

Fun, Fitness, Friendship & Participation

Waves

Newsletter for members of Masters Swimming Canada



Canadian Championship – Swimmers Wanted!

How to Stretch Better! Longer!

www.mymsc.ca



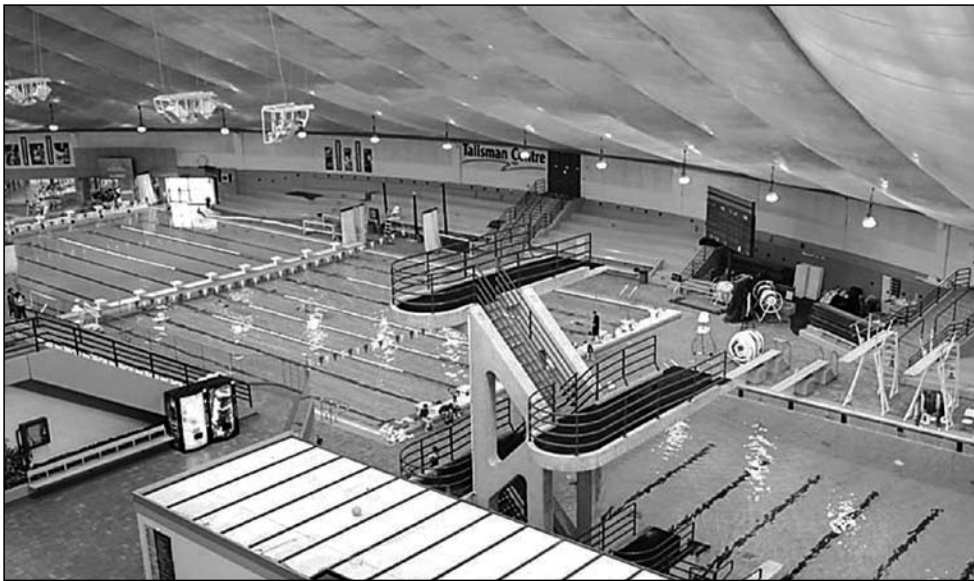


Photo credit: Calgary 2006 Organizing Committee

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Waves
Newsletter for members of
Masters Swimming Canada

Winter – Spring 2006

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Content disclaimer

Information herein is solely for the information of our readers and is not intended as a substitute for professional advice. The views expressed are not necessarily the opinions of Masters Swimming Canada

In the Waves with the **Editor**

By Laura E Young
Editor of Waves Newsletter

With Valentine's around the corner, I offer a love story, which partly explains why Masters swimming matters to so many of us and is so much more than swimming.

He was (still is) tall and handsome in a dark, irresistible way that makes a strong argument for Italian being the language of love.

Only this wasn't a street in Italy. It was the deck in the deep end of the Olympic Gold Pool on the campus of Laurentian University in Sudbury and a work out for Laurentian Masters. Within two years we were married and eventually producing Masters of the Future! (At Nationals 2005, our sons pretended to be "Masters" while racing in the hotel pool!)

When a career move brought me to Sudbury in 1988 I joined the university pool before finding an apartment. I'd just left Temiskaming Shores in northeastern Ontario where, at the time, there was no lap pool. I joined the triathletes setting up a Masters club and became a founding member of Laurentian Masters. Alex Baumann, double Olympic gold medalist, needed a practicum to graduate, so he became our first coach.

A year later, I met the man I would marry, as did two other couples in our then tiny group of masters.

As a sports journalist for 20 years, I have learned that every athlete has a story. I hope to

hear from you over the next year as I work with the Masters Swimming Canada team.

One story is a colleague of mine. She could barely put her face in the water. She had to walk past the deep end and feared the seemingly bottomless blue water. Then one night she swam a length straight. She swam two lengths. Then she was up to 45 minutes in the pool. She jumped into the deep end to the cheers of her coach and lane mates. Her clothes hung off her so much she had them tailored. By spring she was swimming 800-m. She thought of a flip turn. The dolphin kick and butterfly aren't far away. She races 50-m breaststroke, complete with two hand touches and proper turns, to the cheers of all levels of swimmers in the club.

I often think of her when trying to define Masters Swimming. Masters is more than just laps, except in the Million Metre Challenge. It is team and individual effort coupled with being a safe place where you can cope with life or, just set it aside for an hour.

It's the lighter side: It's being able to say, "So, that's what you look like with your clothes on!" (At a recent Christmas party one Master left his or her clothes behind! Now, wasn't that a party?!)

Changes are in the wind with Masters Swimming Canada – the Million Metre Challenge, the new content on the website with



a focus on the who of Masters Swimming – the swimmers. Down the road, we hope to move all our content from Waves Magazine to our website.

Change is often a tough, confusing time. It can be hard to let go and move on. There is always a transition phase where peoples' concerns and fears need to be considered and addressed. We are trying to do that. Any comments or suggestions can be directed to me, at editor@mastersswimmingcanada.ca. I look forward to hearing your stories.

Yours in Swimming,



Laura

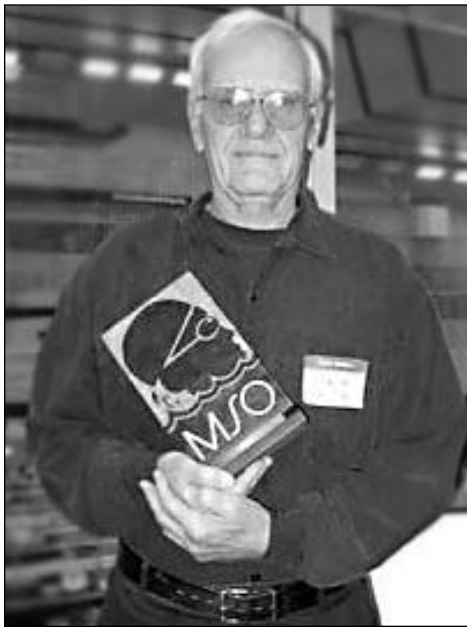


Photo credit: Barrie Malloch

2005 – A GREAT YEAR FOR MASTERS SWIMMING IN CANADA !

And the future is even brighter.

You may not have noticed unless you were directly involved, but Masters Swimming Canada took steps last year to benefit our members, our sport, and our communities for years to come. We have spent the last three years reviewing how we can become a more effective organization. We have now started to implement the changes we decided were needed to achieve this.

A new Board: We recognized that the previously appointed Board had dual demands between their province and the national body, and far too many responsibilities for any volunteer to handle. We have separated these responsibilities between a Board elected by the clubs responsible for governance at the national level, and a Council of Provinces, appointed by the Provincial Masters Organizations, responsible for liaison between the two. Elections of our first Board will take place this spring and they will take over responsibility for MSC after the AGM on May 19 in Calgary. The new Council of Provinces will also have their first meeting at that time.

PRESIDENT'S REPORT

Christopher Smith,
President, Masters Swimming Canada

You and MSC: How does this affect you and your club? You, and all the other Masters swimmers and clubs in Canada now have control of your national body. The new Board's mandate will be to act on your behalf and on behalf of your sport. When MSC was incorporated in 1993 a number of Objects were established. We agreed with these and have now started to put them into practice.

Adult Fitness: One obligation, now to be met, is to promote adult fitness swimming in Canada. The Million Metre Challenge established by our Health/Lifestyle Committee is the first of several programmes which we have or will initiate over the next year or so. This exciting new program has been growing at almost 70% per month since last summer.

Committees: Our Leadership/Coaching Committee initiated discussions to assist Masters coaches across Canada. A successful Coaches Forum was held in Toronto last May where the needs of coaches were discussed and will form the basis of future action. The competition area of our operation has been reasonably well served over the years. We will be making several beneficial changes here but are waiting for the new FINA Masters Rules which should be available in August.

Club Contacts: We recognize that the way organizations such as ours communicate with members and store data has changed greatly in the last few years due to technological advances. The Communication Committee has put in place a highly sophisticated database and website. Although it's still under development, the website receives hundreds of hits a day; over one thousand members are registered. We are currently focused on getting club contacts for all our clubs. This is necessary because all future communications by both email and post will be to this member. The

club contact should be a registered member of the club, must register on the new database, and let us know that they have done so.

With regards to our relationships with other swim bodies, in Canada and beyond, it's clear that having a strong national Masters' organization will enhance our ability to support aquatics. This will be a primary focus of our organization once our new Board is in place.

The Structure Committee recommended that we need a Director of Operations in order to function effectively as a national organization. Norm McKee was hired in October to assist us with initiating the changes and elect our first Board. We have also hired Laura Young as our editor and she will be responsible for articles on our website and magazine. We would like to thank David Ellis for his many years service as our webmaster. This responsibility has now been turned over to Lindsay Patten and the Communications Committee. A very special thanks to Beth Whittall who recently retired as Executive Secretary. As many of you know, Beth has been involved in our sport since its beginnings and has served in many capacities for 30 years.

I would like to thank all the Board and Committees involved for their hard work and support of our organization as we moved through this restructuring process. It was a significant task which we could never have achieved without all your support. We can be confident that the changes we have made will provide our members with many new and exciting options. The changes will promote growth of our sport and most importantly, will enhance the fitness of adults in Canada.

Yours in swimming,

Christopher Smith
President, Masters Swimming Canada

Yes, you know you need to stretch, but...

By Laura EYoung, MSC Editor

WELL, WE ALL KNOW SWIMMERS ARE HOT BUT DO WE KNOW WHY THAT HEAT IS IMPORTANT?

It's going to help your stretching.

Ah, yes, stretching, the thing athletes know they should do but sometimes just can't get organized enough to do regularly.

And, if we have the time between life's demands, what stretches should be done?

Staying warm and avoiding pain are key to stretching, says Wendy Hampson, Head Athletic Therapist at the Voyageur Athletic Therapy Clinic at Laurentian University for 28 years.

Hampson was part of the team that repaired Alex Baumann's shoulder so he could win two gold medals at the 1984 Los Angeles Olympics. She is preparing for her eighth international assignment at the 2006 Commonwealth Games in Australia.

"No pain, no gain doesn't apply to stretching," she says.

All athletes should be cleared by a physician first before joining masters swim program, she says.

Before workout, swimmers should engage in a light warm up for five to seven minutes, either

through jumping jacks or running up stairs, or passively in the sauna for only a few minutes.

"Just feel warm," she says. Stay in the t-shirt, "something that will keep the little micro-climate around you."

Once warm, sit down and stretch either on the deck or on a bench so your centre of balance is closer to the ground and the body is in a stable position.

As we age, our muscles are shorter and thus, tighter.

"It takes longer to lengthen (the muscles) so if you're trying to achieve flexibility you have to have more patience," she says.

REMEMBER TO

- Hold the stretch 15-30 seconds by the clock.
- Stretch comfortably one muscle group one at a time. "The brain gets confused pretty quickly," Hampson says. It can't accommodate information about stretching several muscles at the same time. For example, one hamstring at a time or one arm at a time, then switch.
- Cool down in the water, then repeat the stretches, though not necessarily at the pool, she says.

"When your body is hot that's the time to spend lengthening the muscles and holding the stretches."

There is a window of opportunity of about 45 minutes where the body is still hot enough to stretch, she says.

That means swimmers don't have to linger on deck. They can get home, replenish with a Smoothie or some other snack, then sit down and stretch.

SPECIFIC STRETCHES

POSTERIOR DELTOID...SWIMMER'S SHOULDER/ ROTATOR CUFF

The "itsy, bitsy" control muscles stabilize the shoulder joint. It's one of the main areas to stretch.



Position 1

The old standard, arm up, bent elbow under the chin

Position 2 (Modification)

Elbow flat on chest, and you should feel the stretch shift lower down over the deltoid (or "back of the shoulder" if you prefer).

PEC STRETCH (THESE ARE THE PULLING MUSCLES)

Sideways to wall; bend elbow and place it on wall at 120°; twist away from wall; do not allow the shoulder to roll forward.



Feel stretch along front of shoulder on pecs. You can do this standing. Spread the legs wider to get a good base of support. Stretch one arm against the wall.

BICEPS (ALSO AID IN PULL AND RECOVERY OF STROKE)

Facing away from wall; place the back of your hand on the wall behind you; point palm and elbow to ceiling to allow shoulder to rotate inward; twist away.



Feel stretch along biceps.

TRICEPS

Standing facing a wall; raise bent arm overhead; place bent elbow on wall; try to put armpit flat against the wall at same time as using your other hand to pull hand to shoulder to bend elbow further;



Feel stretch along triceps.

HAMSTRINGS

Stay seated and keep the arch in the lower back. The leg is straight in front of you and you bend at the hip, trying to put your belly button on your knee. The key is to keep the arch in the back so the pelvis is anchored and the back doesn't sag.



QUADS

This is a variation on the stand holding the leg and the wall. Lying on the side actually gives a better stretch because it goes into the hip without too much motion, she says.



Lie on your side, bring both your knees to your chest. Hold the bottom knee close to the chest, then grasp the ankle of the top leg and pull it backward toward your butt to feel a stretch. You may feel the stretch higher in the quadriceps. Keep the knees together. Avoid a back arch; try to keep the back in the neutral position. If you allow your back to sag, you lose the effectiveness of the stretch and open up the chance to hurt yourself.

Photo credit: Paul Graham



MEET INFORMATION PACKAGE

**2006 Canadian Masters Swimming Championship • Short Course Meters
May 19-22, 2006 • Talisman Centre, Calgary**

Important Facts About the Meet:

- The 2006 Canadian Masters Swimming Championship are open to any registered Master swimmer from any FINA recognized body.
- The world class, newly expanded Talisman Centre will be the host site of the competition.
- The meet website can be found at www.cascadeswimming.com and then click on the Master Nationals link.
- We have arranged a variety of social events and travel opportunities around the competition, we hope you take advantage of them!

Meet Organizers

Meet Chairperson - Chris Wilson

Phone: (403) 263-7946

Email: chris@cascadeswimming.com

Meet Manager, - Annette Gillis

Phone: (403) 255-3009

Email: annettegillis@shaw.ca

Officials Coordinator - Pat Lata

Phone: (403) 492-5635

Email: officials@cascadeswimming.com

Meet Entries - Laurie Yuzwa

Phone: (403) 251-7293

Email: 06mastersentries@cascadeswimming.com

Competition Information

Facility: Talisman Centre
2225 Macleod Trail South, Calgary, T2G-5B6
2 x 8 lane 25m competition pools, 6 lanes 25m warm-up.

- Sanction #:** To be issued by Swim Alberta.
- Meet Registration:** Registration will take place in the North Concourse of the Talisman Centre during the following times:
Thursday, May 18, 4:00-7:00 PM
Friday, May 19, 10:00 AM-2:00 PM
Saturday, May 20, 8:00 –11:00 AM
- Accreditation:** Swimmers and coaches will be asked to carry their meet accreditation (provided at registration) with them to access the pool deck and hospitality room.
- Meet entry standards:** There are no meet entry standards for the 2006 Canadian Masters Swimming Championship.
- Eligibility:** This meet is open to any registered Masters swimmer 18 years old as of May 19, 2006. Age as of December 31, 2006 will determine age groups. Canadian entrants shall indicate registration number and club affiliation (or their status as unattached) with their entries. International swimmers must mail in proof of affiliation with their National FINA affiliated masters organization to Laurie Yuzwa (see submitting entries).
- Entry Limit:** Each individual may swim up to seven (7) individual events and five (5) relay events.
- Age Groups:** 18-24, 25-29, 30-34 and thereafter in 5 year increments.
- Rules:** MSC rules 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. The Nov. 7, 2004 warm-up procedures will be in place. The use of hand paddles, fins, kick board, pull buoys in warm-up is prohibited.
- Swimmers with a Disability (SWAD):**
We encourage SWAD athletes who are registered as Masters to participate. The Talisman Centre is wheelchair accessible. Please include your SWAD classification with your entries.
- Seeding:** All events will be run slowest to fastest.
- 50 and 100 meter events will be seeded in the 5 year age groups in male and female categories.
 - Events 200 and longer will be seeded strictly by time in male and female categories.
- Scratches:**
- We would appreciate any scratches by Noon on Friday May 12, 2006. After this the heat sheets will be printed for all events except for the 800 and 1500 freestyle.
- 800 / 1500 Freestyle**
- All 800 and 1500 Freestyle events will be time final events run slowest to fastest.
 - These events may be swum two per lane at the meet management's discretion.
 - These two events will require a positive check-in to ensure the minimum number of empty lanes. This means you must confirm your participation in that event by 1:30 PM on Friday for the 1500 freestyle and by 9:00 AM on Monday for the 800 freestyle.
 - Seeding will take place after these deadlines.
- Relays**
- No swimmer may swim more than once in any relay event.
 - Unattached swimmers may not swim on any relays.
 - Relay teams which include swimmers under the age of 25 are not eligible for Masters World Records.
 - Age groups are 119 & U, 120-159, 160-199, 200-239, 240-299
 - Mixed freestyle and medley relays will take place in one pool.
- Competition Start Times:** Friday May 19: Warm-up 12 Noon, Start: 1:00 PM
Saturday, Sunday, Monday: Warm-up 8:00 AM, Start 9:00 AM
- Pre-Meet Training Times:** Thursday May 18

Main Competition tank 6:30-8:00 PM
Friday May 19

Main Competition tank 8:00-10:00 AM

Awards

- Medals for first to third in all events, ribbons for 4th-8th.
- Female and Male Swim of the meet awards
- Female and Male Rookie of the meet awards
- Inspirational swim of the meet

Participation Fees:

- \$75 per swimmer. This includes a \$5 MSC surcharge.
- \$15 per relay
- All cheques or money orders must be made payable to: "Cascade Swim Club".
- VISA may be also be used for entry fees on the manual entry sheet, or by phoning the Cascade office at (403) 263-7946.
- Entry fees for relays and individuals must be received by the entry deadline of Friday April 28, 2006.

Submitting Entries

- 1.) Hy-Tek entries: e-mail entries to 06mastersentries@cascadeswimming.com Receipt e-mail will be sent. A free "lite" version of Hy-Tek can be downloaded from their website (<http://www.hy-tek.com/downloads.html>).
- 2.) Those individuals entering must use the included manual entry form. This form can be submitted by:
 - a.) Courier or Postal Service: (Mark No signature required) to:
Cascade Swim Club
Attention Laurie Yuzwa/Master Nationals
c/o Talisman Centre, 2225 Macleod Trail South
T2G-5B6
Phone: (403) 263-7946
or
 - b.) Fax to: (403) 263-3695
or
 - c.) Scan and email the form to: 06mastersentries@cascadeswimming.com

Psych Listings will be posted on the meet website shortly following the entry deadline.

Entry Deadline

Entries and fees must be received on or before Friday April 28, 2006.

Officials and Swimmer Hospitality

A hospitality lounge will be offered in the learning room which is just off the pool deck.

Massage

Limited massage will be available during the meet to provide rub downs during the sessions. A small cost will be associated.

Medical

Any teams requiring a medical doctor at the competition are asked to contact either the meet medical coordinator or the meet manager.

Ticket information:

There is no charge for spectators to attend and watch the competition. There will be a nominal charge for heat sheets.

Site Information

- Parking:** Plenty of free parking is available in the main parking lot.
- Lockers:** Plenty of lockers are available at the pool. Some coin operated, some bring your own lock style.
- Team Banners:** All team banners must conform to a 5' x 8' size limitation. Commercial logos on banners must not exceed 100 square inches. There will be a specific area set out for team banners. We reserve the right to not allow banners due to appropriate size limitations.
-

Hotel & Travel Information

OFFICIAL HOST HOTEL Hotel Arts, (10 min. walk away) **Closest to the pool.
Calgary's premiere boutique designer hotel. This is also the host of the Saturday night celebration dinner.
\$149 single/double for luxury king or two queen rooms.
Rates only available until April 19, 2006.
119—12 AVE SW
Phone 1-800-661-9378 or via www.hotelarts.ca using the Group code of 051806MSC.
Check out www.hotelarts.ca for more info and pictures.

Other hotels Delta Bow Valley Hotel, (5 min. drive away)
\$91 per night
209—4 AVE SE
Phone: 403-266-1980, Toll free: 1-877-814-7706
Mention the Canadian Masters Swimming Nationals
You may also ask for the Swim Alberta menu plan.

Fairmount Palliser Hotel, (5 min. drive away)
\$119/Night Fairmount Room, \$179 junior suite, \$199 1 bed suite
Rates only available until April 18, 2006
133—9 AVE SW
Phone Sarah Simmons at 403-267-1325 or email sarah.simmons@fairmount.com.
Quote the reservation Id code of CSCM06.

Hyatt Regency Calgary, (5 min. drive away)
\$123/Night for single or double occupancy
Rate only available until April 18, 2006
700—Centre Street SE
Reservations to be made by calling 1-800-233-1234
Mention the Canadian Master Swimming Nationals

The Westin Calgary, (8 min. drive away)
\$179/Night for deluxe rooms.
Rate based on room availability. No guaranteed space.
320—4 AVE SW
1-888-625-5144 or 403-266-1611
Mention the Canadian Master Swimming Nationals

Holiday Inn Macleod Trail, (5-10 min. drive away)
\$99/night (rate only available until March 18, 2006)
4206 Macleod Trail South
Call 1-403-287-2700 for reservations
Mention the Canadian Master Swimming Nationals

Best Western Calgary Centre Inn (5 min. drive away)
\$109/night (available until April 18, 2006)
3630 Macleod Trail South
Call 1-877-287-3900
Mention the Canadian Master Swimming Nationals

Days Inn Calgary South (5 min. drive away)
\$99/night (available until April 18, 2006)
Includes continental breakfast
3828 Macleod Trail South
Call 1-403-243-5531
Mention the Canadian Master Swimming Nationals
Travelodge Hotel (15 min. drive away)
\$92.99/night (rate available only until March 15, 2006)
9206 Macleod Trail South
Call 1-403-253-7070
Mention the Canadian Master Swimming Nationals

Comfort Inn and Suites (5-10 min. drive away)
\$129/night (available until March 15, 2006)
4611 Macleod Trail South
Call 1-403-287-7070
Mention the Canadian Master Swimming Nationals

Holiday Inn Express Downtown, (10 min. drive away)
\$129/Night for single or double occupancy
Includes continental breakfast
1020—8 AVE SW
Reservations to be made by calling 1 403-269-8262
Mention the Canadian Master Swimming Nationals

Car Rental Agencies

Calgary is serviced by the following car rental agencies:

Airport locations are as follows:

Budget: 1-800-268-8900

National: 1-800-227-7368

Thrifty: 1-800-847-4389

Avis: 1-800-272-5871

Hertz: 1-800-263-0600

Directions from the Airport to the Pool

From Calgary International Airport:

- Turn left out of the terminal towards Airport rd.
- Turn left on Airport Road
- Take Deerfoot Trail South
- Take Memorial Drive Exit West
- Take 4 AVE exit (you will pass the host Delta hotel)
- Turn left on 1st SE
- Talisman Centre is 20 blocks up on the right side.

Event Program

Friday May 19

Warm-up - Noon-1:00 PM

Start: 1:00 PM

W#		M#
1	200 IM	2
3	Mixed 4 x 50 Free	3
5	1500 free	6

Saturday May 20

Warm-up: 8:00-9:00 am

Start: 9:00 am

W#		M#
7	100 IM	8
9	50 Free	10
11	200 Breast	12
13	100 Back	14
15	50 Fly	16
17	400 Free	18
19	4 x 100 Medley	20

Sunday May 21

Warm-up: 8:00-9:00 am

Start: 9:00 am

W#		M#
21	4 x 50 Medley	22
23	100 Fly	24
25	200 Back	26
27	50 Breast	28
29	200 Free	30
31	400 IM	32
33	4 x 100 Free	34

Monday May 22

Warm-up: 8:00-9:00 am

Start: 9:00 am

W#		M#
35	4 x 50 Free	36
37	200 Fly	38
39	100 Free	40
41	50 Back	42
43	100 Breast	44
45	4 x 50 Mixed Medley	45
47	800 Free	48

2006 Canadian Masters Swimming Championship Merchandise

We are pleased to offer you a range of souvenir merchandise available for pre-order. We are not planning on having any merchandise for sale at the competition so make sure you place your order early!

Please note pictures are available on our website at www.cascadeswimming.com then click the meet link.

2006 Event T-shirt \$18

Colour: White with colour logo screened on chest.

Unisex t-shirt sizes XS, S, M, L, XL, 2XL

2006 Event Long Sleeve T-shirt \$22

Colour: White with colour logo screened on chest.

Unisex t-shirt sizes

2006 Event Baseball Cap \$20

Colour: Black with red trim, logo embroidered on front

Pedigree brand, One size, top quality hat

2006 Event Golf shirt \$38

Colour: Black with red trim

Extreme brand, 100% ring spun cotton preshrunk

Logo embroidered on chest

Women's Style and sizing: XS, S, M, L, XL, 2XL,

Men's styles and sizing: S, M, L, XL, XXL, 3XL

2006 Event Half-Zip Double Knit Top \$50

Colour: Red with Black trim, logo embroidered on chest

North end Brand, 100% Polyester double knit

Logo embroidered on chest

Women's Style and sizing: XS, S, M, L, XL, 2XL,

Men's styles and sizing: S, M, L, XL, XXL, 3XL

Social Events & Outings

MSC Annual General Meeting, Friday May 19

Riverview Room @ Talisman Centre 11:00 AM

Celebration Awards Dinner, Saturday May 20

Minimum 100 tickets - Maximum 225

Cost: \$45 per person

Time: 5:30 doors open, cash bar opens, 6:30 dinner is served

Location: Hotel Arts Ballroom (Official Host Hotel)

Description: Come out and join us for a fabulous dinner at this great boutique hotel. Masters Swimming Canada will make a number of special presentations this evening.

Walking Pub Crawl, Sunday May 21

Cost: \$20 per person

Time: Anytime after 1:00 PM on Sunday May 21

Location: A number of restaurants/pubs close to the pool.

Description: For \$20 you will receive a passport that gets you great food and drink specials at a number of great establishments along famous 4 Street (just a short walk from the pool). Following the meet this day you and your friends can check them all out! Completed passports will be turned in for entry into a grand prize draw.

Stroke Clinic (Friday May 19 and Tuesday May 22)

Cost: \$40 per person

Time: 9:30-11:00 AM on Friday (free/back/turns), 9:30-11:00 AM on Tuesday (fly/brst/starts)

Location: Talisman Centre

Description: Come and listen to eight time Olympic coach Dave Johnson as he gives you what he feels are the keys to successful swimming in all four strokes, starts and turns. Watch stroke and video demonstrations and ask questions of one of the best coaches in the world.

Banff Day Trip, Tuesday May 22 (Minimum 20)

Cost: \$100 per person (\$23 for optional gondola)

Time: 9:00 AM—6:00 PM

Location: Beautiful Banff!

Description: This day trip on a luxury motor coach includes lunch and the option of going up the gondola to the top of sulphur mountain. Your bus driver will take you to famous sites like Lake Minnewanka, Bow Falls, Hoodoo lookout and of course the town of Banff.

Below: Masters wake up to sing Oh Canada at the Canadian Championships 2005 in Etobicoke.
Right: Sulphur Mountain, Banff, for those times between swims at Calgary 2006!

Photo credit: Susan Aimonen



An election where your vote counts.

Juanita Prebble, Chair, MSC Nominations and Elections Committee

NOTICE OF MSC BOARD ELECTION

Jan 23, 2006

We are pleased to report that the election procedure proposed by our Committee has been approved by the MSC Board and we are now proceeding with the election of the new MSC Board. We invite all Masters clubs and swimmers in Canada to involve yourselves in this historic event.

I would thank my Committee of Christian Berger of La Vague de Brossard and Ivan Szasz of UBC Masters for their help with this. Chris Smith, the President of MSC is an ex-officio member of the Committee and Norm McKee, the MSC Director of Operations has provided staff assistance.

The new elected Board will be responsible for the governance of the National body and its

activities. There are eight members to be elected, four for two years and four for one year. In future years four will be elected each year for a two year term.

The voting clubs will be based on their 2005 membership with a club having one ballot for each fifty members or part thereof. A club must have had at least two members in 2005 to vote. Communication with the clubs will be by email and post. In order to communicate with the clubs so that they can participate in the election we require that one registered member of the club be selected as the contact person with MSC, that they register on the MSC website and inform MSC that they are the contact and have registered. Unfortunately clubs which have not done this will not be able to participate.

We are now calling for nominations for the Board and requesting that these be submitted to us on the approved form by **March 10, 2006**. Nominees must be registered members and

their nomination form must be signed by two registered members of their club.

We will be publishing and sending out the list of nominees by the middle of March with the ballots to the club contacts and will ask them to obtain instruction from their members as to whom they wish to vote. Completed ballots must be received by us by post no later than **11:59 pm AST on April 28, 2006**.

We will announce the successful candidates for the two and one year terms in early May.

The new elected MSC Board will take over governance of Masters Swimming Canada at the completion of the Annual General Meeting on May 19, 2006 in Calgary.

Juanita Prebble, Chair
UNB Masters

26 Kaley Ct.
Fredericton, NB E3B 9Z8

upcoming events calendar major meets 2006



11-12 March Saskatchewan Provincials
www.swimsask.ca/masters_main.htm
Saskatoon

25 March Nova Scotia Provincials
Dartmouth

31 March - 2 April Ontario Provincials
St. Catharines

8 - 9 April Alberta Provincials
Edmonton

15 April New Brunswick Provincials
Moncton

21 - 23 April British Columbia
Provincials Kelowna

22 April Summerside Meet
Summerside, PEI

21 - 23 April Quebec Provincials
Montreal

29 - 30 April Manitoba Provincials
Winnipeg

19 - 22 May Canadian Championship
Calgary

29 July - 5 August 1st World Out Games
Montreal

4 - 11 August World Championships
Stanford, CA

Masters Swimming Canada Board of Directors to May 2006

President	Chris Smith	152 Duncairn Road	Don Mills ON M3B 1E2	416-444-1885	presidentmsc@hotmail.com
VP	Paul Boulding	Box 38, Grp 5 RR2	Dugald MB R0E 0K0	204-444-2632	swim4life@highspeedcrow.ca
Secretary	Mark Sandilands	193 Ojibwa Rd.	Lethbridge AB T1K 5L2	403-381-4416	marksan@telusplanet.net
Treasurer/PEI	Brent Schurman	193 Green St	Summerside PE C1N 1Y2	902-436-7424	bschurman@peibag.com.vcf
Director of Operations	Norm McKee	157 Hartley St.	Brockville ON K6V 3N4	613-498-0666	norm.msc@sympatico.ca
Provincial Reps	Lindsay Patten		New Brunswick (National Registrar)		lindsay@atlanticmasters.org
	Nigel Kemp		Nova Scotia		nkemp@dal.ca
	Ed Evely (SNC, FINA)		Newfoundland		evely@mun.ca
	Luc Hurtubise		Quebec		lhurtu@viedeotron.ca
	Marion Wyatt		Ontario		marionswims@sympatico.ca
	Korrie Miller		Saskatchewan		mastersswimming@sasktel.net
	John Bell		British Columbia		johnbell@shaw.ca

Million Metre Challenge at www.mymisc.ca



Masters Swimming Canada nominations/consent to serve form

Nominee _____ Print

Nominees Club _____ Print

Description of Nominee's interest in/ experience in/Contribution to Masters Swimming.

Areas of Masters Swimming Canada's operation where the nominee(s) feels they could make a contribution to MSC. (i.e. financial, program)

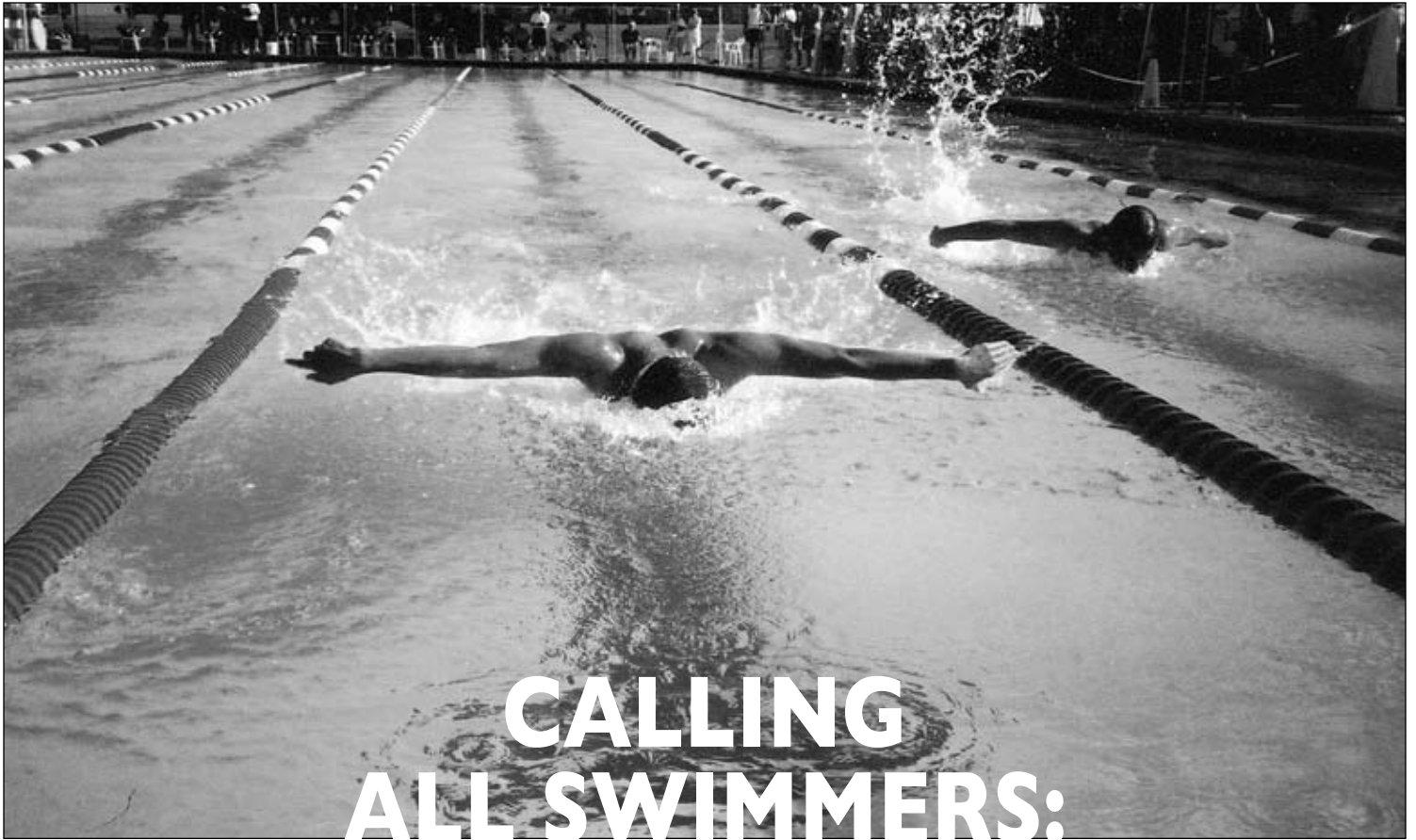
I, _____, certify that I am currently a registered Master swimmer in good standing, and consent to stand for election, and to serve if elected, on the Board of Directors of Masters Swimming Canada.

Nominee's signature _____ Date _____

Nominated by: _____ signature _____ club _____

Seconded By _____ signature _____ club _____

Dated _____



**CALLING
ALL SWIMMERS:
HELP US TELL
AN ORDINARY SWIMMER'S
EXTRAORDINARY TALE.**

When someone says Masters Swimming, who do you think of?

Is there someone in masters swimming with a story to tell?

Is there someone the rest of the Canadian masters' community should know about?

Do you know a swimmer or coach who should be featured either on our website
or in the Masters Swim Canada newsletter?

If you do, then please submit the person's name and contact information.
Give us a few details but please make sure you have their permission to do so.

editor@mastersswimmingcanada.ca