

Fun, Fitness, Friendship & Participation

# waves

Newsletter for members of Masters Swimming Canada  
Volume 12 • Number 1

Inside!  
CMSC 2005  
Meet Package

## In This Issue

Taking the Plunge • Breathing Made Easy  
Choosing the Right Suit • Changes to Waves





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**ON THE COVER**

2004 CMSC, Edmonton, Alberta.  
 Photo courtesy Event Vault.

# Winter 2005

- 3 MAKING WAVES – FOR THE BETTER**  
 Publications Chair Paul Boulding highlights changes in the way Masters Swimming Canada will communicate with you
- 4 PROFILE: DAN THOMPSON**  
 Learn more about the recently elected President of Swimming Natation Canada
- 4 PRESIDENT’S MESSAGE**  
 Chris Smith reports on exciting changes in MSC
- 5 BREATHING MADE EASY**  
 How to get your muscles all the oxygen they need...and stay efficient as you do.
- 7 TAKING THE PLUNGE**  
 How one swimmer’s “command start” keeps her motivated
- 8 CHOOSING THE RIGHT SWIMSUIT**  
 Great looks aren’t everything when it comes to choosing a new suit.
- 9 PROFILE: NADINE ROLLAND**  
 An inside look at one of MSC’s top record breakers
- 11 CMSC MEET PACKAGE** Everything you need to compete in May
- 15 CONTACT US** MSC board, volunteer and staff contacts

# Making Waves – For the Better

*By Paul Boulding, Chair of  
Communications and Publications*

**W**elcome Canadian Masters swimmers! This issue of Waves/La Vague will focus on some changes in our sport and Canadian Swimming. One major change is the change in the structure of Swim Natacion Canada and the election of Dan Thompson as the new president. Dan was coached by Byron MacDonald at of University of Toronto Swim Team and has competed as a master swimmer.


The competitive theme in this issue showcases Nadine Rolland. It was very difficult to select one individual. Another strong contender was John van Buuren following his success at Worlds. Interested in Canadian Masters Swimming trivia? Visit the MSC web site and view the work by Christian Berger showcasing the competitive achievements of masters swimmers across Canada in every age group. You could find out about the “most mature” masters swimmer in Canada! 96 years young, Jaring Timmerman of Winnipeg learned to swim in his 70’s and now holds numerous Canadian and world masters swimming records.

As the new chair the committee of publications and communication, I am following the accomplishments of Sue Schmidt, the past chair of this committee and past president of MSC. While Sue and Waves Editor Jennifer Pinarski made progressive changes to Waves/LaVague another committee chaired by Glenn Davis looked at future communication opportunities for MSC. In combination with Norm’s work on the strategic planning committee which you will find reported in this issue, we are about to make major changes to

our communication focus, structure and process. Currently you can visit the MSC web site and start to see this happening now with the work of David Ellis and other contributors to the evolving and changing web site.

Communication is a process of enabling growth, development and the recognition of those accomplishments. Our sport is about “Fun, Fitness, Friendship & Participation” and although some of us compete, all of us swim. Waves and La Vague was about communicating recent events, accomplishments and experiences of our members. Tomorrow’s Wave and La Vague will be the active and interactive communication of recent, current and future events, accomplishments and experiences of our members while providing opportunities for education and participation in our Fitness and Coaching sections of the web site. Results and personal experiences from different swim meets will not be stale dated by printed material. The reception of all information will be available to all our membership immediately without waiting for snail mail. If you need to print an article you can do so or you can go directly to the source.

It is the committee’s mandate to enhance our ability to share communication about the “Fun, Fitness, Friendship and Participation” each one of us has experienced as a master swimmer. I encourage you to participate and contribute your experiences and ideas through the MSC web site. Look for Change!

We will review our editor opportunities when we move to a web based format. Interested parties in volunteering (small honarium) can forward your resume to me at [swim4life@highspeedcrow.ca](mailto:swim4life@highspeedcrow.ca). 



**Communication is a process of enabling growth, development and the recognition of those accomplishments. Our sport is about “Fun, Fitness, Friendship & Participation” and although some of us compete, all of us swim. Tomorrow’s Wave and La Vague will be the active and interactive communication of recent, current and future events, accomplishments and experiences of our members.**

# Dan Thompson

## Elected President of Swimming Natation Canada, November 2004

By Byron Macdonald, Head Coach, University of Toronto Swim Team


**D**an is one of the finest swimmers this province has ever produced. A world record holder (1983/ 100m butterfly short course) who won gold medals in two Commonwealth Games, Dan was denied his time in the big spotlight due to the boycott of the 1980 Olympics.

A proud Canadian, Dan chose to stay at home for his education and went on to shine at the University of Toronto. A BPHE graduate, Dan was never beaten in the 100 fly during his university career.

After graduation, Dan began his professional career in the sport marketing field at Chris Lang and associates. He has moved from that to the big playing field of McLaren Advertising — one of the biggest in the business in the country. Dan has over 30 people reporting to him in that dynamic industry.

Dan stayed in contact with the water after his international career ended swimming for Canada. He swam for the "Masterblasters" (forerunners of the current Trillium Y Masters) at the North York YMCA for several years in the early 90's. Currently, he trains twice weekly with the U of T team.

Dan's felt that the Canadian swim program needed a giant effort to get back on track and he is one of the leading swim minds to volunteer to try and help Canadian swimmers get back on track. There is no doubt that his clarity of vision, personable demeanor, and ability to see the big picture, will help Dan to steer Canadian swimming in the right direction.

Dan has a good understanding of Masters, their issues and their potential for growth and contribution in the adult fitness field. He has indicated a willingness to work with MSC for the benefit of our sport at every level. 



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## President's Message

By Chris Smith

**W**elcome to a new year of swimming, of keeping fit and having fun with your friends. That is what Masters swimming is about!

Last year was a year of significant developments for Masters Swimming Canada, which although not yet obvious to many of our members, we believe will become so during this year. Your Board realized that although the stated objects of your national organization were most appropriate, we were in many cases, not fulfilling them. They have taken significant steps to change that.

Masters Swimming Canada is the largest organization in Canada with a primary focus on adult fitness through swimming. We believe we should not only serve our members

and our sport, we should also promote the benefits of our sport to all Canadians. Swimming is clearly the best sport for life time fitness.

We recognized that in order to do this we needed a plan, the structure and the volunteers to implement the necessary programs. Early in the year we established a Strategic Planning Committee with Norm McKee as chair. The Board has adopted their report and asked Norm to continue to work with the committees involved as they establish their plans. We also recognized that our current structure lacked accountability and a democratic relationship with our members. Last year we established a Structure Committee, chaired by Ellis Betensky which is reviewing various structural options for our consideration to resolve this. We have been able to increase member

involvement in our committees by almost 200% over the last year; many of our committees are now operational, some for the first time.

At our Annual General Meeting in Edmonton in May we had more than double our normal turnout. Several members there urged us to develop MSC into an effective democratic and accountable national organization. At our November Board meeting in Montreal we could all see that this was starting to happen. It is clear that you now have a significant number of volunteers from all parts of the country, a hard working, committed Board, all working for the benefit of Masters, all adult swimmers in Canada. I thank them all on your behalf.

Although we have focused mainly on the fitness aspect of our sport we are not getting out of the competition business. *Continued on page 15*

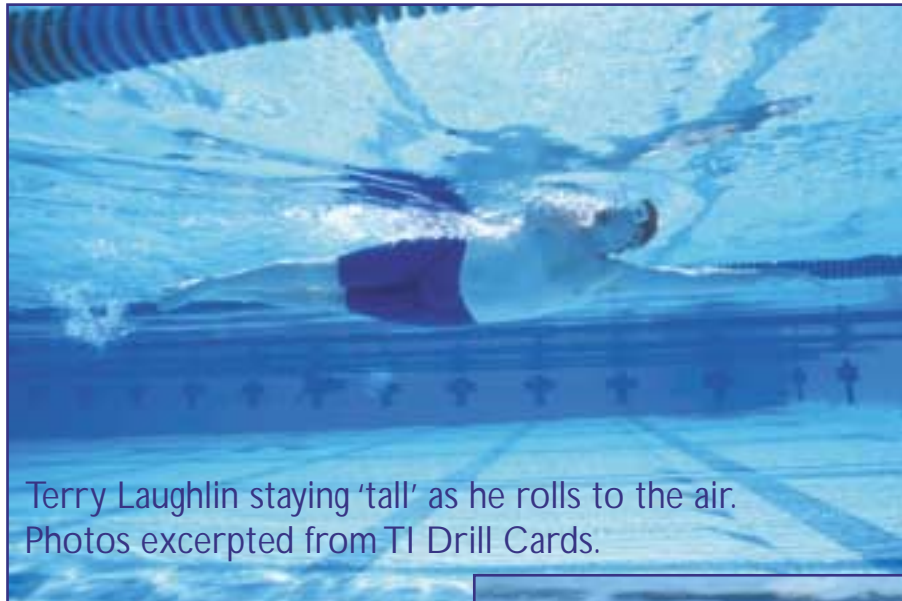
# Breathing Made Easy

How to get your muscles all the oxygen they need...and stay efficient as you do.

By Terry Laughlin

**T**he rules of breathing are simple in sports like cycling or running. You need a breath, you take a breath. Oxygen is always there for the taking. But not in swimming where, to frustrated novices and cross-trainers, even the simple act of getting oxygen to your muscles is a *technique*. And the stakes are high. You'll never know how well you could really swim if you're not getting air. Wiped out by just a few laps? It's probably not your fitness. It's far more likely your breathing that gets in the way of a good workout or discourages you from swimming altogether.

Poor breathing technique and poor balance are the two primary challenges faced by unskilled swimmers. Both seem manageable so long as your face is in the water. But sooner or later they have to get some air and instantly they're struggling instead of cruising, with their stroke falling apart 30 or more times a minute (or about 10 times every 25 yards). When you get the breathing right, it fits naturally into the stroke flow, and in fact, can even add power to your stroke because body roll is what produces power and you should roll more when taking a breath. But the key is to breathe with body roll, not by turning the head. This exercise will illustrate why: As you sit comfortably reading this, turn your head 90 degrees, pointing your chin at one



Terry Laughlin staying 'tall' as he rolls to the air. Photos excerpted from TI Drill Cards.

shoulder, then the other. I enjoy good range of motion in my neck, but head-twisting like that creates noticeable tension in my neck and upper back. Next try that head-twisting action while craning your neck in the head position typical among novice swimmers. Even more tension and discomfort. Repeating these biomechanical errors 1000 or more times an hour will cramp anyone's style.

So if we shouldn't breathe in the traditional way, how should we do it? Very simply. Rather than turning your head, breathe by using body roll to take your head to air while keeping your head aligned with your spine and your chin aligned with your sternum; you'll start swimming more easily, comfortably and efficiently immediately. Here are five skills that should help you breathe easily immediately:

## 1. Align Your Head and Spine.

Before you can breathe with body roll, you need to be able to roll easily and smoothly – and that takes a long straight body line. Start by holding your head as you do when you're *not* swimming. Between breaths, point your nose directly at the bottom of the



pool. Imagine you've got a laser beam coming out the top of your head directly on a line from your spine. Keep that laser line pointing straight ahead at all times – particularly as you roll to breathe. That means keeping the top of your head pressed into the water as you roll for the breath.

## 2. Roll like a Log.

Now that you've got your head on straight, try this exercise while standing: Looking straight ahead with your head aligned with your spine (remember that laser beam image), and with your right arm extended overhead, bicep pressed to ear, turn your entire body 90 degrees toward your left side, keeping your chin and sternum also aligned – as if doing a military left-face. You've just rehearsed the correct movement for freestyle breathing. The object is to keep head and spine aligned as you

roll a long, sleek, balanced bodyline. The degree of your roll should be sufficient that it takes your mouth easily to the air. In fact, if you imagine that you'll breathe through your navel, not your mouth, you're almost guaranteed to do it right.

### 3. Stay "Tall" as you Roll.

Years of bad breathing technique virtually always creates habits that destroy efficient stroke technique. Turning or lifting your head create pressures that drive your extended arm down and back. By the time you inhale, your arm has collapsed below you, hurting your efficiency because: (1) that collapsing action is non-propulsive, wasting most of each breathing stroke, and (2) the water resists you far more in that position, than when you have your arm extended. The fix is similar to the exercise above – rotate your body while keeping your arm extended. During each breath, your arm should be stretching forward. And just as important, your hand should be angled downward to help you "hold onto your place" in the water. You should almost have a sensation of hanging onto a hand-grip in the water, with your hand extended well forward, throughout your inhale. You begin stroking only as your head begins to return to the water.

### 4. Breathe Rhythmically.

Your stroke rhythm is a body-rolling rhythm. Since you breathe by rolling your body, your breathing and stroke rhythms should be indistinguishable. One of the most common stroke errors among novices is trying to prolong the breath by staying on your side just a bit longer. Breathe by rolling to where the air is and immediately roll back the other way with no interruption in your rhythm. When you want to stroke faster, you do it by speeding up your body-rolling rhythm, so you also breathe faster.

### 5. Emphasize the Exhale.

You spend more time in each stroke cycle exhaling than inhaling and completely clearing stale air from the lungs is one of the most important things you can do. An increase of carbon dioxide – from breath-holding -- not a decrease of oxygen, is what makes you feel oxygen deprived. Because of the pressure differential between air and water, you need to exhale more emphatically into water than into the air - and you do exhale into water for 80% of your breathing cycle. So begin exhaling as soon as you finish inhaling – without the slightest interruption – and put more emphasis on the exhale, particularly the final 20% just as your mouth and nose clear the water again.

And one more key issue:

#### Should I Breathe to Both Sides?

Virtually all swimmers favor one side in breathing, because it feels more natural. Trying to breathe to the other side feels awkward and who needs to feel even more awkward in the water? The problem with breathing only to one

side is that it tends to make your stroke asymmetrical. In an hour of swimming, you'll roll to breathe 1000 or more times, meaning all your torso muscles pull more in that direction and less to the other side. Multiply that by hundreds of hours of swimming and you'll soon be making a lopsided stroke permanent. The best correction is bilateral breathing which can be done in several ways.

Breathing every third armstroke is the simplest, but that also means you breathe one-third less often than when you're breathing every cycle on one side. That shouldn't be a problem when you're swimming easily, but could leave you feeling winded when you go faster. So I breathe every third stroke when going easily, but add more consecutive breaths on one side – two, three or four before switching to the other side for a similar number of breaths – as I swim longer or faster. When going at race intensity, I breathe to my right side on one length and to my left side on the next – or when racing in open water, I may take 10 breaths to the right, followed by 10 to the left. That gives me more oxygen when my muscles need it. And breathing 8 to 10 times consecutively on your "weak" side gives you a concentrated opportunity to work on the five skills cited above. And if you move beyond fitness swimming to racing, you'll find it's helpful to be comfortable breathing to either side in a triathlon or open water swim race as well as in pool races. 🌟

*Freestyle breathing technique – and the skill sequences that teach it -- are vividly illustrated on Total Immersion's Freestyle Made Easy DVD and Drill Cards. Info at [www.totalimmersion.net](http://www.totalimmersion.net).*

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# Taking the Plunge



*By Marie Surridge*

Sept. 18, 2003 is a day I'll remember for a long time. This marked the beginning of my association with the Masters Swim Program in Selkirk. My husband, Brian, had been swimming every Tuesday and Thursday at 6 AM for the previous two years but now the program was undergoing changes. Paul and Sally Boulding had volunteered to take over the coaching and were interested in expanding the membership.

Looking back I can describe my decision as an example of quantum change, and definitely not my typical pattern of sticking to the familiar.

I can't honestly say what prompted me to take the

"plunge" because I was a dedicated non-swimmer! I remember asking Brian to check if Paul was willing to teach me to swim. When the Paul agreed, I'm not sure he realized the challenge facing him and I didn't realize what was ahead of me. I remember thinking I had made a huge mistake - how could I learn to swim when I didn't even want to put my face in the water, was anxious the night before class and dreaded going to the pool.


Those first early mornings consisted of lots of encouragement from Paul, Sally and the other swimmers, lots of self-talk, along with simple drills designed to make me comfortable in the water. Such activities as running across the shallow end of the pool made me realize that it may actually be easier to try to swim. Slowly I began to make progress.

As the weeks progressed the other swimmers in the program provided inspiration. Brian has been very committed which has helped me stay on track. He is the first up in the morning and makes sure I respond to his wake up call. Paul refers to him as "my command start" as he always has the car ready and waiting.

I've actually progressed to the point where I am enjoying myself (most of the time!) and I no longer dread going to the pool. I do not gasp for air as though each breath may be my last. Sally was right when she said there is the same amount of air just above the water as higher up.

It has felt very rewarding to learn something new. I had never been very athletically inclined but swimming has provided a way to exercise and improve my general fitness. I enjoy the individuality of the Masters program. Although I am challenged to improve my skills I don't have to keep up with any one but myself.

I can't say I look forward to the getting up so early, but on the other hand, when I leave the pool at the end of the class I feel energized to start the rest of my day.

So, wherever my epiphany came from back in September 2003, I am forever grateful and hope to continue to swim within the Masters program for a long time. Now if only I didn't have to get to the pool at 6 AM. 

*Marie Surridge is a member of the Selkirk (Manitoba) Dolphins.*



# Swim Suits – What to Wear

By Ian Feldman

**F**aster, more steam-lined and looking good!! These are the main functions of swimsuits in today's world. There are suits to match all of these needs. So therefore the question is, what to wear?

As all competitive swimmers have different reasons for swimming, and different suits have different purposes, what to wear is a very personal thing. The 2 main functions of a swimsuit are for training and for competition.

## Training suits

At one time the old reliable nylon suits were the favorite. They lasted a long time and were quite inexpensive. Then lycra came in and people were often wearing 2 or 3 lycra suits at a time because these tended to wear out faster. Today we have polyester, the moderately priced long lasting suit - great for training in the pool several times a week.

## Competition suits

In the 70's and 80's we shaved down for competition and wore the smallest, tightest, thinnest lycra suits possible in an effort to have as little resistance against the water as possible. The ultra stretch on a small lycra suit went a long way. Now we have suits that do that for us. Whether it is the Aquapel, the Aquablade, the Powerskin or any others that are out there, the objective of these suits is to make the swimmer as resistance free and streamlined as possible.

Other styles of suits that are very much in vogue are Jammers for men and 2 piece suits for ladies. Still available are the old reliable men's brief and ladies one piece suit.

## So here are some tips when deciding what to wear:

First, determine what your goals are. Your goals may determine the suit that you get. A lycra suit is a great suit for competition because it

will hug you and create less resistance. Because lycra suits have give they are also great for those of us with some extra pounds. A polyester suit is great for a slimmer swimmer who is constantly training. The high tech performance suits can be quite pricey. However, if you are results driven, then the price may be worth it for you. Only you will know for sure which suit to choose.

Secondly, how does the suit fit? Any suit must have maximum comfort in order to let you do what you are supposed to in the water. Try it on and make sure that it is comfortable. If it chafes, is loose or tight, forget it.

When deciding what to wear, look inside yourself and determine what your personal needs are and what it is worth to you. Remember, looking good is only half the battle. Feeling good is the other half!



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# Nadine Rolland

an exceptional swimmer amongst others

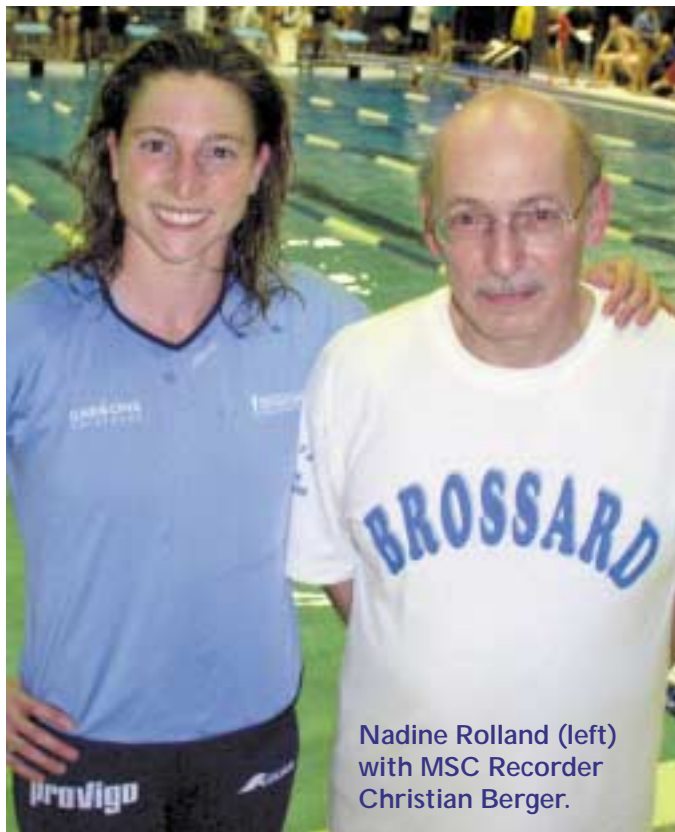
By Michel Breton

Translation by Larry Egan

**O**n Saturday October 30th 2004 the regional swimming masters competitions were held in Brossard (Quebec), with 22 teams and 170 swimmers participating of which one swimmer was the Olympian "Nadine Rolland" who I scrutinized among the swimmers passing by, a small silhouette seen from her back stretching, getting ready to enter water. At first glance, nothing particularly attracts my attention other than her well-sculptured muscular body. She enters the water and immediately executes long deliberate movements of a slowness that I recognize as self-discipline for preserving her strength that she will call on at the opportune moment. She does but three or four lengths merely to find her ease in the water; evidently she had warmed up previously.

Moments later, I find her seated alone, on the corner of the bench occupied by Brossard's swimming club members. As I observe her simple natural movements and approach her I discover a finical luminance on her face accentuated by the brightness of her eyes, both embodying her iron will. I adventure to speak with her. Her attitude is laid-back and after stating that she trains alone she speaks about of her personal goals and how she sets about to achieve them. As she expresses herself she is self-confident, clear, concise and without pretension. She explains the importance of splitting up each movement into well-defined motions allowing her to employ each of these at the opportune time whether in or out of the water. She accentuates the fact that in the end, it is these drills that give the required potency to the propulsive movements. Then she moves on to flexibility and its significant role in assuring the full force of a movement. Thereupon, she points out that she had difficulties with the butterfly prior her companion and trainer, a rugby fan, indicated that she ought exercise more intensively in the development of her flexibility at the shoulder level.

*Continued on page 10*



Nadine Rolland (left) with MSC Recorder Christian Berger.

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# Nadine Rolland

an exceptional swimmer amongst all others

The ability, during a race lasting only a few seconds, to execute rapid motions in their respective sequences, and then instill might in extended movements is what she calls using her brainpower and insists on this fact.

There she goes, already in the middle of the last heat of her first challenge, the 50-metre free. Yvon announces to all Nadine's participation specifying the national record. However, at the suggestion of Christian Berger, who invited her at these competitions, he does not qualify the world record to avoid needless pressure. The race takes place in lightning speed. Nadine, is by far the first to finish and establishes her day's first world record at 26.13 seconds. Some minutes later we assist to a similar scenario for the 100-metre IM. Nadine attains her second world record of the day at 1:04.77 seconds. This is incredible!

At about the same time, Larry, a long time friend arrived with my 13-year-old son, Philippe, to spur me on in my own competitions. Denise Morel and Daniel Morin who were clocking competitors in lane 6 took charge of my son by integrating him in their timing process while my friend clocked the competitors in the adjoining lane. Philippe has this extraordinary quality of being determined and tenacious in whatever he undertakes. Although he has difficulty in comprehending the notion of time it did not deter him in his assigned role. Due to his perseverance, he successfully pulled

it off, within two hours his clocking was precise to the point of being recorded with other official times. That day, Philippe attained something extraordinary for himself and remains very proud of his accomplishment. Since that Saturday he wears around his neck the chronometer I gave him in order to grasp the notion of time and he takes every opportunity to clock daily events.

Whew! Tempus fugit! A few steps away Nadine awaits the start of her 50-metre butterfly. I move in to pass in front of her to wish her good speed but was not fast enough. She projects an explosive look and challenged me to say I have seen anyone swim the 50-metre butterfly just as she is about to do. I am struck to a point that I do not remember if I had the presence of mind to wish her good speed. Never have I seen such a determined look on anyone. The start of the race is signaled and I see her fly on the water in movements of an incredible amplitude and speed. She shatters the butterfly world record at 27:88 seconds, her third record of the day.

**The start of the race is signaled and I see her fly on the water in movements of an incredible amplitude and speed. She shatters the butterfly world record at 27:88 seconds, her third record of the day.**

On the evening of the competition, I was watching on television, the grand boxing champion Mohamed Ali prepare for his match against George Foreman held in Zaire in 1974. This match was later qualified as the fight of the century. Certain of himself, Ali readies equally mentally as physically. Foreman, who up to then, had overwhelmed not to say annihilated all the boxers and previous world champions that meet him in the ring and was considered the favourite by experts. Indisputability he was physically much stronger than Ali. At the end of the first round we can construe the distress on Ali's face as he realizes the physical superiority of his adversary. This does not prevent Ali winning his combat masterfully due to his intelligence, his determination and his tenacity; qualities shared by Philippe, Nadine and the other competitors on Saturday.

Bravo! Nadine and Philippe. With your respective intellectual capabilities, your determination and tenacity you attained prodigious results. These qualities and the wealth of your character can be called upon in other circumstances and moments in your life.

Sincere thanks to Christian Berger, among others, who engineered these competitions, thanks to Nadine for her participation, Denise, Daniel and Larry for your contribution to Philippe's life, and to you all for the success of this magnificent afternoon of competitions.





## 2005 CANADIAN MASTERS SWIMMING CHAMPIONSHIP CHAMPIONNAT CANADIEN DES MAÎTRES NAGEURS 2005

MAY 20 – 23 MAI, 2005 TORONTO, ONTARIO

The Ontario Swimming Officials Association and three Toronto Area Masters Clubs are pleased to host the 2005 Canadian Masters Swimming Championship (SCM), May 20-23, 2005 at the Etobicoke Olympium in Toronto.

Chairperson: Lois Adams, [loisorangevan@aol.com](mailto:loisorangevan@aol.com)  
Hosts: Ontario Swimming Officials Association, Aurora Master Ducks, Etobicoke Olympium Masters Aquatic Club and Trillium Y Masters Swim Club.

### Contact and

Registration: Lois Adams, 56 McBain Avenue, Toronto, Ontario M4P 2S7  
Tel: 416-481-0722. email: [CMSC2005@aol.com](mailto:CMSC2005@aol.com)

Facility: Etobicoke Olympium  
590 Rathburn Ave, Toronto, Ontario.  
The Etobicoke Olympium has two 8 lane 25m competition pools.  
There will be continuous warm up/warm down in the adjacent 25y pool.  
Electronics provided by Omega Electronics Timing

Web site: [www.CMSC2005.ca](http://www.CMSC2005.ca)

Sanction: MSO on behalf of MSC

Meet Package: The full Meet Registration Package is posted on the MSC web site and [www.CMSC2005.ca](http://www.CMSC2005.ca)

Contacts: Organizing Committee Chair: Lois Adams [CMSC2005@aol.com](mailto:CMSC2005@aol.com)  
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Les questions en français Nancy Black [nancy@masterducks.ca](mailto:nancy@masterducks.ca)

### Schedule

#### Friday, May 20, 2005

2 pm Warm up; 3 pm Start  
200m back, 50m fly, **break to 5:30 pm**, 1500m free

#### Saturday, May 21, 2005

8 am Warm up; 9 am Start  
200m IM, 100m free, 100m breast, 4 x 50m medley relay,  
**30 min break**, 4 X 50m mixed free relay, 200m fly, 50m back, 400m free  
**Banquet @ 7:00 pm, Renaissance Hotel, 801 Dixon Rd.**

#### Sunday, May 22, 2005

8 am Warm-up; 9 am Start  
200m free, 100m fly, 4x50m free relay,  
**30 min break**, 4x50m mixed medley relay, 100m IM, 200 breast, 50 free  
**Members Meeting, MSC AGM, Barbeque, Etobicoke Olympium**

#### Monday, May 23, 2005

8 am Warm-up; 9 am Start  
400m IM, 50m breast, 100m back, 4x100m relay, **30 min break**, 800m free.

**Note:** *The 4x100 Relay is one event. Each swimmer can only enter in one relay team.  
This team can be Men, Women or Mixed (2+2). They can swim Free or Medley.*

### Meet Package and Information Desk:

The Registration Desk is upstairs in the Olympic lounge at the pool. Meet packages must be picked up in person or by a team representative. Swimmers must register before they can swim.

Registration desk hours are: Friday noon to 7 pm  
Saturday and Sunday: 7am to 2pm  
Monday 7am to 10am

## Swimmers with a Disability (SWAD)

We encourage swimmer with a disability who are registered as Masters swimmers to participate. The Etobicoke Olympium is wheelchair accessible. Please write your SWAD classification at the top of your entry form.

## Rules:

MSC Rules and Warm-up Procedures will govern the meet. The MSC False Start Rule will be in effect. Swimmers are reminded that an intentional false start will result in disqualification for delay of meet.

## Eligibility:

The Championship is open to registered Masters swimmers at least 18 years old as of May 20, 2005. Age as of December 31, 2005 will determine age groups. Canadian entrants shall indicate registration number and club affiliation or their status as an unattached swimmer on the entry form. International swimmers must submit proof of affiliation with their National, FINA affiliated, Masters organization.

## Awards:

Swimmers finishing in the top three, **including relays**, will receive medals. Swimmers finishing 4<sup>th</sup> to 8<sup>th</sup> will receive ribbons. Swimmers finishing first in an individual event will receive a Canadian Champion patch; one per swimmer. **Awards must be picked up at the meet.**

## Seeding:

All events shall be swum slowest to fastest. All events of 100 m or less and 4 x 50m relays will be swum by age and gender. 200m events and 4 x 100m relays will be seeded either by gender or by age and gender at the discretion of Meet Management depending on number of entrants. Events 400m and over will be swum by gender only; slowest to fastest. 800m and 1500m freestyle events may be swum with two swimmers per lane.

**Age Groups:** 18-24, 25-29, 30-34, and there after in increments of 5 years.

## Relays:

Relays will be grouped by cumulative swimmer age using the following increments; 72-99, 100-119, 120-159, and thereafter in increments of 40 years. A mixed relay team consists of two men and two women. No swimmer may swim more than once in any relay event. Each club must indicate the number of relay teams entered in each event. The names, ages and order of team members for each team must be submitted to the relay clerk of course on the day of the relay event as per later instructions. As noted above, relay teams finishing in the top 3 will receive Medals. There are choices for the 4x100m relay. It can be swum as men, women or mixed and free or medley. This must be declared when the team is submitted to the clerk of course.

## Entries:

Swimmers may enter a maximum of seven (7) individual and five (5) relay events. Individual entries can be submitted by hardcopy (paying by Visa, cheque or money order) or online (using Visa or MC). Online does not require a hardcopy. **Please include an e-mail address with all entries so that your entry can be confirmed.** The **volunteer** registrar would **greatly** appreciate teams using the Hy-tek entry method with one cheque for the whole team. Individual events marked NT (no time) will not be accepted. Hard copy entries for individual or relay entries must be on the entry form enclosed with the meet package or downloaded from the website. Facsimile entries can not be accepted. Late entries will not be accepted. There will be no deck entries. **Entries and fees must be received on or before April 25 (individual) May 2, 2005 (relays).**

## Mail Entries and Cheques to:

### Electronic Entries:

Individuals and relays can enter online at [www.CMSC2005.ca](http://www.CMSC2005.ca)  
Please send Hy-tek entry files to [CMSC2005@aol.com](mailto:CMSC2005@aol.com)  
then send individual hardcopies with payment to Lois Adams.

CMSC 2005, c/o Lois Adams,  
56 McBain Avenue,  
Toronto, Ontario,  
M4P 2S7, Canada

Team electronic entries must be submitted in a Hy-tek Team Manager file. A free "lite" version of Hy-tek can be downloaded from their website (<http://www.hy-tek ltd.com/downloads.html>) Download the Meet Event File from [www.CMSC2005.ca](http://www.CMSC2005.ca).

**Fees:** \$65 per swimmer. Meet Registration plus up to 7 individual events.  
\$15 per relay team.

Fees should be payable in Canadian dollars and cheques and money orders should be payable to "CMSC 2005". Post-dated cheques will not be accepted. Swimmers should indicate their name and club on any cheques or money orders. Fees may also be paid by VISA if the name of the cardholder, full account number and expiration date are provided. No entry will be considered final until payment has cleared and waiver is signed.

**Results:**

Electronic copies of results will be posted in word format at the meet website. Printouts of results are available for \$25 per copy. Include your order on your Entry form, or submit it at the registration desk during the meet.

**Banquet:**

There will be a banquet which will include the **MSC Awards** presentations and entertainment on Saturday evening at the Renaissance Hotel, at 801 Dixon Rd, about 4 km from the pool. We have managed to keep the ticket price for this first class event down to \$50.00 each. **Please order your tickets on the entry form.**

**MSC Annual General Meeting:** The MSC AGM will be held at the Olympium after Sunday's events.

**Barbeque:** There will be a barbeque at the Etobicoke Olympium after the AGM. Tickets are \$15. **Please order your tickets on the entry form.**

**Shirts:** Golf shirts, long sleeve t-shirts and fleece vests are available. **They must be ordered on the entry form.** See championship website for a photo. [www.CMSC2005.ca](http://www.CMSC2005.ca)

**Hotels:** See [www.CMSC2005.ca](http://www.CMSC2005.ca) for hotel info.

## 2005 Canadian Masters Swimming Championship (SCM) Relay Entry Form

**Club Name:** \_\_\_\_\_ **Club Letters:** \_\_\_\_\_

**Club Representative:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**Postal code:** \_\_\_\_\_ **Phone (day)** \_\_\_\_\_ **(eve):** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

	Event #	Gender	Event	# of Teams	<b>Entry Deadline:</b>
Sat	13	Women	4x50 Medley Relay	_____	<b>Monday, May 2, 2005</b> <i>* Note: The 4x100 Relay is one event. Each swimmer can only enter in one relay team. This team can be Men, Women or Mixed (2+2). They can swim Free or Medley.</i>
	14	Men	4x50 Medley Relay	_____	
	15	Mixed	4x50 Free Relay	_____	
Sun	27	Women	4x50 Free Relay	_____	
	28	Men	4x50 Free Relay	_____	
	29	Mixed	4x50 Medley Relay	_____	
Mon	43		4x100 Relay *	_____	

# of relay teams \_\_\_\_\_  
 @ \$15 per team = \$ \_\_\_\_\_  
 Please put club name on cheque and make cheques payable to 'CMSC 2005' or enter VISA info below.

Please mail to:  
 CMSC 2005 c/o Lois Adams,  
 56 McBain Avenue,  
 Toronto, Ontario, M4P 2S7

**Visa #** □□□□ □□□□ □□□□ □□□□ **Exp** mm/yy □□ / □□

**Name on Card** \_\_\_\_\_ **Signature** \_\_\_\_\_

# 2005 Canadian Masters Swimming Championship (SCM) Individual Entry Form

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**D.O.B. (dd/mm):** \_\_\_ / \_\_\_ /19\_\_\_ **Age (on Dec 31/05):** \_\_\_\_\_ **Provincial Registration #:** \_\_\_\_\_

**Club Code:** \_\_\_\_\_ **Club Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Apt** \_\_\_\_\_ **City:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_ **Phone: (day)** \_\_\_\_\_ **(eve)** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Can you help officiate?** Yes  No

	Women	Men	Event	Entry Time
Friday afternoon /evening	1	2	200 Back	: : : : : :
	3	4	50 Fly	: : : : : :
	5	6	1500 Free	: : : : : :
Saturday morning	7	8	200 IM	: : : : : :
	9	10	100 Free	: : : : : :
	11	12	100 Breast	: : : : : :
Saturday afternoon	17	18	200 Fly	: : : : : :
	19	20	50 Back	: : : : : :
	21	22	400 Free	: : : : : :
Sunday morning	23	24	200 Free	: : : : : :
	25	26	100 Fly	: : : : : :
Sunday afternoon	31	32	100 IM	: : : : : :
	33	34	200 Breast	: : : : : :
	35	36	50 Free	: : : : : :
Monday morning	37	38	400 IM	: : : : : :
	39	40	50 Breast	: : : : : :
	41	42	100 Back	: : : : : :
afternoon	45	46	800 Free	: : : : : :

**Swimmers may enter up to seven (7) individual events.** Events marked NT (No Time) will not be accepted.

I wish to swim one person per lane in the  1500m,  800m

**Entry Deadline: Mon, April 25, 2005**

**Please make cheques payable to: CMSC 2005 or enter VISA info below.**

**PLEASE MAIL TO:**  
**CMSC 2005**  
c/o Lois Adams  
56 McBain Avenue  
Toronto, M4P 2S7  
Phone (416) 481-0722

**\*Please put Name, Registration # and Club name on cheque**

Individual Fee:	one	\$65 / swimmer	<b>\$ 65</b>	<p><b>Waiver:</b> I, the undersigned, intending to be legally bound, hereby certify that I have not been restricted by a doctor for a medical condition and that I am aware of all the risks inherent in Masters swimming, including possible disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in this Masters meet or any activities incident thereto or against Masters Swimming Canada/Maitres Nageurs Canada, OSOA, Master Ducks Inc., Etobicoke Masters Aquatic Club Inc, Trillium Y Masters Swim Club, the meet directors or coordinators, or any individuals officiating at the meet or supervising such activities as a condition of my participation in this Masters swim meet.</p> <p style="text-align: right;">Signature _____ Date _____</p>
Banquet	_____	\$50 per person	\$ _____	
Barbeque	_____	\$15 per person	\$ _____	
Results	_____	Printed/mailed \$25	\$ _____	
Golf Shirt	<b>Size</b> _____	\$30 per shirt	\$ _____	
Long sleeve T	<b>Size</b> _____	\$20 per shirt	\$ _____	
Fleece Vest	<b>Size</b> _____	\$40 per vest	\$ _____	
<b>Total Payable</b>			<b>\$ _____</b>	

**Visa #**

**Exp** mm/yy  /

**Name on Card** \_\_\_\_\_

**Signature** \_\_\_\_\_

# President's Message

Continued from page 4

We recognize that competition is one of the fun things we do as a way to keep fit and see our friends. We also recognize that compared to other parts of our mandate, we do competition well. I would like to thank the folks in Edmonton, also Marj Walton, Pat Niblett, Christian Berger and the members of their committees for keeping this part of our business going and always working to make it better.

Once again this year I plan to cross the country to speak to as many of our members as possible in order to get your ideas on MSC and what it should be doing for adult fitness swimming in Canada. I will be attending some meets, including Provincials where that works, also would like to swim with some clubs to meet those who do not compete. The Board and I appreciate any feed back you can give us.

We look forward to seeing many of you in Toronto at this year's Canadian Championship, May 20 - 23. The Toronto Organizing Committee has been working diligently this past year to make it a first class event both in and out of the pool. The Toronto Committee, working with Ivan Szasz and the Awards Committee, will inaugurate our first Annual Recognition Banquet, an evening in honour of the many who have given so much to our sport over the years. There will be awards and entertainment. We encourage you to attend the members meeting and the Annual General Meeting on the Sunday where you will receive a full report on the new structure and initiatives of your national organization. This will be followed by a barbeque in the park.

All the best for 2005, in and out of the water!



THINKING

## BARBADOS?

### DOVER WOODS

### GUEST HOUSE

IN THE WOODS, 200 M FROM A GREAT BEACH  
 3 KM FROM A GREAT AQUATIC FACILITY  
 REASONABLE RATES - CONTACT CHRIS SMITH  
 416 444-1885 OR CHRISSMITH32@HOTMAIL.COM

## Masters Swimming Canada Contacts

### Board of Directors, Volunteers, Chairs and Staff

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