

JANUARY/FEBRUARY 2009 BULLETIN

President's Log

I would like to start with wishing everyone the best for the New Year, and hope that all had a very merry Christmas and enjoyed our unusually cold and snowy holiday season. Time now to work off those extra pounds from all that tasty turkey!

With the New Year comes a new age group for many of us, and like myself, many of us are looking forward to being one year older. Masters swimming must be one of the only activities where we feel younger because we have gotten a year older. I can now say I am the youngest in my age group, not the oldest as I did just last month.

I would like to thank both Jocelyn Jay, MSABC Registrar, and Len Martel, Victoria Masters Registrar, for all the work they put into the new Masters Registration system we now have. With their help in the design of the program, they have made it very Masters friendly. This system will now be used by more of the provinces over the next few years as they see the ease of use. Both Jocelyn and Len spent many hours helping to make this system as easy as possible for all the club registrars to use.

It is that time again for everyone to think about swimmers that would make great candidates for the Powell and Simpson awards. Remember, these swimmers are nominated by you, the membership, so let's get those nominations in. We also have the AGM coming in April and with that, board elections. There are many of you out there who would make great additions to the board, so please give some thought about being a part of the future direction of MSABC by becoming a board member.

How about the meets so far this season? Numbers are up and the competition is great with many new faces and swimmers competing in more meets than before. The race for the club Championship is also in full swing and everyone appears to be enjoying it to no end. Let's all continue to support the clubs hosting the meets and continue to thank all those volunteers at the different meets that put in their time and energy so the rest of us can enjoy ourselves.

Overall, there are many new swimmers this year and registration numbers are up at this point over the last few years. On that note, I would like to welcome all new swimmers to MSABC, and I encourage you to enjoy swimming for fitness and/or for competition.

Until next time, swim hard, compete hard, but most of all, have fun!

Glen Mehus
MSABC President
president@msabc.ca



Upcoming Meets

| BC Meets for 2008/09 Season | | |
|-----------------------------|--|---|
| February 15, 2009 | English Bay Love to Swim Meet, Vancouver | -click for web site- |
| Saturday, March 7 | Victoria Masters LC Meet, Victoria | -click for web site- |
| Saturday, April 4 | Winkill SC Endurance Time Trial, Vancouver | Meet info .pdf |
| April 17 -19, 2009 | MSABC Provincials, Duncan | Meet info .doc .pdf |
| May 15-18, 2009 | MSC Nationals (SC), Etobicoke ON | Meet info .pdf |

Submitting Results: In order for swimmers to be ranked on the Masters Swimming Canada website all Meet Managers must submit their swim meet results to MSC. If Meet Managers could please review this

process (<http://mymsc.ca/SubmitResults.jsp>) and send in your meet results as soon as possible after your meet is finished, it would be greatly appreciated. We would still like you to submit your results to the MSABC webmaster so we can also post the results on our webpage.

Out of Province Records: For Out of Province Records, an application form can be found on the MSABC website under Club & Record Info – BC records: www.msabc.ca/records.html



MEET REPORTS

UBC Masters Swim Meet November 16, 2008

The 2008 UBC Masters swim meet has come and gone, and we are pleased with the way things turned out. This year, we had a total of 160 swimmers from 21 teams registered from all over BC, Alberta and the PNA (down slightly from the 179 from 2007).

We saw some great swims, notably from Jeanne Carlson from Calgary, as she set three national records in the women's 50-54 age group. Jeanne's records came in the 100 fly, 400 free and 200 IM. This was also the first meet of the 2008-2009 Season that contributes to the new MSABC season points championship, and the UBC Masters were pleased to come out on top with 1,632 ½ points, 500 more than our closest competitors.

We thank all those for attending and hope to see you all again next year. Any feedback you might have on the meet would be appreciated and can be submitted on our website, www.ubcmasters.com.

James Hooper, President
UBC Masters Swim Club



***Nanaimo Ebbtides 28th Annual Swim Meet
November 29, 2008***

This year we changed the date of our meet to November to evade the snowfall that we had been plagued with the past two years and it worked!! We even had a record number of swimmers attending – 160 from 22 different clubs! The swimmers ranged in ages from 19 to 89 – a true Masters event! We also had two sets of families swimming this year, the Stamhuis mother and son duo, Connie and Mike, as well as a new combination of our very own Ebbtides coach, Darcy Irwin and his dad, Don, who has just returned to competitive swimming after a 45 year hiatus!

Our warm ups were accompanied by the John Barsby quintet combo. The lively music provided an uplifting kick off to an exciting afternoon of swimming.

Congratulations go to Avila Rhodes of the Vic Masters club. She set an MSABC record – 34.70 in the 50 m Butterfly.

We have been receiving many positive reports about our post meet social. Our food committee put on quite a spread including many fancy sandwiches, which provided quite a show. Our local grocery stores were very generous in their donations to our club as well as numerous other businesses including St Jeans Cannery and The Wine Works. We also received many donations for our door prizes. Thank you Nanaimo!

A huge thank you also goes out to our officials who came from both up and down the Island to help make the meet a success. We also had tremendous support from the Nanaimo Riptides - our age group club as well as the White Rapids Summer Club. We are looking forward to another great meet again next November. Thank you to so many swimmers who joined us in the fun!

Nancy Ryan
Meet Manager
Nanaimo Ebbtide



Awards of Merit

Each year, two Awards of Merit are presented at the Provincial Championships:

Ted Simpson Achievement Award

This award will go to the registered MSABC Masters Swimmer who has achieved distinguished results in the 2008/2009 swim season. Results from Worlds, Nationals, Provincials, and local meets, improvement in personal best times, overcoming injury, illness and/or disability will be considered for this award.

This award is presented in memory of Ted Simpson. Ted was a valued coach of the Vancouver Y Torpedoes from 1960 - 67. Ted continued his coaching and in later years, coached Masters swimmers. Ted was valued as a coach who made swimming fun and made swimmers feel good about themselves. Ted was interested in all who came under his tutelage. As Ted valued achievement in all forms, this award is a fitting memorial to Ted and how he lived his life.

The recipient will have their name engraved on the Ted Simpson trophy and will receive a framed MSABC limited edition print.

Ted Simpson Recipients:

Nick Templeman 1995

Dianne Foster 1996

Stan Powell 1997

Bonnie Pronk 1998

Deral McKeel 1999

Jack Kelso 2000

Peter Bell 2001

Emilio Clozzo 2002

Grahm Welbourn 2003

Jim Patton 2004

John van Buuren 2005

Sarah Macdonald 2006

Avila Rhodes 2007

Bonnie Pronk 2008



Stan Powell Memorial Service Award

This award will go to the person who has contributed to the betterment of Masters Swimming in British Columbia and/or service to Masters Swimming, (e.g. past service on the MSABC Board, club official, club or event organizer, meet volunteer and/or coach).

This award is in memory of Stan Powell who died in November 1999. Stan played most sports throughout his lifetime and coached many at the secondary school level for more than thirty years. Nearest and dearest to his heart was swimming and so it was upon Stan's death, his family requested donations to establish a suitable memorial, which is a large oak perpetual shield, with a similar smaller plaque given to the recipient. It was Stan's belief one should give something back to the community for the enjoyment received by participating in sports. With this in mind, Stan was personally involved with swimming, water polo, basketball and baseball. Stan gave so freely of his time by volunteering for sport. Stan embodied Masters swimming as a lifestyle; the Stan Powell Memorial Service Award is a fitting tribute to his memory.

Stan Powell Recipients:

Mary Lou Monteith 1999/2000

Alex Muir 2000/2001

Bonnie Pronk 2001/2002

Vanda Stocks 2002/2003

Suzanne Scriven 2003/2004

Norma Powell 2004/2005

Connie Stamhuis 2006/2007

Laura Harris 2007/2008



THE DEADLINE FOR NOMINATIONS IS APRIL 1, 2009. If you know someone deserving of these awards, please send your nomination(s), with a few lines about why they are qualified, to **Gilles Beaudin** at vanguy@telus.net by the deadline.

MSABC's League and Champions Trophies

Don't forget that MSABC has introduced two new awards this year! The first is the League Trophy which will go to the team that has scored the most number of points (based on Hy-Tek's system of 20 points for first place, 18 points for second, and so on, to eighth place), during our six regular BC meets. The more swimmers your club sends to each of these meets, the better your chances of scoring the most points! We will be awarding this trophy during our AGM.

The second award is the Champions Trophy, which will go to the team that has scored the most points (using Hy-Tek as described above) during our Provincial Championship. Once again, the more swimmers your club sends, the better your chances. Check out the MSABC homepage - www.msabc.ca - for more details, and for more information, please contact Gilles Beaudin, MSABC Member at Large at vanguy@telus.net.



Notice of Elections

The 2009-2010 election of Directors will be held at the MSABC Annual General Meeting, Saturday, April 18, 2009 in Duncan, BC. There are 4 vacancies (*) to be filled. Directors shall be elected for a term for two years [Bylaw 25(1)], expiring at the Annual General Meeting. If a successor is not elected, the previous officer continues in the office [Bylaw 25(4)].

| | | |
|-------------------------------------|---------------------------|-------|
| Glen Mehus (Okanagan Masters) | President | 2009* |
| Tony Zezza (Navy Masters) | Vice President | 2010 |
| Stephen Ricketts (Nanaimo Ebbtides) | Secretary | 2009* |
| Keith Kendal (Victoria Masters) | Treasurer | 2010 |
| Jocelyn Jay (Comox Masters) | Registrar | 2010 |
| Claudia Sperling (Victoria Masters) | Editor | 2009* |
| John McManus (Navy Masters) | Webmaster/Member at Large | 2010 |
| Gilles Beaudin (English Bay) | Member at Large | 2010 |
| Steve Wallace (Victoria Masters) | Member at Large | 2009* |

DUTIES OF THE DIRECTORS

On behalf of the membership, the Directors are responsible for planning and guiding the overall affairs of MSABC. The Board establishes committees which Directors chair. There are six Board meetings a year. While engaged in the affairs of MSABC, board members shall be reimbursed for approved expenses that are necessarily and reasonably incurred. [Bylaw 29]

NOMINATIONS OF CANDIDATES

MSABC members in good standing may nominate candidates for the positions that expire at the 2009 Annual General Meeting. Candidates must be MSABC members in good standing. Nominations may be made in advance of the AGM by notifying Stephen Ricketts at secretary@msabc.ca or (250) 751-1506. Nominations may also be given to any Director and will be taken from the floor during the AGM. Candidates may be requested to give a brief (1 minute) statement supporting their nomination.

VOTING

A member in good standing is entitled to one vote [Bylaw 21(3)]. Voting is by show of hands. Proxies are not permitted [Bylaw 22(1) and (2)].



Coaching

Swimming Canada is very pleased to offer the new “e-learning” pathway of Skills Coach education delivery.

See the SNC page: <https://www.swimming.ca/NationalCoachingCertificationProgramComponents> for an overview of the NEW NCCP coach education pathway, and an outline of the process of becoming Skills Coach certified.

More details on the Swimming Canada’s e-learning system: <http://elearn.swimming.ca/>

[REGISTER](#) for the Skills Coach Online Course. Enter the promotional code **SBCSKILLS** to receive a SwimBC/SportsFunder discount on the registration fee.

The online Making Ethical Decisions module, one of the final steps in Skills Coach Certification, can be found at this website: <http://nccpeval.coach.ca/production/med/e/index.asp?Language=English>.



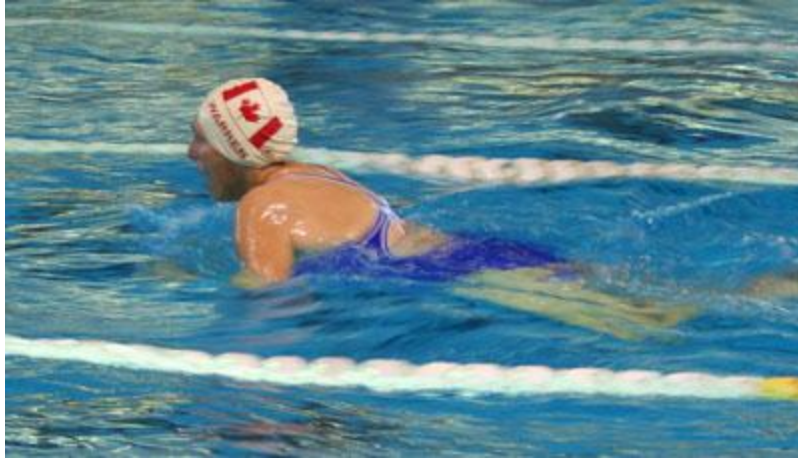
Training

Breaststroke Clinic

Submitted by: Ivan Szasz, UBC Masters

The UBC Masters' Breaststroke clinic took place as advertised, on 13th December at 9am, at the UBC Aquatic centre. There were 28 participants with a few late cancellations due to weather. The clinic was well received and appreciated, and went well beyond the planned 2 hours with quite a bit of individual attention by Jozsef Nagy.

UBC Masters is considering a follow-up session of perhaps one hour in the pool for those who took part in this clinic, and also a repeat clinic for those who could not make this one. These would be coming up soon in 2009. It would be greatly appreciate if the swimmers interested in a repeat clinic would e-mail Ivan Szasz, at iszasz@interchange.ubc.ca, to give some idea of the number of interested attendees.



Don't forget to check out our MSABC video/DVD library! We have several complete series including Go Swim, Frank Busch, Richard Quick, and Bill Sweetenham. For a complete listing, please see www.msabc.ca/video.html. DVD's and videos are available for a 2 to 3 week loan period (depending on demand). Contact Claudia Sperling at sperlingclaudia@gmail.com to borrow videos and/or DVD's. Also, check out our website to find out about borrowing the video camera and underwater lens www.msabc.ca/camera.html. Arrangements and bookings can be made by contacting Glen Mehus at gmehus@shaw.ca.

Insurance Coverage for 2008/09:

As a member of MSABC:

- Your pool receives liability coverage for organized workouts and sanctioned events.
- You are insured at and while traveling to and from swim meets and practices.

You can get a copy of the latest insurance certificate (December 16, 2008 – December 1, 2009), [here](http://www.msabc.ca/insurance.pdf) (www.msabc.ca/insurance.pdf).

The Power Within Leadership Series:

The Power Within **LIVE IN VANCOUVER**
Experience THE POWER WITHIN BEST SELLING AUTHORS and EXCEPTIONAL LEADERS who will transform your BUSINESS, PROFESSIONAL and PERSONAL PERFORMANCE.

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|----------------|---------------|--------------|---------------------|--------------|----------------|------------------|
| | | | | | | |
| MICHAEL PHELPS | DR. MEHMET OZ | JAMIE CLARKE | CHRISTOPHER GARDNER | ADRION SMITH | MIMI DONALDSON | PATRICK LENCIONI |

MARCH 6, 2009 • GM PLACE • 800 GRIFFITHS WAY • VANCOUVER, BC • 8:30AM TO 5:30PM
Call Today! 1.866.884.6737 Ask for Matthew • www.powerwithin.com

Michael Phelps, Dr. Mehmet Oz, Patrick Lencioni, Christopher Gardner & More!
Live in Vancouver, BC March 6th, 2009 • 8:30 AM to 5:30 PM @ GM Place

Dear MSABC Members,

The Power Within Leadership event will be presented in Vancouver on March 6th, 2009 at the GM Place. This

event features an extraordinary line up of diverse guest speakers and promises to be a tremendous learning and networking opportunity for you and your guests!

Members and guests of the **MSABC** are eligible to receive a corporate discount. A block of tickets have been set aside for **MSABC** members and their guests.

See these dynamic speakers in person on Friday, March 6th, 2009, for a full-day event at the GM Place.

1. Michael Phelps, 8 Time Beijing Olympic Gold Medalist on High Performance
2. Dr. Mehmet Oz, Guest Appearances on The Oprah Winfrey Show, Professor of Surgery at Columbia University on Personal Achievement, Wellness & Success
3. Patrick Lencioni, Best Selling Author, "The Five Dysfunctions of a Team" on Management
4. Mimi Donaldson, Co-author of "Negotiating for Dummies" on Effective Communication & Stress Management
5. Christopher P. Gardner, Author "The Pursuit of Happyness" on Personal Inspiration
6. Adrion Smith, 3 Time Grey Cup Champion on Teamwork
7. Jamie Clark, Author of "Everest to Arabia" on The Power of Passion

THE POWER WITHIN Event will provide you with the once-in-a-lifetime opportunity to learn strategies and skills from some of the world's most influential communicators and business leaders.

MSABC Member Discount:

For a limited time, MSABC members and their guests can register Lower Bowl general admission seating for The Power Within Leadership event at a **corporate rate of \$129 plus GST/SC**. (A savings of \$200 off the Regular Rate of \$329). Don't delay-- tickets will sell out quickly.

Group Discount: A Great Team Building & Staff Appreciation Initiative

Purchase 5 tickets and receive a complimentary 6th ticket. (Very Limited Time Offer)

To Register: Call Toll Free 1-866-884-6737 and ask for Matthew. Please contact The Power Within Inc., the company coordinating the event, to reserve your tickets. Call toll-free at 1-866-884-6737, and be sure to let Matthew know that you are a member or guest of the MSABC. Please remember that the tickets we have reserved will be issued on a first come, first-served basis - so call now. Visa, MC or AMEX are acceptable forms of payment. For more details, please visit: http://www.powerwithin.com/pdf/Vancouver_2009-MC.pdf

Please ask about available Emerald and VIP seating options:

1. Emerald includes a luncheon with either Dr. Mehmet OZ or Michael Phelps and preferred seating rows 1 - 4 on the floor at a special rate of \$495 (Regular Rate \$695).
2. VIP includes preferred seating rows 5 - back on the floor also at a special rate of \$395 (Regular Rate \$595).
3. Upper Bowl general admission seating also at a special rate of \$99 (Regular Rate \$229).
- 4.

To receive your MSABC discount, tickets must be registered by phone Toll Free 1-866-884-6737 and ask for Matthew. Please forward this invitation to your colleagues and clients because as a guest of yours, they will be able to take advantage of this MSABC special offer! All sales are final. Tickets may be transferred.



“How to Succeed in Workouts Without Really Trying”:

***By Laurie Kilmartin (New York standup comedian and Masters swimmer)
Submitted by Jocelyn Jay, MSABC Registrar***

Welcome to Slacker Swimmer 101 at the Institute of Low Expectations. This class will teach you how to look as if you are training hard without all that nasty lactic acid buildup. Please sit down. May we be frank? We notice that you have lost the desire to crank out the quality swims. We do not judge because we understand. You are torn. You want the respect of your peers and the admiration of strangers, yet you're sick of giving 100%. What's a lazy old toad like you to do? We have put together an eleven-step course! Our first three suggestions work best for swimmers who workout alone at a pool that sets aside only an hour at noon for lap swimming. If you show up at 11:55, the following time wasters, if done correctly, should eat up an hour, giving you five minutes to swim. We know what you're thinking...five minutes? Gosh, what's the point of even getting wet? Exactly. Appearances are everything, and you are an actor, playing the part of an athlete with a work ethic. Rehearse in front of a mirror so that when you are poolside, your grimace is natural. People should believe that, but for these petty distractions, you would be in the water doing 400 IMs.

1) Forget Your Suit.

Oh, how we love to forget our swimsuit. In fact, we use stickems to remind ourselves to forget our suit at least once a week. It is important to actually leave the swimsuit at home. Once we threw an impressive tantrum in the locker room only to have someone peek in our bag and say, oh here it is. To our immense disappointment, we were able to practice.

2) Sunscreen.

Yes, sunscreen. Slather it on. Remember, sunscreen goes on every square inch of your body, not just the face. Apply a second coat if necessary because this is the only type of procrastination that prevents cancer. Do not be discouraged if you swim at an indoor pool; instead switch to a lower SPF and slather it on anyway. Tell curious onlookers that you read somewhere in an article that UV rays can penetrate steel and concrete. In fact, we'll help you with this one. UV rays can penetrate steel and concrete. Now you are telling the truth, but don't get used to it.

3) Stretch.

We used to think stretching was for wussies, but recently we have seen the light and become a Yogi master. It is our great delight to report that you can kill forty minutes by pulling your elbow across your chest. We recommend that you wince from pain as if you have shoulder problems. Next, we like the quad stretch.

While standing, pull your foot towards your rear end. Lose your balance and fall, taking care to land on your shoulder. Uh-oh, now you have to do the elbow stretch again. Rinse and repeat. Congratulations. Lap swim just ended and now you're going to Taco Bell. The next few suggestions are for traveling swimmer who likes to workout with a local Masters team. You are a lucky duck. As an unknown quantity, who'll be the wiser when you add ten seconds to your race pace? The following hints assume that you are in the water, looking to avoid exertion and/or get out early.

4) Goggle problems.

Oh, the granddaddy of excuses. Since volumes have been written on this subject and we have much ground to cover, we shall give a condensed version of the many ways to exploit the goggle.

4a) Wear clear goggles in an outdoor pool ("The sun is in my eyes, I can't swim backstroke or IM.")

4b) Wear dark goggles in an indoor pool. ("I can't see the clock, oh was I supposed to go already?")

4c) Loose flapping straps* that slip off one's head during the slightest of streamlines. ("Help oh help, I've lost my contacts. They're tinted blue.") **Swedish types are recommended. Since they have two head straps, the chances of losing them on a firm push-off literally double. Of course, we eagerly await the invention of a triple strap goggle.*

4d) This goggle tip is for those of you who crave respect from the extra credit freaks. Nothing says, "I got in early and swam ten thousand," better than harsh red goggle marks. Remember, goggles ought mark only the area surrounding the eyes. Imprints on the forehead, as if you sat on the wall for thirty minutes [gossiping about some hot guy], impress no one. For best results, tighten the straps around the head until you feel your skull fracture and sit like that in a sauna for fifteen minutes.

5) Disorientation.

The clever swimming tourist is always on the make for slacking opportunities. Our favorite is in the form of a question, and it goes like this, "are we at altitude?" An affirmative reply starts our lungs heaving. We are from sea level and we point this out gleefully to our lane mates at the beginning of every set. Then we draft like nobody's business. If, however, you are from altitude and visiting at sea level, we are sorry for you. You will be setting PR's despite yourself and instead of letting you enjoy the added rest, an ambitious coach may suggest you move to a faster lane. Refrain from action and instead...

6) Feign an Illness.

This is a delicate matter as you must pick an illness that nobody on the team already suffers from. For example, if you announce that you have terminal disease X, (and never in our life have we stooped this low, except for a couple times), not only will karma assign you to a lane with a swimmer who really does have terminal disease X, but this person will invariably be doing more yardage at faster intervals than the so-called healthy people. We think you ought to pick something obscure and historical. Scurvy is effective, as in, "I am weak from scurvy." In addition to being non-offensive to all, scurvy affords you the opportunity of getting out early to add Vitamin C to your diet. We recommend carrot cake.

7) Work Commitment.

We love to pretend we are important, and we often skip the last set so we can have a "lunch meeting with our boss." Unfortunately for us this is a road trick only, as our home team knows that we are self-employed.

8) Grab the Wrong Zoomers.

You and your lucky victim are sure to miss out on at least 100 yards of dolphin kicking as you sort out which fins fit on whose feet.

9) A Ripped Cap.

This is our least favorite. Since most swimmers carry extra caps we are in a lose-lose situation: the more dismayed we behave, the more caps we are offered. Also, we require that participants in the ripped cap scheme have long hair. We have seen bald men attempt this maneuver, and while we admire chutzpah, their cries of "I can't swim without it," lack credibility and ruin this excuse for the rest of us.

10) Go to the Bathroom.

Save this underused gem for a distance set. Crafty female swimmers will take off (and put back on) the entire suit instead of pulling the crotch area to one side.

11) Make a Good Impression.

Truly the last resort. If you are unable to talk your way out of a sprint, fake speed. We love to leave on the fifty and pretend that we left on the top. This is how we did a 4.6 in the 25 free, from a push. If anyone questions your results, seethe a little and declare that you are, "in the Zone." We paraphrase from page 164 of the AA Big Book when we say our guide is meant to be suggestive only. We realize that we know only a little. As previously noted, we are beholden to the sprinting community for their fine slack example, but accolades also go to triathletes, especially those with a track background. We would have included some of their excuses, but even we are unable to pretend that we are getting out early in order to run.

