



It's time to dive in.

The Masters Swimming Canada

2009-10 Program Guide



www.mymsc.ca

As a Masters Swimmer, you're part of a group that's 10,000 strong. And, while we all love to take to the pool, our reasons for doing it are as varied as our membership. So, at Masters Swimming Canada, we're working to improve our programs and to develop a variety of new ones that will offer something to everyone. This guide will tell you about this year's tools, services and programs that will help you set goals, give you new challenges, recognize your achievements—and of course, have fun.

MSC Programs



The **Million Metre Challenge** is designed to get you in the pool and keep you coming back. Many of our members find it's an excellent tool to guide training – and keep your workouts disciplined – because it gives you something to work toward. The idea is to sit down at the start of the year, set a goal that's right for you, and then go for it. If you find the million figure overwhelming, why not start with a target of 100,000? Or, you could form a team at your club and aim to achieve the million metre mark together. Just input your distance after each practice session and you'll be amazed how quickly you reach the target milestones—some of our swimmers are at three million and counting!

You can use the online swimming log to record your metres and track your training from month to month and year to year. If you like, you can compare your metres to your teammates and other swimmers across the country – and help move your club up in the rankings. We'll post your name and picture online when you reach your first million metres and you'll get certificates, pins, and swim caps to recognize your progress through the milestones.

Coming soon...

New for this season, MSC is developing some 'routes' for individuals and groups to attempt. You might try the Atlantic crossing distance, swim around PEI or group together to go round the world. Check the website for details and maps.



The 1km Challenge is a continuous 1km pool swim that you can complete with your home swim club or on your own. You can choose any stroke, pull or kick to complete the distance.

The 1km Challenge can help you:

- Measure and improve your fitness
- Set goals for training
- Get valuable feedback on your stroke efficiency
- Focus your training season or use it to check progress over the year

- See how you and your club stack up against other swimmers across the country

The flexible guidelines and achievable distance of the 1km Challenge make it accessible to swimmers of all levels, and it can give you something to aim for in your training sessions. And, if you're interested in Masters Swimming competition but aren't sure if it's for you, this challenge can give you a taste for what it might be like.



The **Check Off Challenge** is just that: make your way through the complete list of 18 stroke and distance combinations and keep your workouts and meets fresh. Each stroke and distance combination offers its own unique challenges, technique variations and pacing strategies, so you can push yourself beyond the simple 'further and faster' routine.

You can keep track of your progress on your My Times page, and if you choose to complete all 18 events in official competition, we'll recognize your achievement with a Masters Swimming Canada Check Off Challenge T shirt.



www.mymsc.ca



The MSC **Pentathlon** will challenge you to develop proficiency in all four strokes and individual medley swimming. It's a great way to broaden your skills and set new training goals. There are three pentathlon events:

Sprint Pentathlon	50m event in each stroke plus the 100 IM
Medium Pentathlon	100m event in each stroke plus the 200 IM
Long Pentathlon	200m event in each stroke plus the 400 IM

Your time is the sum of the four stroke events and the IM event, and you can track how you rank against other swimmers online.

MSC Events



Masters Swimming Clubs from coast to coast host meets every year and, as a member, you can participate in as many of these as you wish. Masters Swimming Canada provides online links to each event, giving you essential information and access to individual meet packages. Be sure to check the site often as we update it regularly so you can set your training goals early.

Swim meets are a great opportunity to test yourself. You can set time goals and see if your workouts are helping you improve. You might be aiming for a personal best, using the energy and atmosphere of the event to drive you along. And of course, you may simply enjoy competing against other swimmers. All official Masters Swimming Canada event results are tabulated in our database so you can easily review your progress.

Of course there is a social component to meets as well, so it's a chance to meet swimmers from other clubs and get to know your own teammates better too.



Each May, Masters Swimming Canada hosts our **National Swim Meet**. It's open to all registered Masters members, and it's a great chance to meet fellow swimmers from across the country. Swimmers can compete for national titles, improved times and to set new records. The 2010 Nationals will take place in Nanaimo, BC on May 21 to 24, 2010.



The **Masters Swimming Canada Awards** were established to recognize and celebrate the contributions and achievements of people who exemplify the spirit of Masters Swimming. Each year MSC gives out several awards to swimmers, coaches, and volunteers:

- **The Hud Stewart Award** for contributions to Masters Swimming Canada
- **The Coaching Excellence Award** for distinction in coaching Masters swimmers
- **Hall of Excellence** awards for competitive achievement
- **Long Term Service Awards** recognizing continuous efforts over 5, 10, 15, 20 and 25 years

If you think someone you know deserves to be recognized by the MSC, visit www.mymisc.ca to learn more.

Resources

The official Masters Swimming Canada website at www.mymisc.ca offers members news, information and training tools. It's updated regularly so be sure to visit often.

Feature articles and Blogs

Keeps you informed on the latest in the swimming world.

My Times log

An essential training tool to help you track your progress.

MSC Results database

With rankings and results uploaded automatically from most local events.

MSC Records database

Why not aim to get your name included?

Video Library

A free library of DVDs that are available on loan to our members.

Whatever you choose to achieve in the pool this year, we hope you enjoy your 2009/2010 season.

If you'd like more information, updates or inspiration, visit us at www.mymisc.ca or contact your local club rep.



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