

# MSABC April/May/June 2010

## President's Log

### Captain's Table March 2010

While the Olympics made some changes in our swim meet schedules, these great games have also provided a large number of us with the opportunity to see events, take part in cultural activities and just enjoy the warmth of Vancouver, Whistler, Richmond and Surrey. It was good to see that the majority of people have put on the party hat and embraced the 2010 Vancouver games. The performance and dedication of the athletes from all countries is something for us all something to aspire to. It is also important to remember that the Olympics are for the athletes and the spirit of competition. Our Master swimming programme reflects those qualities – fun – participation and fitness.

Our swim meets continue to well be attended with some great results. Good to see the Comox meet go forward and Victoria provided at venue to try out the long course. Check the web page for all the upcoming events and get ready for Provincials and Nationals. April and May are just around the corner and your training should be well underway.

We are always in need of members and volunteers to make MSABC run smoothly and effectively – if you wish to help out think about joining the board. It's a great way to give back to this great organization. AT the AGM at the Provincial meet we will be seeking assistance – check the web page for possible openings.

Kudos' to Kim Smith and the White Rock Wave swim club for stepping up and assisting a grieving family in the Olympic torch relay. (see article in this Bulletin)

Aart Looye  
MSABC President



## Notice of Elections



# M.S.A.B.C. ELECTIONS

The 2010-2011 Election of Directors will be held at the MSABC Annual General Meeting (AGM), Saturday, April 24, 2009 in Vancouver, 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.

Aart Looye (Winskill Otters) President 2011

Glen Mehus (Okanagan Masters ) Past President 2010  
(non-elected position)

Nancy Ryan (Nanaimo Ebttides) Secretary 2011

Keith Kendal (Victoria Masters) Treasurer 2010\*

Len Martel (Victoria Masters) Registrar 2011

Gilles Beaudin (English Bay) Editor 2010\*

John McManus (Navy Masters) Web/Member at Large 2010\*

Melissa Furlotte (Comox Masters) Member at Large 2010\*  
(filled in for Jocelyn Jay)

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]

### **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 Nancy Ryan at [secretary@msabc.ca](mailto:secretary@msabc.ca). 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)].

## **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 finishing his coaching career with the English Bay Swim Club. 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 he 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.

### **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  
Joan Parnell 2009

## **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 though was swimming and upon Stan's death, his family requested donations to establish a suitable memorial – and so it was that a large oak perpetual shield - the Stan Powell Award, came to be.

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 2000

Alex Muir 2001

Bonnie Pronk 2002

Vanda Stocks 2003

Suzanne Scriven 2004

Norma Powell 2005

Connie Stamhuis 2007

Laura Harris 2008

Len Martel 2009

**THE DEADLINE FOR NOMINATIONS IS APRIL 15, 2010.** 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](mailto:vanguy@telus.net) by the deadline.

## **Olympic Tribute**

[White Rock Masters and Kim Smith combine forces to provide an Olympic Tribute for a grieving family in Langley](#)

The two older brothers of Cassidy Briggs, a Cloverdale girl who lost her two-year battle with liver cancer carried the Olympic torch in Langley earlier this month in Langley.

The honour came after a friend of the family wrote a letter to VANOC a day after Cassidy passed away Jan. 11.

"Yesterday morning, the 'flame' of a little 9 year old girl from Cloverdale, BC was extinguished," Kim Smith wrote.

"Her family, Dad Wayne, Mom Tracey, Brother Jesse and Brother Taylor, have lived their lives for the past 2 years to be 100% supportive of their daughter and sister. Cassidy was their #1 concern first and foremost, ahead of work, school, friends and birthdays. Now she is gone."

Smith then asked if there was any chance members of Briggs family could possibly carry the Olympic torch in Cassidy's honour.

The answer was yes.



At that point, however, Smith hadn't mentioned it to the Briggs family. She went to visit the family and presented them with the idea, which they agreed would be a fitting tribute.

Smith was initially unaware that the torches themselves had to be purchased to be kept, but wanted the boys to be able to have them as mementos.

Being a competitive swimmer, Smith contacted Carole Gair, a long time local swim coach who is also carrying the torch in North Delta. Gair, who

coaches the White Rock Wave masters swim team, subsequently contacted her club members, asking if they were willing to help out.

They were. The team donated \$700 for the purchase of the two torches for Jesse and Taylor. "These are people that don't know the family," marvelled Smith.

Cassidy was diagnosed with liver cancer nearly two years ago, shortly before her eighth birthday. Her story rallied the community in 2008 when her school, George Greenaway Elementary, began a fundraising campaign to assist the family. Dozens of other schools, organizations, community groups and individuals around Surrey soon joined in the initiative.

Smith saw Cassidy numerous times when she was sick and remembers one thing clearly: she never stopped smiling. She also recalls being amazed how well the Briggs family held things together during such a trying time.

"This is recognition of her and them," she said.

## Jock Noble 1922-2009



# *In Memorium*



A pioneer of masters swimming in BC, Jock Noble, left us this past December in his 87th year. As a young man, Jock was a member of the British SAS and was awarded many decorations for his valour during the Second World War, serving behind the lines in both North Africa and France. After the war and a stint as a London bobby, Jock and his family moved to Canada where he became a member of the Canadian military and was posted to Edmonton. In Edmonton, he became involved in swimming when the two volunteer coaches of his children's swim team both moved away at the same time. After being posted to Victoria, he carried on coaching with the Juan de Fuca Coho Swim Club. As many do, Jock decided to stay in Victoria when he retired from the military and carried on coaching the Coho club. Realizing most swimmers after age 19 did not have an organized program available for them to be able to carry on swimming and competing, he founded the Victoria Masters Swim Club and encouraged the formation of other clubs on the Island. For many years he was the coach and mentor of VMSC. Jock also created the Victoria Crystal Silver Streaks with the focus on the older swimmers for whom evening practices were not ideal. Jock stepped down from coaching the Streaks a few years ago. Many swimmers who joined masters because of Jock's encouragement and were coached by him, are still swimming, competing and setting records. VCSS is one of Jock's legacies and the strength of masters swimming in BC is a reflection of Jock's vision and contributions to our sport.

## Canadian National Championships / May 21-24, 2010



This year, Canadian Nationals are being held in our very own backyard – on this Victoria Day Long Weekend, come spend it with friends & teammates in the city of Nanaimo! Welcome to the picturesque city of Nanaimo, British Columbia. With breathtaking views, exciting attractions and friendly people, Nanaimo is the premier gateway to Vancouver Island. Come see everything that this great city has to offer, from its oceanfront scenery and stunning mountain views, to the charming downtown area and, just a hop, skip & jump away, it's state of the art Aquatic Centre .

This year, the Nanaimo Ebbtides will play host and the Nanaimo Aquatic Centre will be the venue for what promises to be the highlight of our swim season!



The Aquatic Centre will be set up as 8 x 50m (LC) competition pool with Colorado Electronic Timing as well as 4 x 25m (SC) warm up/cool down lanes. Entries are limited to the first 600 swimmers so don't delay. It's always best to get your entries in sooner than later to avoid disappointment! Mail in entries must be received by March 31, 2010. Online registration (preferred) has an entry deadline of April 30, 2010. Current FINA – MSC rules apply.

To find out more (i.e. accommodations, things to do in and around Nanaimo, etc) , check out their website at <http://cmssc2010.ca/>

## A Reminder - 2010 Provincial Championships!



The English Bay Swim Club, Vancouver's gay & lesbian Masters Swim team and one of BC's oldest and largest team are proud to be all-inclusive, welcoming gay and gay-friendly swimmers to the pool since 1982.

Join us in Vancouver's beautiful and exciting West End for a swimming event not to be missed! The competition takes place 23-25 April, 2010 in the **Vancouver Aquatic Centre** on the shores of False Creek. The pool will be set up as a 25 metre x 8 lane competition pool with electronic timing along with a 25 yard x 6 lane warm-up pool.

After your day's events, you're in the middle of it all! Wander Vancouver's famous **Seawall, Granville Island, Robson Street** or **Yaletown** and enjoy all the culture, culinary delights and recreation the host city of the **2010 Winter Olympics** has to offer



The **Saturday Night Banquet** at the False Creek Yacht Club, overlooking bustling False Creek, promises to be a memorable evening and with a limit of 150 tickets, it is quickly selling out!

Final entry deadline (\$75) – 15th April

Early Bird entry deadline (\$65) - 5th April

## Current FINA – MSC rules apply

Swimmers 18 years of age or older with Canadian Masters Registration or foreign equivalent are eligible to compete. E-mail to [SwimBC2010@englishbay.org](mailto:SwimBC2010@englishbay.org) or visit us on the Web at [web.mac.com/englishbay/iWeb/swim2010](http://web.mac.com/englishbay/iWeb/swim2010).



## 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> .