

Masters Swimming Ontario Staying In Touch



SEPTEMBER 15, 2008

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Important Dates & Deadlines

Brantford Fall Sprint
Splash:
October 18, 2008

Technosport Sprint Meet
(Ottawa):
November 1, 2008

Semi-serious IV
(Etobicoke):
November 16, 2008

MSO AGM:
November 16, 2008
(To be held after the
Semi-serious IV meet at
Etobicoke)

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>

Welcome!

Hope that everyone had a wonderful summer! We'd like to take this opportunity to welcome any new members to MSO, and welcome back all of our returning members.

This year we have many events planned – ranging from timed challenge swims to a winter swim camp. We hope you'll take advantage of what MSO has to offer!

Information on events can be found in our newsletters as well as on our website. Our website also contains a wealth of information. Everything from competition dates to the history of Masters Swimming Ontario to the rulebook can be found there. We have been updating the MSO website to make it more accessible and easier to find information, so next time you're there take a few minutes to explore what's there...

Ontario Record Breakers: 2008

Below is the list of record breakers to date for 2008 (short course - Congratulations to everyone who broke an Ontario record last year!

Telfer, Kat - 100 Back
Thompson-Edwards, Meridit - 50 Breast, 100 Breast
Marshall, Lynn - 50 Free
McKnight, Kathy - 100 Breast, 200 Breast
Oliver, Michele - 50 Back
Merritt, Cathy - 50 Free, 100 Free, 200 Free, 400 Free, 50 Fly, 100 Fly
Cattrall, Yvonne - 50 Breast, 100 Breast
Oliver, Judie - 50 Free, 400 Free, 800 Free, 100 Back, 200 Back, 100 Breast, 200 Breast
Brown, Alex - 50 Back
Bonham, Randall - 200 Back
Cruikshank, Dave - 400 IM
Charlton, Cameron - 100 Breast, 200 Breast
Bonneau, Louis David - 200 IM
Ingo, Steve - 200 Free
Gushe, Len - 400 Free, 800 Free, 1500 Free, 400 IM
Hasegawa, Brian - 50 Breast, 100 Breast
Town, David - 200 Breast, 200 IM
Patrick, Michael - 400 Free, 800 Free, 1500 Free
Freeman, Dave - 100 Breast, 200 Breast
Wilkin, Dave - 100 Back, 200 Back
Jacobson, George - 100 Fly

Macartney, Joe - 50 Fly, 100 IM
Straka, Peter - 50 Free, 50 Fly, 100 Fly
Leamen, Paull - 200 Free, 400 Free, 800 Free, 1500 Free
Finlay OSG, Bryan - 200 Back, 200 Fly, 200 IM, 400 IM
Haites, Erik - 50 Breast, 100 Breast, 200 Breast, 100 IM
Verth, Tom - 50 Free, 50 Back, 100 Back, 50 Fly
Smith, OSG, Christopher - 400 Free, 800 Free, 100 Back, 200 Back, 50 Breast, 200 IM, 400 IM
Kaz, Boris - 50 Fly
Haupt, Caspar - 100 Back, 200 Back, 50 Breast, 100 Breast, 200 Breast, 50 Fly, 100 Fly, 200 Fly, 100 IM, 400 IM

Registration

Fees

Effective September 2008 our club member fees have been increased by \$5.00. Members should also be aware that Masters Swimming Canada also raised their fees by \$5.00 in September of 2008.

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.

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.

Your Registration Number

Every swimmer registered with MSO is assigned a MSO number and sent a registration card. 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.

Don't have a card? Forgot your number? Check with your club officials as all cards are mailed to them, or contact Brian Croker, the MSO registrar.

Moved Recently?

Don't forget to let us know if any of your information changes or is incorrect. To update your information contact:

Brian Croker, MSO Registrar
Email: msoreg@mastersswimmingontario.ca
Phone: (416) 944-9226
Toll Free: 1.888.MSO.SWIM (1.888.676.7946)

Competitions

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. 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*.

Planning on hosting a meet?

Running a meet for the first time can seem like a daunting challenge – but it's not!

To demystify the process, the Ontario Swim Officials Association (OSOA) has put together a clinic on how to run a meet. Clinics are held throughout the year and across the province – and are recommended for all first time meet managers. Information on this clinic can be found on the MSO website in the section Education/Officials. MSO also has a meet management guide on our website – see the section meet management/meet management guide.

New guidelines for reserving a meet date

New guidelines have been set for how a meet date is awarded when clubs request the same (or following) weekend. Generally, it is the policy of MSO not to allow 2 meets to be held at the same time if they will be drawing from the same region to ensure both meets will succeed. This region is defined as anything within a 60-90minute drive from each other.

These guidelines are posted on the MSO website.

Rule Book Update

Over the past year, MSC has been updating and consolidating a single rule book for Master's swimming in Canada for use by swimmers, coaches and officials. Please note that the first section - the Swimming Rules – will be available by the end of 2008. Further sections on General Rules, Open Water Swimming Rules and Appendices should be available in the spring.

Other Upcoming Events

Winter Swim Camp

Last 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.

Due to its huge success, this trip is being planned again for January 6-13, 2009! This camp is open to all levels – from beginner to expert, with training and technical clinics adapted to meet everyone's needs.

It's a terrific way to combine travel with swimming, and an opportunity to meet other swimmers, or get to know teammates better.

The price per person for double occupancy is \$1,399.00. For more information please contact Claus Koch at claus@miltor.com

Features and Highlights

Lane Etiquette

As we return to the pool, hopefully inspired after watching an amazing summer Olympics, we all should take a moment to remember proper lane etiquette.

Pre-Swim:

- Arrive early
- Do stretches
- Listen to any pre-workout talk
- Help with set up, lane rope removal and return of equipment

Choose a lane:

- Which matches your pace or level
- Move up or down a lane to adjust to the workout and even up lane numbers
- Ask the coach if you are unsure which workout you should do

Start:

- Begin the workout together

Circles:

- Even lanes swim up the left
- Odd lanes swim up the right

Leaders:

- The fastest person for the set should lead
- They must understand the set, pace time and check that the pace time is appropriate for everyone
- They must be able to see/use the pace clock appropriately
- Leave 5-10 sec. between swimmers when starting
- Slower swimmers should either shorten the set (e.g. 350 for a 400) or change lanes

Overtaking:

- Touch the slower swimmer's foot
- The slower swimmer moves over or stops at the wall (off to the side, next to the lane rope) to allow safe passing
- Be aware of who's around you – most crashes happen because one (or both) swimmers aren't paying attention

Turns:

- Move towards the other side of lane and push off straight

Finishes:

- If you have stopped, keep the ends of the lane clear to allow continuing swimmers' space to turn

Breaks:

- If you come late or take a break, rejoin the set in progress - don't start where you left off

Coaches:

- Give them constructive feedback
- Be respectful

KEEP A POSITIVE ATTITUDE AND ENCOURAGE YOUR FELLOW SWIMMERS. REMEMBER THAT WE COME HERE FOR FUN AND FITNESS AND FELLOWSHIP.