

# Masters Swimming Ontario Staying In Touch



## Important Dates & Deadlines

**Feb 7:** [Burlington Masters Winter splash 2010](#)

**Feb 28:** [Nepean Masters Long Course Swim Meet](#)

**Mar 7:** [Brock Badgers 1st Annual Masters Meet](#)

**Mar 7:** [13th Annual Spring Splash](#)

**Mar 13:** [Arthur Inglis Technosport Invitational](#)

**Mar 19-21:** [Ontario Masters Swimming Championship](#)

**May 21-24:** [Canadian Masters Swimming Championship](#)

## 1 KM Challenge

The [One Kilometre Challenge](#) is an excellent way to gauge your aerobic fitness. As the shortest of the three long distance challenges the one kilometre distance requires the least amount of time to complete, and can easily be performed as part of a regular one hour workout. A one kilometre swim is also a good way to determine your maximum sustainable pace, which is the maximum speed you can swim without starting to accumulate lactic acid. It is useful to know this pace when setting intervals for workouts: if you want to primarily train your aerobic system you need to set an interval at or below this pace, if you want to train your anaerobic system you need to set an interval above this pace.

## Swim Meet Tips-By Coach Kelvin

### Etiquette

- Stay out of the way of the officials.
- Always let the coach or someone know when you are leaving the deck.
- Keep an eye out on the progress of the events.
- Pick up after yourself and team. Your team's deck area should be left spotless at the end of the day.
- Be a gracious competitor.

Please visit [Aqua Pulse Magazine.com](http://www.aquapulsemagazine.com) where you can read the full version of this article that includes discussion about what you should eat and wear, also this article provides race strategies for different strokes, and how to help you deal with race nerves.

Or click on the following link

[http://www.aquapulsemagazine.com/aqua\\_class.html](http://www.aquapulsemagazine.com/aqua_class.html) and click "Swim Meet Masters-Swimming Tips"

## Links

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

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

Your MSO Board of  
Directors:  
<http://www.mastersswimmingontario.ca/contact>

## False Start Rule in Effect

Please be aware that as of Jan 1, 2009 the [NO FALSE START RULE](#) is now in effect. If there is a false start the swim continues and the person who false starts will be disqualified.

## Swimwear Rule in Effect

Please advice that as of January 15, 2010, FINA changed the swimwear rules for Masters. Although the Canadian rules which will be based on these are not yet published they will likely state:

**CMGR 5.1** In swimming competitions the swimmer must wear only one swimsuit in one or two pieces. No additional items, like armbands or leg bands shall be regarded as part of a swimsuit.

**CMGR 5.2** Swimwear for men shall not extend above the navel or below the knee, and for women shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

**CMGR 5.3** Open Water swimwear, for both men and women, shall not cover the neck, extend past the shoulder, nor shall extend below the ankle. Wetsuits are not allowed.

## New Registration System

The [new online registration system](#) is up and running.

Please register as soon as you can as MSO has to receive payment before it can approve registration of a swimmer. If MSO does not receive payment in time, the swimmer may not be able to compete.

Currently We are looking into ways to speed up the registration process; In the meantime remind your "Club Registrar" to get things moving early for you, especially if you have joined mid season and plan to compete.

If you have any difficulties with the registration process, please contact [registrar@MastersSwimmingCanada.ca](mailto:registrar@MastersSwimmingCanada.ca) for assistance.

## Your MSO/MSC Registration Number

Every swimmer registered with [Masters Swimming Ontario](#) (MSO) is assigned a MSO/MSC number. The registration number is a nine digit number and proves your registration with Masters Swimming Ontario and [Masters Swimming Canada](#) (MSC)

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.

Forgot your number?

Contact your club officials as they have your MSO/MSC number.

## MSC AGM and Elections, May 21,2010 Nanaimo, BC

If you are going to Nationals, consider becoming your Club's delegate and attending the MSC AGM at 10.00 am on the Friday morning in Nanaimo.

MSC is the governing body of our sport and this is the one major opportunity for our members to give direction to the Board and staff. If you or anyone in your club is thinking of running for the Board of MSC, information can be found [here](#).

## Worlds in Sweden, July 31-August 7

There is still time to join the Ontario Team and go to Gothenburg for the FINA World Championships. See [www.2010finamasters.org](http://www.2010finamasters.org).

If you want to join or want more information contact Chris Smith at [chrismith32@hotmail.com](mailto:chrismith32@hotmail.com)

## Obituary- [Gord Van Tol](#)

The Nepean Masters Swim Club is a wonderful organization because of the great people that swim in the club. In recent years though we have seen some of our close friends pass away too soon, and it is with a very heavy heart that I share that Monday Jan 11 2010 [Gord Van Tol](#) passed away from a heart attack.

Those who knew Gord will remember him for his extremely positive spirit and gentle manner. A former Olympian (water polo, 1976) Gord was one of those people you could always count on to be happy at 6 am in the morning. I know from the flood of emails this evening as word spread that I am only one of a great deal of people that will miss him terribly.

Our thoughts and prayers go to Michelle and their children.

Nepean Masters Swim Club will be posting a page on [www.nmsc.org](http://www.nmsc.org) to remember our dear friend Gord. It will include the ability to add your story in a Memorial Book. When complete, we will pass along the Memorial Book on to the family to share our memories with the family.

## 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](mailto:msoreg@mastersswimmingontario.ca)  
Phone: (416) 944-9226  
Toll Free: 1.888.MSO.SWIM (1.888.676.7946)

## MSO website

When's the last time you checked out the MSO website? A wealth of information is available online. Everything from competition dates to the history of Masters Swimming Ontario to the rulebook can be found there.

We have been in the process 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 we have to offer!