

Masters Swimming Ontario Staying In Touch



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Important Dates & Deadlines

Ontario Provincial
Championships:
March 28-30, 2008
Etobicoke, Ontario

**Entry Deadline:
March 7th, 2008**

Canadian Masters
Swimming
Championships:
May 16-19, 2008
Quebec City, Quebec

**Entry Deadline:
April 28th, 2008**

Links

Masters Swimming
Ontario:
<http://www.mastersswimmingontario.ca>

Masters Swimming
Canada:
<http://www.mymisc.ca>

Your MSO Board of
Directors:
<http://www.mastersswimmingontario.ca/contacts/contacts01.htm>

Are You Registered?

It's February – the start of the busiest competition months. Don't wait until the last minute to register with MSO! Remember, all swimmers within a Master's Swim Club should be registered with MSO.

Winter Swim Camp

In January, a group of more than 20 MSO swimmers and their families fled the cold and snow for the sunny shores of Margarita Island, Venezuela. Members stayed at the LagunaMar resort, an all-inclusive resort with 9 pools, including a 50m Olympic-size pool.

Between soaking up some rays and seeing the sights, they were also able to fit in some training as well as brush up on their technical skills. Open to all levels – from beginner to expert - training was adapted to meet everyone's needs.

A terrific way to combine travel with swimming, it was also an opportunity to meet other swimmers, or get to know teammates better. Many thanks to all of those who helped make this trip a success all around. Check the MSO web site for information on any future swim trips that may be organized.

Are you a Millionaire?

The Million Metre Challenge reached new heights this January. Over 110 clubs and 900 swimmers across the country were involved for the first time since its inception in September 2005. If you aren't logging your metres, why not? This is a great way to track your swimming progress – whether you compete or not! Anyone can join, at any time. Simply go to the MSC website <http://mymisc.ca/Million.jsp> to get started.

Upcoming Competitions

February and March are busy competition months. Lots of clubs are hosting meets across the province, and there are meets for everyone – from the serious competitor, to those looking to get their feet wet. In March this culminates with the Ontario Masters Swimming Provincial Championships, which will be held at the Etobicoke Olympium. To find a meet near you, or for more detail, go to the MSO web site.

Remember, competing isn't about winning, losing or how much training you've done. It's about striving to do your *personal* best for that day, meeting new people and most importantly having fun. Come and experience *Fun, Fitness and Fellowship*.

Update on Fees

At our AGM on November 11th 2007, a motion was passed to increase our club member fees by \$5.00 (effective September 2008) in order to keep pace with rising costs. This motion covered the Master's Swimming Ontario (MSO) portion of our member's registration fees.

As some of you may be aware, the money MSO collects includes Master's Swimming Canada (MSC) and Swim Ontario (SO) fees. MSC and SO fees are determined and set by their respective organizations – MSO simply passes these fees onwards.

After our AGM in November, Masters Swimming Canada sent us a notice that they will be raising their fees by \$5.00 in September of 2008. As a result, the money MSO will need to collect from its membership will increase to a total of \$35.00 per swimmer. For more information on registration fees and their breakdown please visit the MSO web site.

Fun Facts

- Plato considered a man who didn't know how to swim uneducated
- The resistance of water is more than 10x the resistance of air
- It was in 1956 that butterfly and breaststroke were separated into two different events for the first time (at the Olympics)