

Masters Swimming Ontario Staying In Touch



JUNE 17, 2008

VOLUME 2, NUMBER 3

Important Dates & Deadlines

Bright's Grove Provincial
Open Water
Championships:
July 19, 2008
1.5km & 3km

St. Mary's Provincial
Open Water
Championships:
September 7, 2008
5km

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>

National and World Championships

Wrapping up the pool competition season were the FINA World Masters Championships and the National Master's Swimming Championships. A contingent of Ontario swimmers traveled to Perth, Australia to compete in the World's in April, while over 250 Ontario swimmers and clubs headed up to Quebec City to enjoy a weekend of swimming and sightseeing on the May long weekend.

Highlights included several Ontario records:

World Masters Championships (LCM)

Patricia Niblett 76	100 Free 1:42.79
Patricia Niblett 76	400 Free 8:17.89
Margaret Bakish 59	400 IM 7:19.44
Dave Wilkin 56	50 Free :27.45
Tom Verth 70	50 Free :31.01
Michael Heath-Eves 66	100 Free 1:10.48
Paull Leamen 65	100 Free 1:11.01
Tom Verth 70	100 Free 1:13.82
Michael Heath-Eves 66	200 Free 2:40.91
Paull Leamen 65	200 Free 2:42.33
Paull Leamen 65	400 Free 5:48.14
Michael Heath-Eves 66	400 Free 5:50.82
Mike Olsen 66	400 Free 6:16.75
Christopher Smith, 76	400 Free 6:45.02
Len Gushe 45	800 Free 9:20.16
Jim Wright 56	800 Free 11:10.58
Paull Leamen 65	800 Free 12:17.78
Michael Heath-Eves 66	800 Free 12:29.13
Mike Olsen 66	800 Free 13:16.51
Christopher Smith, 76	800 Free 13:48.78
Tom Verth 70	50 Back :37.88
Dave Wilkin 56	100 Back 1:13.02
Tom Verth 70	100 Back 1:27.21
Wieslaw Musial 51	200 Back 2:22.62
Erik Haites 65	50 Breast :38.42
Bryan Finlay 65	50 Breast :40.13
John Monne 78	50 Breast :51.76
Erik Haites 65	100 Breast 1:24.97
Erik Haites 65	200 Breast 3:09.60
Dave Wilkin 56	50 Fly :29.23
Bryan Finlay 65	200 Fly 3:27.83
Wieslaw Musial 51	200 IM 2:28.69
Erik Haites 65	200 IM 3:06.70
Christopher Smith, 76	200 IM 3:42.70

Len Gushe 45	400 IM 5:00.08
Wieslaw Musial 51	400 IM 5:23.50
Bryan Finlay 65	400 IM 6:57.18
Christopher Smith, 76	400 IM 7:55.18

National Championships (SCM)

Cathy Merritt 56	50 Free :31.29
Cathy Merritt 56	100 Free 1:07.90
Cathy Merritt 56	200 Free 2:30.41
Judie Oliver 76	400 Free 7:14.78
Judie Oliver 76	800 Free 15:00.87
Michele Oliver 51	50 Back :36.82
Judie Oliver 76	100 Back 1:45.14
Yvonne Cattrall 60	50 Breast :40.76
Kathy McKnight 45	100 Breast 1:23.28
Yvonne Cattrall 60	100 Breast 1:34.65
Kathy McKnight 45	200 Breast 3:00.94
Judie Oliver 76	200 Breast 4:00.34
Cathy Merritt 56	50 Fly :35.71
Cathy Merritt 56	100 Fly 1:24.85
Paul Leamen 65	200 Free 2:36.99
Michael Patrick 52	400 Free 4:33.52
Paul Leamen 65	400 Free 5:38.22
Christopher Smith, 76	400 Free 6:33.06
Michael Patrick 52	800 Free 9:36.45
Paul Leamen 65	800 Free 11:53.30
Michael Patrick 52	1500 Free 18:20.62
Paul Leamen 65	1500 Free 22:52.44
Dave Wilkin 56	100 Back 1:08.68
Dave Wilkin 56	200 Back 2:37.25
Christopher Smith, 76	200 Back 3:47.78
Brian Hasegawa 45	50 Breast :31.61
Brian Hasegawa 45	100 Breast 1:10.51
Peter Straka 65	100 Fly 1:20.60
Louis David Bonneau 28	200 IM 2:09.95
Christopher Smith, 76	200 IM 3:41.46
Len Gushe 45	400 IM 4:48.17
Christopher Smith, 76	400 IM 7:48.84

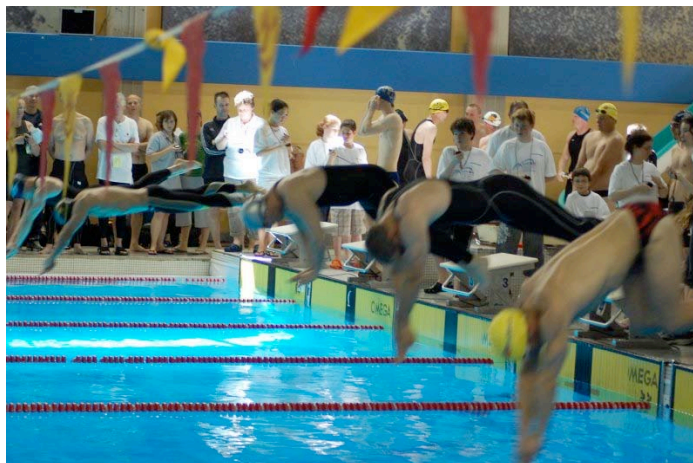


Photo Credit: <http://www.cmscq2008.org>

Open Water Swimming

Visibility of less than 2 feet. No stripe to follow on the bottom. Unseen creatures lurking under you. Seen creatures kicking you and flailing their arms all around you. Choppy water trying to splash in your mouth on every breath. Cold water. Flotsam and jetsam....

I can't understand why anyone would be concerned about open water.

Seriously though, open water swimming can be a wonderful activity. Open water swimming is to pool swimming as trail running is to track running. It is a chance to get out and simply enjoy your surroundings. You can stretch out your stroke and get into a rhythm that you can't achieve when there are walls every 25 or 50 meters.

Excerpt from *Swimming Tips: Open Water Swimming* by John F. Walker. Copyright (c) 1995 by John F. Walker.

As we gear up for summer, we start the open water swimming season. This is a great opportunity to try something new (or different) as well as enjoy Ontario lakes and rivers. Currently there are two official Ontario Open Water Swimming Championships – Bright's Grove in July and St. Mary's in September. Details on open water swims, and information on how to register for these events can be found on the MSO website.

For more tips for Open Water Swimming check out the rest of John's article - *Swimming Tips: Open Water Swimming* at http://www.hulaman.com/triathlon/open_wtr.html

The article covers the topics listed below, and is a great resource for those looking to "get their feet wet" in open water swimming.

- Get Comfortable
- Maintaining Your Composure
- Don't Swim Alone
- Make Yourself Visible
- Navigation
- Racing with Others
- Race Start (finding/creating space)
- Waves/Swells
- Breakers
- Current
- Undertows and Riptides
- Cold Water

Channeling my inner dolphin

**When I started swimming workouts, a flip turn seemed a fantasy.
Now I dream of learning butterfly**
LESLEY SIMPSON



I was swimming at a Toronto YMCA when I noticed lifeguards setting up a sign that read Swimfit.

"Please join us," the sign announced in bold black. Men and women slipped into the pool, rinsing goggles, sucking back bottled water.

Someone slapped a paper onto a propped-up flutter board. Heads turned to the workout. What was once a jumble of chatting swimmers huddling in the shallow end rearranged itself into rows. It was as if a whistle had blown that only they could hear. Slow, medium and fast lanes emerged. To put the workout into context, the slow lane was scheduled to swim 3,200 metres, about 128 lengths.

I happened to be swimming in a non-Swimfit lane and peered through my goggles. It looked as if a magnetic force was lifting swimmers on top of the water. How did they defy gravity? I bobbed under to look at their bodies from below.

I emerged. And that's when one swimmer introduced himself.

I was in the shallow end, gulping water.

"I'm Louis," he said.

"I'm Lesley."

"Come and try it out," he said, extending his hand over the rope.

"I am not a competitive swimmer," I said, terrified.

"It doesn't matter. Anyone is welcome," Louis said. He had sculpted shoulders, a warm smile and a taut tummy. He said some people competed at Masters Swimming club competitions, but many plunged in just for the workout.

"Stay as long as you like. People come in and out."

And with that quick invite, he dove back in like a dolphin.

On this day last spring, I had not yet moved to Toronto. I was swimming regularly at the YMCA in Hamilton with coach Theresa Malar, sister of Canadian Olympic competitor Joanne Malar.

The Hamilton workout was open to anyone who could swim a few laps. Theresa recorded seconds with her stopwatch, and suggested corrections like a chorus: stretch, pull, push, roll, kick, breathe, relax. If you subtracted the three guys training for a triathlon, the swimmers were non-competitive. Beginners were welcome, even the huffing, puffing snails who could manage only a few lengths at a time.

I moved to Toronto last July. After the move I swam alone, but I felt a void. I missed the surprise of not knowing whether I would try 25-metre sprints or an 800-metre endurance set. I missed wheezing like an asthmatic chain smoker. I missed small talk between sets as we clutched the wall, gasping for oxygen, and waited for Theresa to unleash the next drill. I liked the drills because it felt like an athletic loot bag - you never knew what you were going to get.

It was during one of the lonely swims that I recalled Louis's invitation. So the next Sunday I bolted for the Swimfit slow lane. I assumed I would feel like I was trying to join a club to which I would not - with apologies to Groucho Marx - want to belong. These swimmers looked frighteningly agile.

To come clean, I trip over dishwasher doors, smash my head with devastating regularity on cupboard corners and spill coffee on my chest while driving. To say I never swam competitively is a grand understatement.

My childhood best friend swam for a city team in Grade 6, and after years of 4:30 a.m. alarms she no longer swims, not even for fun. Those practices erased the joy.

The benefit of never having been a competitive athlete means swimming does not trigger memories of pruned skin, mean coaches or straw-like hair. I love watching light stream into the water when it's snowing as I channel my inner dolphin, and the way swimming resets my breathing rhythm, like an internal metronome.

My first Swimfit plunge was a few months ago. The two-hour festivities began at 8:30 a.m. I doubted I could make the two hours. I had never swum so long.

When I joined the Hamilton group a few years ago, a flip turn seemed a fantasy. The flip turn is a manoeuvre in which you crunch into a somersault, pull your knees up to your chest and push off the wall with your feet. The turn allows you to swim without stopping.

I was a kid who felt nauseous doing somersaults. The first time Theresa suggested flip turns I thought I would vomit.

"I don't know how," I sputtered. But I returned to the pool to try it on my own, blowing out bubbles and breathing deeply. The task wasn't about efficiency or speed. For me, it constituted de-klutzifying. I now manage an imperfect but functional turn.

At the Swimfit session a few weeks ago, the coach called out butterfly, or in swimspeak, "fly." The swimmers dived in, shoulders high, flipper-like feet splashing a wake of bubbles. I was pulling up the rear, swimming breaststroke.

Learning butterfly is my new fantasy. "I haven't learned butterfly yet," I explained to the injured swimmer - and only person - behind me.

"Yet," she said. "I like that."

Lesley Simpson lives in Toronto, swims at the North York Y and is a member of TYMS.

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