



**MASTERS SWIMMING ONTARIO**

**Masters Swimming Ontario**

Board of Directors Meeting

Date: Saturday, November 29, 2003

Location: North York Y, Toronto, Ontario

**Present :**

Chris Cupidio  
Pat Davis  
James Erskine  
Charlie Lane  
Lesley Mason Ward  
Sally O'Brien  
Michael Stroud  
Bev Tucker

**Committees, Representatives and Staff :**

Claus Koch  
Barrie Malloch  
Christopher Smith

**Absent :**

Don Burton

**Call to order**

The meeting was called to order at 1:07 pm with Michael presiding as chair. Introductions were made around the table.

**01. Adoption of the Agenda**

The Agenda was presented. Michael asked to add an item about the charity Swim for Terri.

Motion: To approve the agenda as amended.

Moved by Charlie Lane; Seconded by Bev Tucker.

Carried

**02. Approval of the Minutes from September 20, 2003**

The minutes from the last meeting were reviewed and Chris noted one typo.

Motion: To accept the minutes of September 20, 2003.

Moved by Pat Davis; Seconded by James Erskine.

Carried

**03. Business Arising from the Minutes of September 20, 2003**

Chris asked if any guests had paid to attend the Education Forum, because no funds had yet been deposited. Michael to followup with Brian.

Chris asked about the health concerns raised in the report from St. Mary's. Michael has the concerns on a followup list to be discussed later. Christopher noted that FINA is looking at OWS temperature requirements. Bev noted that the drowning in the Guelph Triathlon has brought safety even more to the forefront.

Chris noted that the auditors did not issue a qualification on revenue as anticipated. Independent confirmation of the number of swimmers by Brian was sufficient to balance the revenue figures recorded by Chris.

#### **04. Strategic Planning** (see agenda notes)

Michael wondered whether the Board should identify priorities and find people to accomplish the tasks or if it was simply a matter of personal preference as to how each director and swimmer become involved. Chris noted that there were a number of action plans drafted last year and that each of them made sense to carry on.

Charlie identified that recruitment was one of the general themes embodied in the Strategic Plan and suggested that with the new minimum age of 18 that an MSO presence at the upcoming Swim Ontario Championship might be beneficial. Claus noted the MSO display booth would be appropriate and that he would check with Swim Ontario and the University of Toronto for agreement.

And while one specific action was identified, the general consensus was that it was not necessary to identify priorities at this time. Chris noted that committees and attached duties are still listed on the website for anyone's interest, although, some of the information is somewhat out of date.

Bev offered to lead the recognition programmes.

#### **05. AGM** (see attachments)

It was generally agreed that the Education Forum was a success and exceeded expectations. Shona prepared an excellent report that will make it easier for future volunteers to arrange the day's activities.

Pat said the Forum was great. Charlie asked about the budget for each year. The budget had been set at \$1.00 per swimmer this year (\$2900), while actual expenses totaled \$1767, primarily due to lower than expected food costs. Claus suggested that it would be possible to charge a small amount in the future. Claus also noted that Swim Ontario thought that moving the site was a good idea. Pat expressed some tentative interest in the project next year, possibly with Ottawa as the venue. Charlie suggested a video link or preparing a video tape. Christopher noted that Masters Swimmers usually operate on a shoestring and MSO should cover the costs for the next few years. James suggested that it would be possible to recover the food costs and absorb the costs of the education component.

#### **06. 18 Year Olds** (see agenda notes)

Michael clarified that there are two parts to the issue – registration and competition. A by-law change to lower the minimum age for registration to 18 was passed at the AGM. The question now was whether to allow 18 year olds to compete. The MSC Rules Committee is currently addressing this issue and the Board agreed to wait for its report.

#### **07. Residency and Records and Rules** (see agenda notes)

Discussions regarding Residency and Records had occurred at the AGM and a proposal should now be prepared for Board review and approval. New MSC Rules were approved in October and will be published in December. Michael asked the Board if they wished him to prepare the proposal on residency and edit the MSO Rules as needed. Lesley suggested that would be the most efficient procedure.

Chris asked about Swim Ontario's approach to residency and rules and Michael commented that his approach has always been to do what is appropriate for MSO regardless of other swimming organizations.

#### **08. Ontario Championship – Christopher** (see agenda notes)

There had been a couple of versions of Meet Information Package circulated just prior to the meeting. Christopher noted that no one package would please everyone. Charlie noted that the package was not ready to sanction, but that OSOA could be confirmed as host. It was agreed to discuss a couple of major issues.

The starting time for Friday night was discussed, particularly regarding Toronto traffic and traveling from Ottawa. The proposed warmup time of 5:00 pm with a start time of 6:00 pm was agreed.

The order of events was also agreed after discussion about the number and placement of relays and clarification of the 4\*200 relays.

The issue of seeding by age group as opposed to seeding by time was discussed at great length. Christopher says that some people want to swim by age group and that we should try it. Michael is adamantly opposed. Pat, Lesley and Bev like swimming in their own age group. Sally pointed out that slower swimmers in an age group feel less comfortable swimming in their own age group. James suggested that we model the meet seeded by age group. Christopher and Michael disagreed completely about the impact on the amount of time seeding by age group would add to the meet. It then became unclear as to whether Christopher was proposing seeding one heat by age group or all heats by age group. Michael will find a website so that we can all understand the differences.

The plan is to continue discussion by email and sanction the meet by the end of December.

#### **09. Medals and Ribbons – Charlie**

The number of medals to order was discussed and a 10% increase was suggested. Charlie will also investigate purchasing ribbons from the same supplier. Ribbons are required for first and fourth. The neck ribbons on the medals will be blue and white with the wording "Ontario Masters Swimming Championship 2004". A decision was not reached on the amount to charge the hosts.

Motion: To order 1100 medals from Jade at a cost of \$3119.05.

Moved by Charlie Lane; Seconded by Chris Cupidio.

Carried

#### **10. Duane's Proposal** (see agenda notes)

It was agreed that Duane's offer is a great opportunity - an on-going education programme for Masters Swimmers. Duane has asked for the MSO email list. Since we only started compiling swimmer email addresses this year the list is incomplete. We do have as complete a list as possible of club email addresses. After some discussion it was agreed that we adopt the suggestion from James that the Board contact the clubs who in turn would contact the swimmers and make them aware of Duane's programme, leaving the onus on the swimmer to register with Duane. Michael will contact Duane. MSO will not review the material, but will include a disclaimer.

#### **11. Recognition** (see agenda notes and attachment)

The programme developed by Mary and Geoff was agreed to in principle and Bev has agreed to act as coordinator. Michael will contact Ann to determine if she still wishes to be involved. The dates will coincide with our swimming season – September to August, although we are a little late this year. Bev will prepare a letter to distribute to the clubs and for posting on the website. Brian will forward mailing labels to Bev

There was some discussion about using this as a recruiting tool. It was felt that for the time being this programme will be directed at existing swimmers, with the potential for expanding it to other organizations (rec centres, y's, schools, ...) in the future.

#### **12. Action Plan – Universities - Chris**

The University Championship is in Ottawa, February 13-15. MSO will attend with our display booth. Chris will expand his discussions to other University coaches in the near future.

#### **13. Action Plan – Club Communication and Coaches – Michael**

no report

#### **14. Action Plan – Branded Product - Barrie**

Barrie had previously circulated a report of contacts initiated so far and stated that she would like to buy these products, but not be responsible for negotiating contracts, etc. James expressed interest in continuing this task.

#### **15. Action Plan – Club Manual - Claus**

Claus pointed out that the Swim Ontario manual contained much information irrelevant to Masters and suggested that MSO start from scratch and solicited assistance. Michael will contact Shona. Claus wondered if Etobicoke had such a manual including by-laws and so on.

#### **16. Action Plan – Public Relations / Awareness - Pat**

Pat has declined to continue this task.

#### **17. Action Plan – Medical – Julie, Chris**

Chris has declined to continue this task. Chris noted that the task was to make the general medical profession – doctors, physios, massage, etc aware of the existence and benefits of Masters Swimming

#### **18. Action Plan – Website - Barrie**

Barrie and Michael have 2 proposals to re-develop the website, but have proceeded no further. It is intended to get a third opinion. Chris suggested that he knows programmers who might be interested. Michael noted that he was expecting a break on the cost of the project by using Masters Swimmers.

## **19. Finances – Chris**

Chris noted that some swimmers had requested refunds. The Board agreed that MSO would not give refunds.

The Swim Ontario invoice has arrived at \$2.14 per swimmer. Chris noted that the Board wanted to be made aware of the fact and the Board agreed that it should be paid.

There was a discussion about PST. If we resell products (medals) then we don't pay PST to the supplier, but would then charge and collect PST from the end user (the host of Provincials) and be required to remit that PST to the Ministry of Finance. Alternatively, MSO could pay the PST to the supplier and pass the cost onto the end user. It was decided to ask the auditors for an opinion. Hence, Charlie should wait before ordering medals

The issue of tax returns was discussed. Chris pointed out that we are required to file tax returns, but that as a not-for-profit organization there is no monetary liability. Penalties could apply because of not filing in previous years, but since penalties are a function of amounts owed, there would be no monetary value to the penalties. The primary reason for not filing tax returns has always been the impact on those who receive honourariums. The Board concurred that was a personal issue for those receiving honourariums. Chris suggested that those receiving honourariums should issue invoices to MSO

Motion: That MSO instruct the Treasurer not to file an income tax return for fiscal 2003.

Moved by Pat Davis; Seconded by Bev Tucker.

In Favour: Michael Stroud, Lesley Mason Ward, Pat Davis, Sally O'Brien, Charlie Lane, Bev Tucker

Opposed: James Erskine, Chris Cupidio

Carried

Since Claus is no longer a director, Michael suggested Charlie become the third signing officer. Chris to prepare the appropriate paperwork.

Motion: That Charlie Lane become a signing officer.

Moved by Chris Cupidio; Seconded by Pat Davis.

Carried

Claus asked if the insurance top-up had been received. Chris said it has not.

## **20. Insurance – Claus (see agenda notes)**

Claus wishes to leave the insurance portfolio, but will continue until a successor is found.

As time was running out, a few final items were noted. Elections for the Executive will happen at the next meeting. Lesley noted that she has been getting results regularly and individual records were posted on the website in early November. Michael confirmed that Nationals will be in Edmonton in May 2004. Claus noted that the newly elected Paul Martin and the Ontario Liberals were both saying positive things about sports in general, but wondered if those words would translate into action or dollars.

## **31. Next Meeting**

Saturday, January 31, 2004 at the North York Y.

Time to be decided

### **32. Adjournment**

The meeting adjourned at 5:00 pm

Minutes taken by : Barrie Malloch

## Notes to the Agenda 2003.11.29

04. Strategic Planning – Now that the general themes by which we can advance our organization have been identified, the question becomes how to implement actions to accomplish our goals. I think in an ideal world, we would prioritize our tasks and then do them – in which case my question to the Board would be – what should we do and who will do it? However, the volunteer nature of our organization makes me think that only those things we want to do will get done – in which case my question would be – what do you want to do? So before either of those questions – should we identify our priorities?

There were actions plans written last year. The AGM Action Plan was completed. Some Taskmasters are no longer involved – do those action plans become dormant or do they disappear? Does anybody want to take over an existing action plan? Who wants to write new action plans? Is there any value to an action plan written by one person for another person to implement? How do we address the issue that we think some things should be done, but are unwilling to do them ourselves?

And how do action plans fit into our “structure”. I like the idea that Barrie has created an action plan for the website, but I think the actions she is contemplating are more of an on-going nature. I have in mind that action plans are

1. new projects which when completed become part of an on-going process or
2. one time projects to meet a specific objective

Should all activities be categorized as on-going or periodic or one-time?

06. 18 Year Olds – The AGM left us with one question to answer – Shall the minimum age for competition be lowered to 18? If the answer is “yes” then the next step becomes a choice between one age group (18-24) or two age groups (18-19 and 20-24). The MSC Rules Committee is working through this issue. There is no deadline for a decision, other than “as soon as possible”. With your indulgence I would suggest that MSO wait until that recommendation is received.

07. Residency and Records and Rules – The residency and records issue was brought forth to the AGM for input to the MSO Rules Committee. The MSC meeting in October approved new MSC Rules which bear a striking resemblance to the current MSO Rules. I would suggest the MSO Rules Committee prepare a recommendation on the residency and records issue and edit the MSO Rules in relation to the MSC Rules. If that is agreeable, then the choice the MSO Board must make relates to the composition of the MSO Rules Committee :

1. for the sake of expediency, use Michael
2. for the sake of a different perspective, solicit fresh faces

08. Ontario Championship – Contrary to existing MSO Rules, the meet information package is suggesting

1. seeding by time and age
2. a modified order of events

New initiatives this year include light refreshments and water available during the meet and a wine and cheese party to replace the more traditional lasagna and caesar salad dinner.

Ideas suggested and rejected include an official opening ceremony and some sort of awards presentation.

It has been noted that food services and timers have been two areas of concern in the past and Charlie will continue to be involved in monitoring the preparations.

10. Duane – *“Thank you for your interest in the info that can be provided to enhance our swimmers lifestyle and competitive excellence.*

*I can produce some very user friendly articles that cover nutrition, cross training exercises, and info for the adult swimmer to cope with structural ( hip replacements, knee operations, limited movement attributed to surgery and operations ) and hormonal changes male and female and how it affects lifestyle and the training.*

*I would submit a 1 per month an article and even an assignment that they can do accessing our web site or direct link by email to me.*

*Much of the data I have collected over the years has been used in my PhD studies ... on all of the above ... and how it affects the adult athlete ... we are different than the kids but we can still achieve excellence and develop good stroke technique as we get older.*

*Bottom line is that I need access to MSO swimmers to send the info and start up the interactive process with the simple assignments and articles that are presented to them.”*

11. Recognition – I would suggest we decide to implement the proposal from Mary and Geoff. I know we are a little late, but I would suggest it be implemented for the swimming season September 01, 2003 to August 31, 2004 with awards to be presented at the AGM October (?), 2004. Information packages should be produced as quickly as possible. And someone needs to come up with a catchy name.

19. Finances – October statements were circulated November 16, please review. Chris also notes that we need a new signing officer to replace Claus – any volunteers?

The auditors have noted that we should be filing tax returns, although as a not for profit organization there are no taxes payable. MSO has never (to my knowledge) filed tax returns - the reason most often cited being income tax considerations resulting from the honourariums. Chris notes that the auditors could investigate (at a cost) the implications of filing versus not filing and of the tax effect on those receiving honourariums. I also think it prudent that, if we choose not to file tax returns, we pass a motion identifying the lack of filing as a Board decision.

20. Insurance – Claus has requested that someone take over the Insurance Portfolio. At the September meeting, we talked about creating a standard MSO waiver, releasing swim meet hosts from liability. Chris notes that the insurance company wants to be notified of events at which liquor is served and that this information needs to be distributed to clubs and swim meet hosts.

21. Privacy – We need to determine if the new legislation affects us and if so what we need to do and how to communicate that to the clubs and/or swimmers.

29. Executive – I was not too worried last year that we didn't actually have an election to assign the positions of Vice President and Secretary. I am not enamored of the concept of an Executive. I think that 9 Directors have been elected and if a decision is to be made then all 9 should have a say – to limit some decisions to 4 people, seems undemocratic.

In the past, I tried to link each member of the Executive to a specific Committee, but that seems unnecessarily rigid. I would propose at this time that we fill the 4 positions in the Executive and that the assigned tasks be no more than

President – run the meetings  
Vice President – take over if the President is absent  
Treasurer – all things financial  
Secretary – file the minutes and other correspondence

I don't know if we will need a full blown nomination process, but interested parties so far are –  
Treasurer – Chris; President – Michael

Also at this time it would be appropriate for anyone (everyone?) to volunteer for a specific task or committee.

## **Attachments**

### **05. AGM**

The 2003 Education Forum/AGM was a huge success. We had 71 people pre-registered for the event. Ten people did not show up on Sunday, but we had 8 extra people that came (Etobicoke swimmers I believe). In total, approximately 70 participants and 4 speakers. The number of people attending the AGM was 15.

Here are my notes on the 2003 Education Forum and AGM and recommendations for future events. The results of the feedback form are attached (31 responses received). Please note that a complete Forum/AGM package would include this memo, the promotion materials from the website, agenda, feedback form and the final registration list of participants.

### **ACTION PLAN:**

This is the Action Plan I developed in April with my comments added (in italics):

#### **Objective:**

To increase participation of the members at the AGM

#### **Objective:**

To increase the visibility of MSO with both competitive and fitness swimmers

Note: These two objectives were met. A third objective on providing education opportunities could be added to the list.

#### **Activities:**

1. Establish AGM working committee
  - a. *This is essential. This year I never did this but was fortunate to have good support from both Michael and Charlie. If a Committee structure were in place, it would assist in dividing up some of the tasks. I would also recommend that volunteers outside of the Board should be looked at first. I think after this year, the general membership might be interested in helping out. In general, other Board members have their own projects and activities and should focus their energy on those.*
2. Identify different formats for AGM
  - a. *Since this year was so successful, I would recommend a similar format for next year. A more ambitious plan that I have envisioned is a weekend workshop with education seminars, in-pool sessions as well as the AGM. I also reviewed pairing the AGM with a social event, like a dinner/dance. But in the end, I favoured the education emphasis.*
3. Develop revised format
  - a. *If this year's format were followed, I would recommend that each speaker have 45 minutes (30 minute presentation with 15 minutes for questions). The feedback forms suggest that more in-depth sessions would be preferred. This is still possible in a morning session but an earlier start would be required (need to keep in mind that people are travelling on that morning...). As it was, I went half hour overtime to allow for more questions. Depending on interest and availability of speakers, it is also possible to run concurrent sessions and then members can choose the sessions they attend. This format also has implications for the choice of venue.*
4. Establish new date for the AGM

*- The feedback forms suggest that the October 19 was a good date. Since Sunday mornings are typically swim workout times, a Saturday may be a better choice. The swim meet schedule should also be checked. Technosport ran a meet on the same day but it did not impact the attendance in a Toronto location.*

5. Investigate different venues and book venue and/or caterer
  - a. *The format dictates the type of venue you choose. The feedback forms suggest that the Olympium Lounge was a good choice. There were some comments received from out of towners about changing the location to outside of Toronto (maybe on a rotating basis). Other possibilities need to be explored. One suggestion for members who can not attend is to look into the possibility of videotaping the event and making it available.*
  - b. *I estimated about 40 - 50 people to attend and booked accordingly. The maximum capacity of the Lounge is 150. (refer to contact information). If the numbers increase up to a 100 there is plenty of room in the Lounge. Please ensure that the microphone system will work before the day starts.*

*- By booking the Olympium location I needed an outside caterer. If other venues are chosen, such as hotels or conference centres there may not be a choice of caterer. I explored different options for caterers, and different prices ranges per person. I eventually chose Montreal Deli on the recommendation of other Board members. The food was very good with Montreal Deli and they delivered on time. Another recommendation from Charlie is Joanne Jennings (416 251-2719) who is a caterer who lives near the pool.*

6. Plan workshops and organize speakers
  - a. *Planning the speakers takes the most time. The earlier this task can be started the better. I started with a list of possible ideas: chiropractors, physiotherapists, massage therapists, swim coaches etc. Canvassing the Board members was a good start in looking for contacts but the clubs also should be contacted. My original plan was to have speakers that were MSO members as well but I soon broadened my scope. Once I started talking to speakers it was easy to get some themes going – for example, core stability worked really well with two presenters looking at both theory and exercises. If I had more time I would have discussed with Cliff to talk more about core stability drills to do in the water – but this can be difficult without pool time. In this first event, I was trying to cover a wide range of topics of interest to the Masters swimmer. Please note it is very difficult with a Masters swimmer audience because of varying levels of ability, experience and age. This needs to be taken into consideration next year.*
7. Book workshop speakers and key-note speaker
  - a. *I did not have time to find a key-note speaker. Originally I was thinking to book a “motivational” speaker for lunchtime. I never did get around to this. But this would certainly be an added bonus in the future. Charlie checked some contacts with Speedo and maybe this could be followed up. Please note there is a lot of lead time required for this since popular speakers can be booked at least 6 months in advance.*

- b. *One issue that arose and should be discussed by the Board is honourariums and consulting fees for speakers. We were fortunate to only have one consulting fee to pay, but this can significantly increase the budget. I would recommend standardizing the honouraria.*
  - c. *Another issue that arose was audio-visual equipment. 2/4 presenters could have used PowerPoint presentations requiring a LCD projector. These can be rented unless someone has access to one, so another budget item. Also, an overhead projector could be used. Both of these require a screen (not available in the Olympium). But the chalk board (or potentially a whiteboard) turned out to be very useful.*
8. AGM material and motions to be prepared and distributed
- a. *I delegated this task to Michael since he had prepared this in the past (and volunteered). There are specific dates for sending out materials and protocols that need to be followed. This definitely has to be a separate task. Maybe when the AGM Committee is established, someone needs to be responsible for this item.*
9. Registering AGM participants in workshops
- a. *One action item that was omitted from this plan is promotion of the event. This is a separate action item. I relied on the posts on the website and of course the AGM mail out to the Clubs and attached swimmers. There were some comments on the feedback form that suggested that next year the event could be better promoted to new Masters swimmers. As part of the promotion, bios of speakers need to be prepared.*
  - b. *AGM participants were registered through the website and the Registrar. This system worked very well.*
10. Finalizing last minute details
- *As is always the case the last minute stuff takes lots of time. I had to organize for coffee percolators to be brought in (thanks to Charlie and Liz). We also provided water, juice, timbits and cookies. Nametags were also purchased.*

**Projected Timeline** (due to action plan preparations last year this is when I started planning – but the earlier the better)

April : Establish committee, develop new format, establish new date.

May: Investigate different venues and book  
 - *Olympium was not booked until August 11*

June, July: Plan workshops and speakers /Book speakers  
 - *speakers were not finalized until September*

August: AGM material and motions to be prepared and coordinated through AGM coordinator

September: Register participants *and book caterer*

October: Convene AGM

## **CONTACT INFORMATION**

Etobicoke Olympium Lounge  
Mike Brioux  
416 394-8822  
Booked on August 11, 2003  
Cost = \$267.50 (\$250 plus tax)

Montreal Deli  
2055 Dundas Street  
Mississauga,  
905 625-3265  
ask for John

- I ordered 75 sandwiches at \$4.99 per person; 2 veggie and dip platters and 2 fruit platters. There was not much left! (\$593.63)
- In addition, we consumed 94 bottles of water, 73 bottles of juice, 3 coffee urns, approximately 4 party packs of Timbits (some were left) and 2.5 kg. Of cookies (some were left). (approx.\$135)

**Speakers:**

Mark Erwin, B.A. MSc. DC  
416 391-0929 (home)  
mark.erwin@utoronto.ca

Nancy Spence, Certified Athletic Therapist  
829 Brant Street  
Burlington. Ontario L7R 2J4  
905 631-2361  
[action\\_rehab@hotmail.com](mailto:action_rehab@hotmail.com)

Cliff Barry  
[Barry5994@rogers.com](mailto:Barry5994@rogers.com)

Susan Mah, M.H.Sc. RD  
Nutrition Solutions  
suemah@sympatico.ca

**BUDGET INFORMATION**

**Projected:**

I was given a budget of \$2,900 which represented one dollar for every registered swimmer.

**Actual:**

Rental = \$267.50  
Caterer = \$593.63  
Beverages, snacks = \$135  
Nametags = \$18.00  
Speakers = \$750 ( 3x \$150 honouraria plus \$300.00 consulting fee)

Approximate Total = \$1765

Prepared by : Shona MacLachlan  
October 26, 2003

## **Results of 2003 Education Forum/AGM Feedback Form**

Out of approximately 70 participants, 31 feedback forms were received. The results are tabulated below:

<b>Question</b>	<b>Poor 1</b>	<b>2</b>	<b>3</b>	<b>Excellent 4</b>
<b>Day Overall</b>			10	19
<b>Education Forum</b>			8	22
<b>AGM*</b>		1	13	5
<b>Location (in province)</b>	1	1	10	18
<b>Venue</b>		1	8	20
<b>Date</b>		1	11	18
	1	4	60	102

\*12 respondents did not answer question

### **1. Would you attend this type of event next year?**

**YES = 29**

(2 respondents did not answer question)

### **2. Can you suggest any changes that would improve the event for next year or do you have any general comments about the event?**

Have longer sessions, maybe 15 minutes more. People wanted to ask more questions. Maybe start earlier in the morning but still keep it to half a day. Great, great information

Less speakers, but more in-depth sessions.

Please continue to have the Forum and AGM in October

Handouts would be useful. If more people attend, may need larger venue.

I am prepared to pay for this type of event.

A workshop on new/interesting drills. Some triathlon specific information.

Maybe use the microphone for extra volume.

Nutrition was interesting. Use mike so we can hear at the back.

Excellent!

Good idea. Would encourage others to attend. Hook us in with education.

Limit time on each item, then go on. Don't keep going back over the same thing (AGM)

AGM stuck on points with regards to a single MSO swimmer. Example- you have representation of 2900 swimmers, leave out single examples for emails to the Board, not a 30 minute presentation.

Nutrition, Physio and Chiro were excellent. Maintain standard of speakers for next year. Possibly increase time available. Ensure the speakers are knowledgeable about all aspect of Masters, 18 – 100 years and range of training 20 minutes/week to 20 km. Plus/week.

Well organized, great food!

Try to have AGM in other cities on a rotation basis to make awareness accessible to a different geographic region. Good forum and AGM. Well organized.

The event was great. More work on getting the word out, some of this may improve when the event becomes an annual event.

More about nutrition specifics, too general. More from Cliff on coaching older swimmers. More from Mark, great presenter.

3 speakers, with more time each.

Great beginning! It will get even better with experience.

Prepared handouts covering content to be able to take back to clubs. More speakers, more time. Add in pool sessions.

A location that is not an 8 hour drive. This takes 3 days for me. Perhaps Sudbury?

Keep up the good work.

Well done. Just maybe could be longer to allow 45 minutes per speaker.

Would be a great way to entice new Masters swimmers. Do twice yearly – once in Toronto and one outside Toronto (maybe Brantford, Hamilton). Nutrition – excellent topic. AGM – move items along to ensure attendance next year. How about some cheese or peanut butter for the non-meat people?

Have some vegetarian options for the lunch (eg. cheese, yogurt)  
Have a microphone and turn off the pop machine because it makes too much noise.  
More space between the chair. AGM speakers should identify themselves.  
AGM – shouldn't spend so much time on discussions, move along more quickly

## **11. Recognition**

### **MASTERS SWIMMING ONTARIO PARTICIPATION AWARD 2003 -04**

#### **There are four ways to be a winner**

- Fitness – Personal Goals
- Social – Interaction with other swimmers and growing the sport
- Competition – Testing yourself
- Overall - Master of Masters

#### **For the individual Fitness, Social or Competition awards**

- Gold – achieve eight items in any one of the categories
- Silver – achieve seven items in any one of the categories

Bronze - achieve six items in any one of the categories

**For the Overall award**

Gold achieve a total of 20 items with at least six in each category

Silver achieve a total of 15 items with at least four in each category

Bronze achieve a total of 10 items with at least three in each category

This event is open to any registered Masters swimmer. All activities must be completed by August 31, 2004. Event Co-ordinators: to be determined

All entries must be received by September 15, 2004. Should you have any questions please do not hesitate to contact the event co-ordinators

FITNESS	SOCIAL	COMPETITION
Swim 12000 m/yds each month	Attend an MSO Meeting	Attend one swim meet
Swim 3500 m/yds in a workout	Lead/coach a workout	Swim a relay event at a meet
Swim on average 2 X a week	Officiate at a swim meet	Swim at provincial championships
Do two workouts in one day	Introduce someone to Masters swimming	Take part in an open water swim
Lower your resting heart rate	Go to a work out other than at your own club	Swim 50m/yds Free, 50m/yds Fly, 50m/yds Back, 50m/yds Breast and 100 IM m/yds
Take part in a cross training activity	Publish an article or provide a photo for the MSO web site	Swim 100m/yds Free, 100m/yds Fly, 100m/yds Back, 100m/yds Breast & 200 IM m/yds
Swim a Personal Best in workout	Write a creative reason for missing workout	Compete in an event that you have never done before
Learn to do a flip turn	Organize a fund raiser	Compete in 200 fly
Learn a new swim drill	Contribute a heat "prize" for a meet	Compete in 400 IM
Set up a cross training program	Find a sponsor for your club	Compete in any event over 400 m/yds
Start up a masters swim club	Host a team party/get together	Take part in a triathlon
Walk or bike to the pool	Publish an article in Waves magazine	Set a provincial record (individual or relay)
Do 20 push ups or dips / week	Form a new friendship with a swimmer	Set a national record (individual or relay)
	Draft/set the workout for your club	Set a world record (individual or relay)
	Lose something in the pool (eg. goggles, teeth, swim suit)	Place in Ontario top 10 in one event
	Buy a new suit	Place in National top 20 in one event
	Take part in a swim fund raiser	Set a PB in your present age group
	Change age groups	Get DQ'd (explain reason)
	Be on your club executive	
Write in your own fitness achievement <b>below</b>	Write in a social contribution <b>below</b>	Write in your best competitive accomplishment <b>below</b>

## **24. Registrar**

65 clubs – 5 new clubs – Port Hope, Stouffville, North Bay Titans, Carelton Place, Beach Barracudas

6 mailing memberships

1517 total swimmers

29 unattached swimmers

1483 club swimmers

5 OSG Members – Beth Whittall, Ted Roach, Geoff Camp, Michael Stroud, Brian Croker

Note of the 1517 total swimmers : 128 old returning swimmers of 2 years or more  
308 new swimmers  
1081 returning swimmers