

MSABC NOVEMBER/DECEMBER 2007 BULLETIN

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Congratulations

Congratulations to Campbell River MSABC swimmer, **Bonnie Pronk**, on her nomination for "Geezer Jock of the Year"!! Check out the October 2007 issue of **GeezerJock** for Bonnie's profile. The goal of this third annual award program is to celebrate the best 40-and-over athletes in the world. The winners will be announced in the December 2007 issue. Bonnie, you've already won in our hearts!

Membership Info

Registration & Membership Information

Welcome to the many new swimmers who have joined a Masters Swim Club and MSABC for the first time, and welcome back to all the regulars! If you would like any information about club and member registrations, please visit the MSABC website: www.mastersswimming.bc.ca. As a registered swimmer you are a member of MSABC as well as Masters Swimming Canada, receiving regular bulletins and newsletters from both organizations. Membership includes insurance, eligibility for competition and access to a variety of training and coaching resources.

Please don't forget that we need to be in touch with Clubs throughout the year and it is mandatory that the Registrar of each club have an email account. And current email addresses for all of our members is a must. The Board asks for the Club Registrars' assistance in confirming all members' email addresses when registering your swimmers. If you have any questions about registration, please contact MSABC Registrar, Tony Zezza (registrar@mastersswimming.bc.ca).

Meets

BC Senior Games, Nanaimo (September 12-15, 2007)

Competition Report from Leon Politano

Terry Ryan and his committee hosted an outstanding swim meet! There were more than enough officials on deck for each of the three days to meet sanctioning requirements. The crew in the timing booth did an excellent job and the very few glitches that did happen did not impact upon the swimmers. There were about 9 applications for BC and National records and several near misses by hundreds of a second. Well done! See you in Prince George in 2008!

Marion Devitt, Victoria Silver Streaks, 88, celebrating with the splits at the BC Senior Games!

UPCOMING MEETS

Sunday, November 18, 2007

Get ready! The first meet of the season is November 18th in Vancouver! Last day to register for the UBC Masters meet is Monday, November 5th (www.ubcmasters.com). No deck entries.

Location:

UBC Aquatic Centre
6121 University Blvd.
Vancouver, B.C.
V6T 1Z1

Times:

Warm-up 9:30am-10:15am
Scratch deadline 10:00am
Events: 10:30am-4:00pm
Social: after meet is over!

Meet Schedule:

Number	Event	Number	Event
1	400 Free	Break	15 minutes
2	4X50 Free Relay*	11	100 Breast
3	50 Back	12	50 Fly

4	200 Fly	13	200 Free
5	100 Free	14	100 IM
6	100 Back	15	50 Breast
7	200 Breast	16	200 Back
8	50 Free	17	100 Fly
9	200 IM	18	4X100 Medley Relay*
10	4X50 Medley Relay*		

*Clubs may enter their choice of men's, women's or mixed teams for relay events 2, 10, and 18 (each swimmer may not participate in the same relay event more than once; ie. no 4x50 medley twice). Each swimmer may enter a maximum of 4 individual events and up to 3 relays.

Saturday, December 1, 2007

After UBC, our next Masters meet will be in Nanaimo, hosted by the Ebttides (www.ebttides.ca), on December 1st. Entries must be received by Tuesday, November 20, 2007. No deck or phone entries.

Location:

Nanaimo Aquatic Centre
741 Third Street
Nanaimo, BC

Times:

Warm-up 11:00
Events: 12:00pm-4:00pm
Social: to follow in Room A and B

Transportation: Ebttide members will provide a ride from the ferry to the pool for participants arriving on the 8:30am Horseshoe Bay ferry. Please indicate number of swimmers requiring a ride on entry form.

Meet Schedule:

Number	Event	Number	Event
1	200 M/W Free Relay	13	200 Fly
2	400 Free	14	200 Breast
3	50 Back	15	50 Free

4	100 Breast	16	200 Mixed Medley Relay
5	25 Fly	17	100 Fly
6	200 Back	18	200 Free
7	50 Fly	19	50 Breast
8	25 Breast	20	100 Back
9	200 IM	21	25 Free
10	200 M/W Medley Relay	22	100 IM
11	100 Free	23	200 Mixed Free Relay
12	25 Back		

Maximum events per swimmer: 4 individual events, plus relays.

Sunday, January 27, 2008

Cowichan Aquannis Masters Swimmers

24th Annual Invitational Masters Swim Meet

Entries must be received by **January 17 th** . For more information see

www.mastersswimming.bc.ca/meets/2008Cowichan.doc

Location:

Cowichan Community Centre
2687 James Street
Duncan , BC V9L 2X5

Times:

Warm-up 10:00am-10:50am
Events: 11:00am-4:00pm
Social: 4:00pm...

Meet Schedule:

Number	Event	Number	Event
1	200 Free	14	100 Free
2	200 Free Relay Women	15	200 IM
3	200 Free Relay Men	16	50 Breast
4	200 Free Relay Mixed	17	25 Back

5	100 Fly	18	200 Fly
6	50 Back	19	100 Back
7	200 Breast	20	100 Breast
8	100 IM	21	25 Free
9	25 Fly	22	400 Free
10	50 Free	23	400 IM
11	200 Back	24	200 Medley Relay Women
12	50 Fly	25	200 Medley Relay Men
13	25 Breast	26	200 Medley Relay Mixed

Maximum events per swimmer: 4 individual events, one freestyle relay and one medley relay.

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://mymisc.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.

For additional swim meet information, please see our website:

www.mastersswimming.bc.ca/upcoming.html

Date	Meet Name	Type	Location	Details
Nov 18/07	UBC Meet	SCM	UBC Vancouver	Details TBA - see web site at: www.ubcmasters.com

Dec 01/08	Nanaimo Ebbtides Meet	SCM	Nanaimo	Details TBA - see web site at: www.ebbtides.ca
Jan 27/08	Cowichan Meet	SCM	Duncan	Details TBA
Feb 10/08	EBSC Love to Swim Meet	SCM	UBC Vancouver	Details TBA - see web site at: www.englishbay.org
Mar 15/08	Victoria Masters Meet	LCM	Saanich Commonwealth Pool, Victoria	Details TBA - see web site at: www.victoriamasters.ca
Apr 15-25/08	FINA World Masters Championships	LCM	Perth Australia	www.2008finamasters.org
Apr 18-20/08	MSABC Provincials	SCM	Canada Games Pool, Kamloops	Details TBA
May 23-26/08	MSC Nationals	SCM	Quebec City, PQ	Details TBA

Coaching

Good news for anyone interested in completing the Skills Coach Courses offered by SwimBC: MSABC will now be reimbursing **\$150** for each completed level (Skills Coach; Level 2; and Level 3) upon producing a completed and valid application! Details on upcoming courses can be found on the SwimBC website (www.swim.bc.ca/sbcncpp.aspx).

Special reminder from SwimBC: Coaches who are currently certified as "Level 1" (now called "Skills Coach"), must complete the "Making Ethical Decisions" (MED) module by **December 31, 2007**, to maintain their certification. Instructions on how to do this are on the SwimBC website. All new coaches must also complete MED prior to being granted certification.

Training

With the new season upon us, it's a good time to remind everyone about Lane Etiquette. In order to avoid injury, and enjoy a good workout, it's important to be aware of where your team mates are (and where the wall is!). If you are unclear about anything, ask someone!

- Help set up the pool for workout, and help put things away after.
- If you are late, warm up on deck or in the public lane. Then start the workout at the same point as the rest of the swimmers in your lane.
- Within each lane, swimmers should arrange themselves for each set: fastest to slowest. It is

the lead swimmer's duty to ensure that the lane starts swimming at the proper time for each set.

- Allow 5 seconds between swimmers. Note that allowing more than 5 seconds in sets of over 2 lengths means that the lead swimmer may overtake and frustrate the end swimmer, so try to stick to 5 seconds.
- Swim in a circle within each lane, staying off of the black center line and try to alternate lane direction – first lane counter-clockwise, next lane clockwise, etc, so that you don't get mid-arm collisions .
- To pass, touch the toes of the swimmer in front of you twice. They should stop at the end of the length to allow you to pass. If you must pass mid length, make sure to use the centre of the lane so that you don't hit a third swimmer!
- As you approach turns, it's very important to cut in from your side of the lane to make sure you turn at the mid-wall area and then push off in the correct direction heading back down your lane. If everyone does this, you will avoid the dreaded 'head on collision'.
- Try to swim the workout as posted, but sit out a repeat if you need to. If you are not doing the same thing as the rest of your lane, keep out of their way or move to another lane.
- When finishing a swim, move so the swimmer behind you can touch the wall (especially in a timed set!)
- Please avoid wearing big watches as they cause injuries. If you need to wear these, be aware of where your hands are. It's also a good idea to leave your jewellery at home.
- Equipment such as paddles & fins are to be used only when your coach makes it part of the training set unless otherwise advised by a sports medicine person and OK'd by the coach.
- Do not swim over people. If they are slower than you are, please follow the passing etiquette and ask to move ahead of them during the next set break.

Training resources:

Here is a list Total Immersion workshops coming up. Registration details can be found at www.totalimmersion.net/schedule.html and www.seahiker.com or email Peter Scott at info@seahiker.com.

- Victoria, November 10 – 11 – Victoria
- Langley, November 24-25 - Pool TBC
- Vancouver, December 8-9 - St. George's Pool

MSABC has some great resources to help you with your training. Check out our website to find out about borrowing the video camera and underwater lens (www.mastersswimming.bc.ca/camera.html).

Arrangements and bookings can be made by contacting Glen Mehus at gmehus@shaw.ca.

Or check out our video/DVD library (www.mastersswimming.bc.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 or DVD's and have a "Swim Club Movie Night" soon!

Aquatics 4 Arthritis

SwimBC, The Arthritis Society, and the Arthritis Research Council have partnered together to raise awareness of Arthritis in the community and to promote life-long aquatic activity as a fundamental part of healthy living. Masters Swim Association of BC has signed on with Swim BC to support this worthy cause, and we have some great ways in which you can participate.

[Click here to download a Word Doc with information on how you can get involved today!](#)

Website Info

If there is anything you would like to see posted on the MSABC website, please send it to Diane Ruffell (vicepresident@mastersswimming.bc.ca).