

September/October 2009

President's Log

Captain's Table – September 2009 – Aart Looye MSABC President

Where has the summer gone? It was just a short while ago that MSABC swimmers were in Duncan for Provincials. Now it's already time to start planning for the upcoming season. What a season this should be! Leon is working on putting all the pieces together – there will be some changes this year due to the Winter Olympics been held in Vancouver. English Bay will host Provincials in April and Nanaimo will host the Canadian Nationals in May .

We have had many changes at the Board level following the elections in Duncan. I want to thank all our departing members - Tony Zezza and Jocelyn Jay for their dedication and efforts on behalf of all Master Swimmers in the Province. Well done and good luck in your new locations and jobs in Ontario – send us some updates from time to time.

The new board is already dealing with various items of interest to our swimmers. Swim Suits will have much discussion as FINA has not yet ruled on what Masters can wear (see Keith's article further down in this Bulletin). Len Martel, our new registrar has sent out registration information and hopes that the little bumps that we had last year have been resolved.

Speaking of the Board our Vice President vacancy has been filled by Keith Kendal. Keith has stepped up to the plate and has indicated that he would be pleased to serve as Vice - President to the Board until the next election is required. This will work out well as Keith's term as Treasurer will be over at the end of the season and this will allow him to continue serving on the Board - giving continuity - and allow us to use his great skills and dedication.

Thanks Keith

Good luck to our swimmers going to the Senior Games in Richmond and also to those lucky enough to be attending the World Master Games – Sydney, Australia. Swim hard and enjoy
– remember life is not a dress rehearsal.



Duncan Aquatic lifeguard staff getting the Presidential Award from MSABC President Aart Looye for their fast and effective work at Provincials in averting a drowning

Aart Looye
MSABC President

Notice of Elections

2009-10 MSABC Directors

The 2009-2010 election of Directors was held at the MSABC Annual General Meeting, Saturday, April 18, 2009 in Duncan, BC. Directors were elected for a term for two years [Bylaw 25(1)], expiring at the Annual General Meeting. Shortly after the AGM, Tony Zezza and Jocelyn Jay both accepted employment in Ontario and announced their resignation to the Board. At the first Board of Director's meeting in June 2009, they were replaced by Nancy Ryan and Len Martel (Board Members at Large), and a replacement Member at Large, Melissa Furlotte, was appointed.

2009-2010 BOARD OF DIRECTORS

Aart Looye (Winkskill Otters)	President	2011
Glen Mehus (Okanagan Masters)	Past President	2010
Nancy Ryan (Nanaimo Ebttides)	Secretary	2011
Keith Kendal (Victoria Masters)	Vice President/Treasurer	2010
Len Martel (Victoria Masters)	Registrar	2010
Gilles Beaudin (English Bay)	Editor	2011
John McManus (Navy Masters)	Member at Large/Webmaster	2010
Melissa Furlotte (Comox Masters)	Member at Large	2010
Steve Wallace (Victoria Masters)	Member at Large	2011

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]

Upcoming Meets

The year's swim meet schedule will be a little different then what we've become accustomed to. The start of the season remains as always with UBC (Sunday – 15 November) starting things off, followed by Nanaimo (Saturday – 28NOV) but that is where our 'normal' schedule ends. January: Duncan, after having put on a great Provincials last year, has decided to opt out of hosting a meet this year due to pool scheduling but word on the street is that Comox may step up to the plate and host a January meet up Island – more to come. February: Because of the Winter Olympics and the traffic and housing crush it will cause, EBSC (English Bay Swim Club) has decided to forgo their February 'Love to Swim' competition and will instead host this year's Provincials (23-25 April) at the Vancouver Aquatic Centre. March: Victoria, again due to pool scheduling, has decided to move it's swim date to the February 20th. Winkskill

Otters who have normally had their 'endurance' meet (400s & up) the first week in April will host it the last weekend in March.

So, this is how our 2009-2010 Provincial Meet Schedule is shaping up:

BC Meets for 2009-2010				
Sun 15NOV	UBC Masters	SCM	UBC Aquatic Centre	www.ubcmasters.com
Sat 28NOV	Nanaimo Ebbtides	SCM	Nanaimo A.C.	www.ebbtides.ca
Sun 24JAN	Comox Valley M.	SCM	Comox Valley A.C.	tentative
Sat 20FEB	Victoria Masters	LCM	Commonwealth Pool	www.victoriamasters.ca
Sat 27MAR	Winskill Otters	SCM	Winskill A.C.	www.winskillotters.com
2010 MSABC Provincial Championships				
23-25 APR	English Bay S.C.	SCM	Vancouver A.C.	Coming soon!
2010 Canadian Masters Swimming Championships				
21-24 MAY	Nanaimo Ebbtides	LCM	Nanaimo A.C.	http://cmssc2010.ca

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://mymssc.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

2009 Nationals in Toronto

This was Patrice Le Bihan's first time experience at a Canadian Masters Championship .. here are his thoughts on his fellow EBSC teammates, the pool and the fun!

The EBSC team went for a tour in sunny Toronto on that Victoria Day week-end. Off to the East Coast to compete at the National Championship! An event that some of us have been working hard for for months.

Here are a few words and pics for all of you who missed a great swimming week-end!

The team



Annelle: now officially a sprinter, the records prove it whatever she says

Val: knocks everybody out, in and out of the pool!



Captain Gilles: showed us the way with 2 new Canadian records like any good captain would have done



Happy Jamie: just as happy with a 50 or 1500



DJ Mark: zen attitude, but don't mess around with the rules!

Patrice: 4th place and ribbons addict



The cheering committee: the best at organizing the truly important stuff : where are we going for dinner?



The facility

I was told Etobicoke Olympium is a must in the career of a Canadian swimmer. It just seems everyone who has been swimming in Canada long enough has a personal story about that pool, whether it's the fastest pool ever, the worst, or they learnt swimming there, etc. Well, I can now see why.

Although of an older design, the facility has everything a meet host could hope for : a 50-meter 8-lane competition pool, a 25-yard warm up pool, 2 giant 8-lane electric timing displays, new "track style" starting blocks, a spectator area all along the pool, a huge deck with stands for swimmers. The meet being short course, the competition pool was split into two 25-meter pools : shallow end for women events, deep end for men events one day, vice-versa the next day.



The results

3 Canadian records

10 gold, including 1 on the mixed 4x100 medley relay (120-159 age group)

13 silver, including 1 on the mixed 4x100 free relay (120-159 age group)

2 bronze

3,000 ribbons (work great as bookmarks, coming up soon a summer sale...)

EBSC ranks 22nd out of 111 clubs, with only 6 swimmers (!). For reference, the first two clubs had around 100

swimmers present each...

All about competition?

Ok ok it was fun to compete, the team rocks, we all swam fast, but was it really all about fast swimming fast ? Well, let's see what I have here...

Pretty much everything around a pool is white and blue, Etobicoke is no exception to that rule, neither is EBSC!



Yes coach, carbs only, I promise...

A team dinner at the Magic Oven



Thanks my friends for being great team mates, I had a heck of a time and I can't wait for more week-ends like that one next year !

See you all next year

The 2010 Nationals will be much closer to home, as they will take place in Nanaimo. The East Coasters out numbered us this year, we have to show them how we swim in the West next year ! I know I will be

there, I hope to see you all there too.

ciao,

patrice

Awards of Merit

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

The Ted Simpson Achievement Award

This award goes 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 are 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 has their name engraved on the Ted Simpson trophy and receives a framed MSABC limited edition print.

Past 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

And this year's recipient for the Ted Simpson Award was Joan Parnell (North Shore Masters).

The Stan Powell Memorial Service Award

This award goes 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.

Past 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

And this year's recipient for the Stan Powell Award was Len Martel (Victoria Masters).

MSABC's League and Champions Trophies

MSABC introduced two new awards this past year. The first was the **League Trophy** which goes to the team that has scored the most number of points (based on Hy-Tek's system of 20pts-1st place finish , 18pts-2nd, 17pts-3rd, 16pts-4th, 15pts-5th, 14pts-6th, 13pts-7th & 12pts-8th), 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! This trophy is awarded during our AGM.

Top 10 'League Trophy' Point Standings (Final - After all 6 BC Meets)

- 1. **Victoria Masters Swim Club - 7122**
- 2. Winkill Otters - 6067
- 3. English Bay Swim Club - 5049
- 4. UBC Masters Swim Club - 4653.5
- 5. Nanaimo Ebttides - 3320
- 6. Navy Masters - 2663
- 7. Comox Valley Masters Swim Club - 2074
- 8. White Rock Wave - 2004
- 9. Hyde Creek Masters - 1896
- 10. North Shore Masters - 1686
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Victoria Masters is the winner of the MSABC League Trophy for 2008-2009 .. Congratulations!

The second award was the **Champions Trophy**, which goes to the team that has scored the most points (using Hy-Tek points as described above) during our Provincial Championships. After a wild 3-way battle between the Victoria Masters, English Bay Swim Club and the Winkill Otters where each team, at one point in the meet, held the lead in points, Victoria Masters put on a final push on day 3 to overtake English Bay by 38pts! Once again congratulations to the Victoria Masters!

Here are the Team Scores

Place	Team	Points
1	Victoria Masters Swim Club	VIC 2,217
2	English Bay Swim Club	EBSC 2,179
3	Winkill Otters Masters SC	WIN 1,891
4	Naniamo Ebttides	NEBB 1,144
5	UBC Masters Swim Club	UBC 1,021
6	Cowichan Aquannis Masters	COWI 972
7	Navy Masters Swim Team	NAVY 893
8	North Shore Masters	NSM 801
9	Summerland Orca Masters	ORCA 703
10	Okanagan Masters SC	OKAN 644

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.

