
Editor

This year has truly been a year of firsts for me. This year included my first year of swimming, first competition, first Nationals meet, and first triathlon and open water swim. The support of my lane mates, coaches, husband and friends helped me keep motivated in reaching my goal of finishing a race (or simply getting out of bed to get to the pool on time!).

But from time to time, everyone hits a mental block when it comes to training. A competitive swimmer may not be able to break a PR and a fitness swimmer may have reached a weight loss plateau. Maybe you're simply bored of 10 x 100 free sets.

This issues of Waves will help you get back on track.

First of all - mark your calendar now! **MSC Nationals 2004** will be held in Edmonton May 21-24 2004 at the Don Smith Pool, Kinsmen Sport Centre, host site of the 2005 World Masters Games.

For **6 Ways to Jump Start Your Training**, we asked Masters Swimmers across Canada to test the latest gadgets and report back on which ones should go in your swim bag. Swimmers profiled in **Ol Faithful** share the tools that have been in their bags for years! **Long Strokes for a Short Season**, a new book published by Total Immersion gives you seven tips for faster turns. In **Melbourne Through My Eyes**, Alberta Swimmer Marjorie Obee recounts how her consistent work paid off in the form of Provincial Records at the Worlds. Plus, catch up with Alberta and Quebec in **Provincial Reports**.

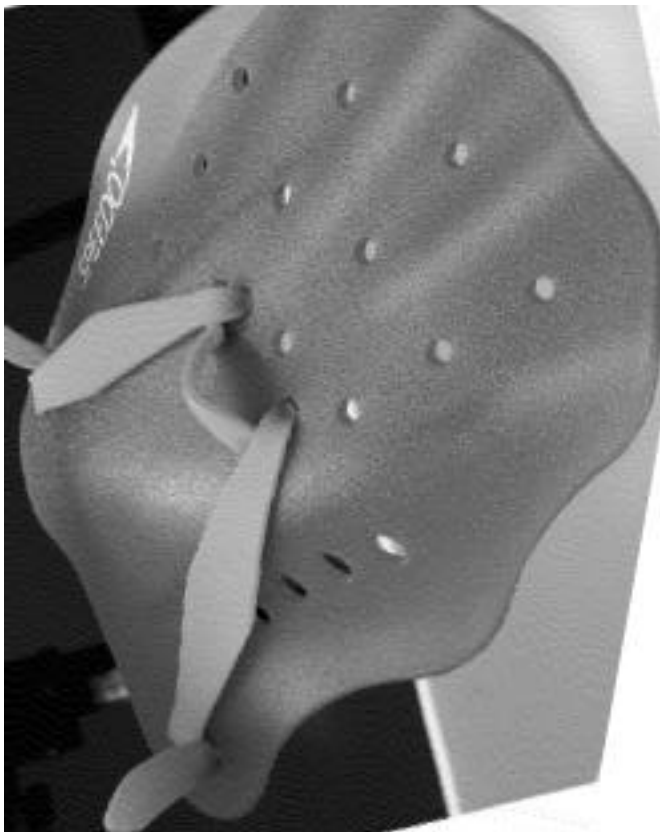
I would like to take this opportunity to thank all of the manufacturers that provided test products to Masters Swimming Canada. Special thanks to Etobicoke-based Splashables Inc. and Winnipeg-based Swimming Matters for their assistance in matching gadgets with swimmers, and to all of the product testers for their fantastic reviews.

See you at the pool!

Jennifer Pinarski



My first year of triathlon was both challenging and exciting. Triathlon kept me motivated to stay in the pool this summer.



6 ways to jump start our training

Test: Training can be a grind.

Getting back into a chlorinated indoor pool after a summer of open air or sunny outdoor pools can be difficult for the most part. To help you get back in the groove, we've selected a few of the latest training gadgets.

Product: Notched Blade Training Fin
Manufacturer: Speedo
Product info: www.speedousa.com
Supplying retailer: Splashables Inc., Etobicoke, ON
Tested by: Rebecca and John, Calgary Winter Club Clippers



Rebecca loved the fit of these fins, in fact it may be hard to lever them off her feet! Due to a past knee injury, Rebecca has been using very short "Donald Duck" fins, but these fins did not bother her knee at all. They also has lots of propulsion. John hated them, saying that they were huge. "The large size was a foot crusher, yet the XL would need several pairs of heavy wool socks to feel secure the fins on my foot. Since I don't carry wool socks in my gym bag, I tried the XL. My toes were poking out the hole at the end of the flipper and the sides of my toes were rubbed endlessly. I didn't feel like they had as much propulsion as my old black fins."

The Verdict

It's a tie. Rebecca loved these fins and would definitely buy them for their great fit and propulsion. And unless John starts carrying wool socks in his swim bag, these fins will not be on his Christmas wish list.

Product: Split Fin
Manufacturer: Tyr
Product info: www.tyr.com
Supplying retailer: Splashables Inc., Etobicoke, ON
Tested by: Barry, Jill, Karen and John, Calgary Foothills Masters



Barry felt that these fins were "too-so". Poor fit and propulsion will not have Barry trading in his old black rubber fins any time soon. Jill loved these fins. She found them lightweight, with good propulsion, and hardly felt them on her feet. Karen's feet are in between sizes, and she didn't care for them as she felt there wasn't much propulsion. (She readily admits she's not much of a kicker at the best of times.) Most notably she couldn't get a good kick going into the wall. John loved these fins, despite the tight fit. With plenty of propulsion, he felt like he could kick more rapidly, without tiring.

The Verdict

Swimmers that found the fit good thought that these fins had plenty of propulsion and would buy them. However, without enough space in the footpocket, swimmers with wide or large feet may have to look to another style or brand to get the fit they want.

Product Tempo Trainer
Manufacturer Finis
Product info www.finisinc.com
Supplying retailer Swimming Matters
 Winnipeg, MB
Tested by Kris Hildebrand, Head Swim Coach
 Triathlon Manitoba

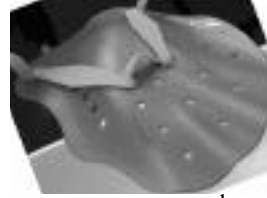


The Tempo Trainer aids a swimmer in maintaining a consistent stroke rate throughout their swim, ensuring that they train at proper stroke rates and paces. The Tempo Trainer removes much of the guess work and trail and error traditionally involved in learning the proper stroke rate by giving the swimmer instant feedback in the simplest way possible, a beep every time you need to take a stroke. The simple clip-on device allows the swimmer to attach the Tempo Trainer to goggle straps, swimsuits, or inserted just behind the ear underneath the swim cap (recommended placement).

The verdict

“I have just started to use the Tempo Trainer with some of my swimmers and have already noticed an improvement in the swimmers who had abnormally slow stroke rates. After working with some of them for almost 1.5 years with very little improvement, I saw marked improvement after only two practices with the Tempo Trainer”

Product Contour Paddles
Manufacturer Speedo
Product info www.speedousa.com
Supplying retailer Splashables Inc .
 Etobicoke, ON
Tested by John McCaskill
 Calgary Foothills Masters



John used these paddles in a 5X100 free pull drill and thought they worked well. “I didn't feel any flutter as I pulled through the water. They were easier to get on and off and felt more natural than my “old yeller” ones with the cracking surgical tubing.”

The Verdict

A good fit and natural feel in the water make these a great upgrade from a swimmer's current paddle.



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Product Underwater Camera
Manufacturer Speedo
Product info www.speedousa.com
Supplying retailer Splashables Inc .
 Etobicoke, ON
Tested by Jen Scott, Coach
 Calgary Winter Club Clippers



This underwater camera is a very good tool to use to capture certain aspects of a swimmer's underwater stroke, body position and just for fun! “The casing kept the camera dry and I wonder how compatible other camera types would be with this case.”

The Verdict

This is fun to have but not an essential tool for coaching. An underwater video camera is much more beneficial and widely used.

Product Stroke
Manufacturer Speedo
Product info www.speedousa.com
Supplying retailer Splashables Inc .
 Etobicoke, ON
Tested by Jen Scott, Coach
 Calgary Winter Club Clippers

The Speedo Stroke hand paddle is very comfortable and fit all hands sizes that were tested. I really like the fact that the holes allow water to go through. This helps the swimmer keep the feel of the water and not allow the hands to go numb. It is a good tool for proper stroke mechanics in all phases of freestyle, back and some breaststroke and fly.

The Verdict

Jen definitely would buy this product and recommends it for every swimmer.



Goggles

Speedo Junior Sprint goggles in blue. The wearer has used these since they took up swimming ten years ago, and would never change.

Suits

TYR non-stretchable, non-fadeable polyester suits. I had a number of swimmers (women) state that they only needed one of these suits, and they would last for years. One has been used almost daily basis for on nine years it's still in great shape.

Pullbouys

Since his knee surgery, one swimmer has stated that his pullbouys are indispensable. He has a pair of Speedo pullbouys (the molded one, without the adjustable strings between), purchased in the late 1980s that are still being used today. He has mentioned however, that his wife thinks he may need to retire them this year and is making noises about getting him a new pair for Christmas.

Water bottles

Two people said they couldn't live without their coloured 1 litre Nalgene water bottles. However, one preferred pink, and the other liked green.

Deck clothes

As a set of deck clothes, more than one person mentioned Russel brand bunnyhugs(hoodies) and sweatshirts, and Russel brand shorts. They are breathable and comfortable, and the shorts "just don't chafe when your legs are wet". For footwear, many people said that they were trying out the Ryder sandals, and that they were comfortable and helped keep them on their feet, on and off the deck. The only thing that several people mentioned was that there was a tendency for the sandals to make constant 'squishy noises' while walking.

Stop watch

As a coach, I couldn't function without my SEIKO stop watch. I'm not sure of the model number, but I know that it is my prized possession on deck.

What gadget is a must have in your swim bag?

Swimmers with the Saskatoon Masters Swim Club share their tried and true favourites.

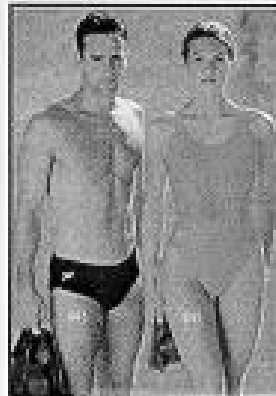
By Stephanie Clark



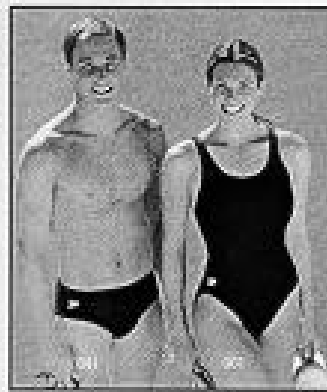
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**Team
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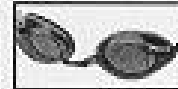
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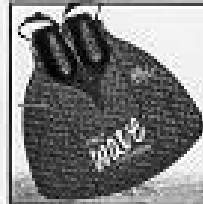
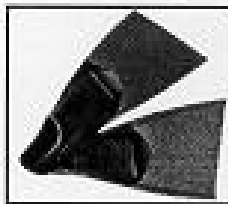
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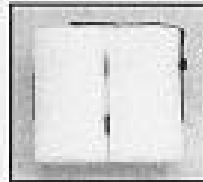
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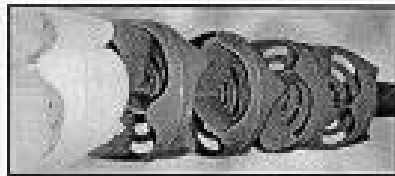
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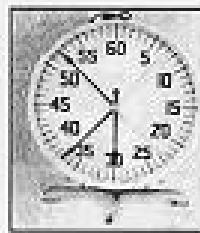
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Tool Time

all
th
try
the tires by hand. It will work, but it's a lot easier to use the gas pedal and let the engine and transmission do the work.

We always stress using the core-body as the “engine” in swimming, because it gives kids a gross motor skill that they can focus on when they race so they can “swim in their own lane” and eliminate the distractions caused by a focus on winning, losing, or what the person in the next lane is doing. This works well with the girls, but a lot of guys would consider the tire-spinning thing to be cool, because they have that very special stupidity born of testosterone. This brings up an interesting point for those of you who coach guys. I have coached both boys and girls, teams for many years and find that girls, by and large, are much more receptive to anything that is process-oriented. If things are explained well, girls will generally buy into a technique-based approach and practice form religiously. Guys want to put a number up there so they need more of a sell job on technique.

Two adages come to mind: (1) To the man whose only tool is a hammer, every problem is a nail, and (2) Don't force things; get a bigger hammer. These need to be tempered. Technique practice is like adding to the toolbox the equivalent of a power tool like a Sawzall “an ultimate guy tool” that will cut through anything easily when pounding gets old.

Power From the Core

Our focus now is on how fast we can rotate from one side of the body to the other, or from the upper torso to the lower torso, while keeping the entire movement, especially breathing strokes, smooth. When you increase your rate of rotation, the body will generate acceleration from the core. This means that in order to go faster on the long axis strokes, it is necessary to move from one hip to the other as

ilfully as possible rather than
s, as intuition would dictate.
rokes it's a matter of rocking
rate. It's just one more aspect

or technique that is counter-intuitive.

Those coaches who are of the “we're here to put the big hurt on 'em, the kids will find their own best way to swim” persuasion will be waiting a long time for core-body-driven strokes to happen for 99% of the kids, especially the guys. I have found most boys take longer to master body dolphins, because they tend to rely on force -- where this technique responds best to subtlety -- and they also tend to be less flexible than the girls. To compensate, we use fins with the boys, team on virtually all short-axis pulsing with the admonition to avoid kicking, and that seems to help them develop the necessary kinesthetic awareness.

The speed generated by some of our less experienced swimmers dolphining off the walls was awesome and definitely worthy of the name. When we worked into full butterfly breakouts I couldn't believe that all 32 kids got it. Again, if you coach guys, don't be at all surprised if there several don't get it on the first or even third or fourth session. But putting fins on them will accelerate the process.

Obvious Benefits

In addition to the obvious benefits to backstrokers and flyers, I think there are benefits to all swimmers at this stage because of the variety of balance challenges a combination of Short Axis (fly and breast) and Long Axis (free and back) will provide. I always tell the kids that there would have been no reason for the swimming rulesmakers to limit distance traveled underwater if there was no advantage to be gained. Thus we experiment with all swimmers (except breaststrokers) in using dolphining off the wall during races. Unless they show that they can't gain an advantage, it seems to me most swimmers will benefit from additional distance off the walls at a higher velocity with less effort.

Long Strokes in a Short Season (published by **Total Immersion**), chronicles how **Art Aungst** turned average swimmers into state champs in a 12-week season. This excerpt, drawn from the chapter entitled “**Week One: The Journey Begins**”, describes his first steps toward teaching winning turns.

“Peer modeling” is the most effective way that I have found to teach these and virtually all skilled movements. Have other swimmers put on goggles and watch what is being demonstrated under the water. Quite surprisingly, the best demos for some of the drills are not necessarily by the best swimmers. It is important to look at some of the weaker swimmers during drills with an eye toward using them to demonstrate aspects of a movement. It makes them feel valued and appreciated for providing a real service to the team, and it also inadvertently puts pressure on them to perform, which is good practice for competition. Finally, it allows the coach to discover talents and abilities you may not have seen during whole-stroke swimming.

Another exercise we did this week was to experiment with walking and running in the water. They discovered two things: (1) a huge increase in effort, but not much increase in speed when running and (2) that they could go faster more easily by simply turning sideways in the water so the resistance was halved. They also told me it wouldn't matter if I turned sideways, because I have the same profile front and side. Nevertheless, they had learned the lesson that reducing resistance will always outdo any gains generated by increasing power.

Wall Work in Week One

Because winning the turns is a key aspect to winning the races in a short season, wall skills (turns, pushoffs, breakouts) are the first skills we practice each season. Here are some examples of how we introduced wall skills during our first week of practice. We do the following exercises cross-pool, usually doing 4 to 6 reps of each task in heats of 6 swimmers:

- No kick push-off with hands at sides and head lifted and looking forward. When momentum stops, kick easy to other wall.
- Same, but moving head to neutral (look directly down) with no kick from the wall. Focus on keeping balance and break the surface with back of head, shoulder blades, and butt at the same time.
- Same, but with arms tightly streamlined.
- Streamlined push-off on side, with fast narrow kick and roll to stomach. Continue fast kick to the other wall.
- Same, but with one breakout stroke stressing pulling the body forward over the hand and keeping the head in line (virtually all swimmers instinctively lift the head up to some degree as they break out.)

The focus of this set is to improve awareness of maximizing breakout speed and distance by progressively moving from body positions with drag and resistance to fast, efficient streamlines. As Fistgloves inventor Scott Lemley says in his Commandments of Swimming “Find the path of greatest resistance, then find the path of least resistance” Emphasize that, all things being equal, a longer body will travel through water faster. It's also vital to stress that simply moving the head from looking at the bottom to looking forward doubles frontal resistance. As the drills progress, each swimmer will feel lower resistance and more speed.

Read more excerpts from *Long Strokes in a Short Season* at www.totalimmersion.net/long-strokes-details.html.

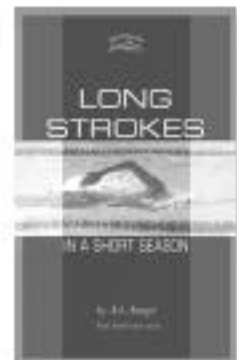
7 Steps to Faster Turns

1. Ball float balance: Have partners watch for anything not tucked. Pay attention to chin tuck, so the head is inside the body-ball.
2. Prone balance: Pay attention to how arms help balance the rest of the body.
3. Move from prone balance to tight tuck, then back to prone. This mimics the approach, turn, and breakout, on short-axis turns.
4. In shallow end with partner, assume tight tuck and have partner spin by placing an arm under the shins and a hand on the back. This gives the sensation of fast rotation in long-axis turns.
5. Unassisted move from prone balance to front somersault. Work with partner to assure initiation with a chin tuck and no splash.
6. Push off from the wall, on surface, and somersault at the near flags with maximum speed.
7. Swim freestyle. Somersault every 5 strokes (This can be changed to any odd number to force the swimmer to initiate the turn with either hand.)

Backstroke turns are simple now. Have the swimmers do Long Axis combo drills-5 strokes free, 5 back, with a somersault as they transition from free to back to free. This naturally teaches the free-back turn. Teach breast and fly with the same progression only moving from a prone float to somersault backwards.

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2003

a championship for the history books

By *Luc Hurtubise*
Organizing Committee Chairman

We recently witnessed a historic moment in the MSC annals. Indeed, the largest Canadian Championship since the MSC's inception in the 1980s was held in May 2003. Clearly, the pool facilities at Centre Claude-Robillard helped maximize attendance. Approximately 1,250 swimmers from seven countries registered for the event. Only a few dozen registrants failed to show up. Nearly 15% of the 8,200 Canadian masters swimmers participated in the Championship.

The Organizing Committee worked very hard to make this a memorable and friendly championship. This attendance record admittedly surprised the Registrations Committee, which had to reply to hundreds of e-mails, provide assistance for numerous minor registration errors and make corrections. Masters swimmers tend to leave things to the last minute; you might say procrastinating is second nature to them. Certain masters swimming rules did not make things any easier, including the relay registration rules (L.2, L.3 and L.4). How many of you are actually familiar with MSC rules? How many of you have a copy of the green rule book? It would be a good idea to take another look at it. For many of you, these rules only apply during the Canadian Championship, whereas the competitions run by the provincial networks often fall under SNC (Masters Swimming Section) rules. Since realities change over the years, certain rules deserve a second look. I encourage you to make your opinions known to your provincial representatives or the MSC Rules Committee if you would like to see certain amendments made.

The Welcoming, Registration and Accreditation Committee was also taken by surprise when 1,050 swimmers showed up prior to the official start of the Championship to pick up their accreditation card and their swimmer's bag. The Committee was only expecting 650 swimmers on Friday night.

Almost 250 volunteers and officials devoted some 4,000 hours of their time to the

competition. I am sincerely grateful to them and congratulate them on their excellent achievement. We were also able to rely on the financial and technical support of several sponsors, including Financial Manulife, the Government of Québec, Team Aquatic Supplies, Aquam, Aquasport, McAuslan Brewing, Yoplait yogurt, Côté cheese and Aquavision. Many thanks to our partners. For our part, let's encourage them.

Over the course of the championship, several records were set or broken: 5 world records and 105 national records. The atmosphere was most pleasant. Many thanks once again to the dynamic club Les 100 Maîtres de Baie-Comeau/Gaspésie and the club's trainer, Sylvie Letarte, for their interludes, as well as our DJ, Rogerio Muniz, and our announcer, Jean-Guy Boulianne. The Canadian senior synchronized swimming champions also entertained us and calmed our nerves during the Championships opening ceremonies. Warm thanks to the swimmers and their trainer, Julie Sauvé.

As well, services such as massage therapy, digital photography, plaque engraving and race analysis were available on site.

Each of the clubs registered in the Championship should have received the Official Results Book by now: an impressive tome of nearly 350 pages!

All of the Organizing Committee members readily admit that putting on the Championship was a major challenge. It was a trying experience for some, but everyone agrees that the success encountered and the exuberance expressed by the vast majority of participants make for very satisfying and indelible memories. Even Mother Nature was on side, crafting four beautiful spring days for all to savour.

In short, thanks to your participation, this Championship has proved to be one of our most memorable. Let's hope we have other great times swimming in the near future.

Forgot to buy a Championship souvenir?
We still have polo shirts, T-shirts, stainless steel coffee mugs and pins. Contact me to place an order.

by the numbers

The 2003 Masters Swimming Canada National Championship was the largest held in the history of MSC. But exactly how big was it?

number of swimmers **1250**
countries competing **7**

number of volunteers **250**
number of volunteer hours..... **4000**

world records broken..... **5**
national records broken **105**

Hungry swimmers, officials, coaches and volunteers were served
pasta salads..... **2,000**
yogurt cups..... **6,000**
bottles of water..... **9,000**
apples..... **2,500**
oranges **2,260**
bananas **180 kg**
cantaloupes..... **40**
energy drinks..... **1,000 litres**

We know how to party! At the wine and cheese evening and other social events, participants consumed
wine **90 litres**
beer **50 litres**
cheese **80 kg**
baguettes..... **250**

Hardworking and dedicated volunteers, officials and trainers ate
hot meals **450**
cold meals..... **100**
snacks..... **900**



National Championship 2004

May 21-24, 2004 Edmonton, Alberta

Hosted by: Edmonton Masters, Penguin/U of A Masters, Making Waves,
Sherwood Park Masters and Swim Alberta

Competition Chair: Ollie Currie

Pool: The Don Smith Pool, Kinsmen Sport Centre
(host site for the 2005 World Masters Games LC, host of the
1991 Pan Pacific Championships, 1998-2001 FINA World Cup of Swimming,
1997 Masters Swimming Canada Nationals)
1 x 50 m competition tank
6 x 25 m Warm-up/Warm-down tank

Timing System: Omega Swiss Timing

Format: Long Course competition

Contact: James Hood, Swim Alberta

Event order and meet package will be produced shortly.



The excitement kicked the moment I decided to participate in the IV World Master Games in Melbourne Australia October 5 - 13, 2002.

- Sending the registration form for the swimming events, making travel and accommodation reservations early 2002.
- Months of training sessions in the pool with cross-training, free-weights and cardio workouts.
- Departure date came soon and with encouragement from my local team, the Calgary master Swim Club and some friends of the Home Table-Tennis Club
- "Custta", we set out and arrived safely down-under
- Settling down in the accommodation, familiarizing with location and resting
- First day was getting registered in a downtown facility where one already sensed the magnitude of this International event and at the opening ceremony in a huge stadium
- Being part of the 26,000 Masters of many sports is an unforgettable and lasting experience
- The 800 Canadians present, showing our maple leaf in all sorts of forms, funny hats, pins, flags and stickers
- The pool inside the sports and recreation complex is flooded with daylight. The competition basin was filled with sparkling cool blue water:

- The first time when one meets the other swimmers in the marshalling room, where one lines up for the heat in which one is registered. In Master's swimming all heats are finals.
- The results of the consistent work and dedication paid off in the form of second placing in the 400M, bringing home a silver medal and 4th places in the 50M, 100M, 200M and 800M events, with a total of 5 Alberta Provincial records on the Long-Course (50M) in the 70-74 age category.

All together, the entire effort was very enjoyable and of course, we look forward to hosting and again participating in the V World Masters Games at Edmonton, 2005. After all there are some provincial records waiting to be altered.



*Melbourne
through my eyes*

By Marjorie Obee

Competition Committee Reviewing

Meet Bid Process

*By Christopher Smith (ON)
Chair, Championship Committee*

We are happy to report that you can mark your calendars for next year's Nationals. Nationals will take place at the Kinsmen Sports Center in Edmonton May 21 - 24, 2004. It will be a long course (50m) meet. This is the pool that was used for the 1991 Pan Pacific Games and will be the site of the 2005 World Masters Games. We are most appreciative that Swim Alberta, the Edmonton Masters Clubs and others were able to pull this together at such a late date. We all recognize the great amount of work involved in running such a meet.

At the beginning of this year the MSC Board established a Competition Committee to oversee the rotation of meets about the country, the bidding process, the meet package and meet on behalf of MSC. The Competition Committee has been asked to facilitate and review the process and suggest changes to the current process.

The objective is to have National meets across the country. The current process calls for rotation of the meet between west, central and east.

The current process is a very passive one. MSC hopes that someone will submit a bid, two years before the meet. This is

not always practical as facilities can't be booked that far in advance. When bids have not been received it seems, someone on the prairies has said, as this year, well, we had better do it then. This is greatly appreciated by all but it does not create an equitable rotation about the country.

The Committee (Suzanne Scriven (BC), Marj Walton (SK), Luc Hurtubise (PQ), Charles Nauss (NS) Sue Schmidt (President) and myself from Ontario), believe that a more active role by ourselves on behalf of MSC in seeking out hosts well in advance of deadlines could help. The Committee is reviewing the current three regional concept as it spreads responsibility for holding the meet over a large area consisting of independent provincial organizations. It also allows for meets to take place in cities close to each other in consecutive years. It has been suggested that MSC go to a five region rotation which would be BC, Ontario, Atlantic, Prairies and Quebec. This would put direct responsibility on the three large provinces with over three quarters of the members. It would still involve cooperation between the prairie provinces and also the Atlantic provinces and it is suggested that a committee or board member from the area would do this. This gives each region five years to determine a location for Nationals. If the region is not able to host it, the Competition Committee then has time to find an alternative.

The committee will be reviewing these and other related issues over the fall and will report back to MSC in due course.

Editor's note: British Columbia declined to submit a bid for 2004.

Report from Quebec

By Luc Hurtubise

Chairman of the Québec Masters Swimmers
Provincial Committee

Greetings everyone! I hope you all had an enjoyable summer. Although it was a difficult season for some of the western provinces, here in Québec we were fortunate to have rather comfortable weather, despite a few humid weeks.

The 2002-2003 season ended on an upbeat note. There was an increase of approximately 12% in the total number of swimmers in Québec and a spike of about 30% in participation at the competitive level. A number of Québec records were broken this year, including 56 at the Canadian Championship held in May 2003 at Centre Claude-Robillard. New Canadian and world records were also set. In this regard, congratulations go out to Eugene Lehman, the doyen of Québec competitive swimming, who set five world records in his

age group (90-94) during the season. Bravo Eugene!

By the time you receive this edition of *Waves*, some of the events on the Québec Activity Calendar will already be under way: the Nageathon Eau-Vive (swim-a-thon) held by the swimming club À Contre-Courant, Saturday, October 11 in the afternoon; the Halloween Competition at the masters swimmers club La Vague de Brossard, Saturday, October 25; the international invitational competition La coupe de Montréal hosted by the swimming club À Contre-Courant, Saturday, November 28; the Christmas Competition of Club des maîtres de Victoriaville, Saturday, December 6; the competition held by Club des maîtres de Pointe-Claire, Saturday, January 23, and Sunday, January 24, 2004. Check out the Activity Calendar for the dates of all the competitions (www.fnq.qc.ca/calendrier.html). Many more are scheduled for the 2003-2004 season.

The Guidebook (*Le cahier des maîtres nageurs du Québec*) is being finalized and should be mailed to swimmers in time for the October 2003 registration period at the Québec Swimming Federation (*Fédération de natation du Québec*). The Federation has implemented a new application to manage clubs and competitions. The software must be purchased by all affiliated clubs in Québec; its cost was partially offset by the Federation and partially divided up among the Québec network of clubs. Since this expense may well be cumbersome for some of the smaller clubs, it may be staggered over several years. Please feel free to provide feedback to your provincial masters swimming committee. Remember to attend the regional swimming association meetings to voice your opinion concerning the Federation's policies and decisions.

Have a great 2003-2004 season! To the pools, everyone!

Report from Alberta

By Mark Sandilands

President, Masters Swim Alberta

Welcome to the 2003-2004 Season! One thing about Masters swimming is that starting a new season always brings thanks: we're thankful that we can continue to exercise, maybe compete, renew old friendships, and make new ones. If you're into competition, once every five years you can also look forward to a new age group. Only 10-20% of Masters swimmers compete regularly; others compete occasionally, and quite a few are only there for the fitness, fun, and friendship. No matter what your motivation, I hope your club, your provincial section, and Masters Swimming Canada provide all of the above.

Speaking of competing, an inspiring story came to me over the summer from Dan MacGregor of the Different Strokes Masters Club in Calgary. Stacey M started swimming with Different Strokes last fall and was barely able to make one length of the pool at the time. Stacey had taken swimming lessons as a youngster, but rarely had found herself in a pool since then. Learning to swim as an adult was a challenge, especially when many of the others in the pool could seemingly cruise up and down the lanes somewhat effortlessly. Stacey spent the first few weeks, swimming at most twice a week, learning how to breathe and to put her face in the water without panicking. But she was determined to learn and if she could learn how to be a carpenter, she could

learn how to swim, and so she did.

About two months before the Sylvan Lake Open Water Swim, she received the e-mail telling everyone about the event. She quietly decided that she would attempt the 1 km swim. Stacey told no one else until a couple of weeks before the swim. Her goal: "To finish." After that, if she could do it under 30 minutes, that would be icing on the cake. Her coach caught wind of her goal and encouraged her.

"Do you have a wet suit or are you even allowed one?" "Yes, I can use a wet suit and I will rent one from the University." "Well, wear two swim caps, they'll keep your head warm, and try to get out to one of the local lakes to practice open water swimming and sighting. You will need to know where you are going as there are no lines on the bottom of Sylvan Lake." "Two swim caps!! I don't even wear one during practice! I'll just stop and look up to see where I am going."

Well, Stacey did finish the swim, and she said she has never been so cold despite the wet suit she only wore one swim cap! And she finished in 28 minutes, well under her hoped for goal. Stacey is the toast of the team and the only one from the club who entered. Bouquets to Stacey for having such a great objective and for having the dedication to get it done.

In Alberta, we've finally got the records straightened out, thanks in no small measure to the efforts of Linda Adair, of Calgary Masters Swim Club. You may remember Linda: she was one of the competent group at CMSC who put

on the 2001 Nationals. A paper copy of both short and long course records for men, women, and relays in all age groups was mailed out by Swim Alberta in early September. Additionally, the records are available to anyone via the internet. The internet address is <http://groups.yahoo.com/group/abmasterswim/>. To avoid having us inundated by spam emails, the Yahoo group, abmasterswim, is a closed group. If you're not a member of Yahoo, you'll have to join by creating a Yahoo ID and think up a password. This is done at <http://groups.yahoo.com/>. We are looking into making the records more accessible with our own website. Meantime, if you have trouble accessing the records online, please contact me at marksan@telusplanet.net for help.

An exciting item to report for Alberta is that Nationals will be here again in May, 2004, for the second time in four years and the third time in seven years. (Nationals were in Edmonton in 1998 and Calgary in 2001.) Look for the entry form in the next issue of *Waves/La Vague*, and I hope to see you there!

There will be other meets available in the coming season. The list will be finalized at the October 5th AGM of Masters Swim Alberta notices have gone out to clubs to send representatives to this meeting in Red Deer. It's likely that the schedule will be similar to other seasons except for the date and location of Provincials. With Edmonton hosting the Nationals, Lethbridge Masters is planning to bid for the Provincials and to hold the meet near the end of April. Hope to see you there, too!



Order form

Item	Eng	Fr	All	Age	M/W	Qty	Cost-ea.	Cost-tot.
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- past issues							\$2.00	
MSC Pins							\$5.00	
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" " " plastic covers							\$2.00	
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Notes

Please enter age group and gender for Top 10 orders. All Top Ten are for 2002

Name: _____
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Please include payment with your order. Make cheques payable to Masters Swimming Canada.

Mail to: MSC
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 Meaford, ON N4L 1A5

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

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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