

CMSC LANE CURRENTS

Oct. 25/ 2007

A few words from our CMSC President:

Welcome back Calgary Masters Swimmers! This is the start of our 2007-08 season - and we promise you that this year will be a very exciting year. The Executive, along with our Coaching Staff has been working hard through the summer to ensure that everything was ready to go come September. September and October are almost behind us - and I trust that you have been finding workouts challenging, interesting, and enjoyable - this is a reflection of the work effort that our Coaching staff has been putting in. I'd like to thank our Coaching Team of Matt Carruthers (Head Coach), Randi Willisko (Assistant Coach), and Caroline Gagnon (Assistant Coach) for their hard work, and their enthusiasm!

Now that we have had most of our membership renewals come in, we are looking at filling our membership with those on the waiting list. I believe we had about 70 on our waiting list - so we should be running to full capacity soon. Yes, the lanes will be a bit busier, and new swimmers will need a bit of time to adjust and learn the ropes. Please be patient, as we get through this next cycle of a new season.

I'd like to take a minute to pay a tribute to one of our long term members, Dick Degner who passed away this summer. I have caught myself at times this year, when I've been at the pool, that I expect to see this tall, lanky, smiling - bighearted man, warming up in the hot tub and just waiting to talk to one of his many swim friends, or just lumbering down the deck with a smile that said it all. He will be sorely missed by all who knew him. There will be a small article in the fall issue of FitNews that Dave Smith worked hard on - with the input from Dick's family.

The meet schedule is closed to being figured out. We hope to have more information for you in our next newsletter - or keep checking our website, as we will post information as it becomes available.

Feel free to approach your Coaching Staff and Executive with anything that you wish to discuss. Feedback is the best way for us to gauge how we are doing! Your 2007-08 Executive Staff is;

President	Susan Rockafellow (Evenings)
Vice President	Rob Hansen (Evenings)
Past President	Justin Welbourne (Evenings)
Secretary	Marilyn Craig (Evenings)
Treasurer	Michelle Wortley (Evenings)
Meet Mgr	Jeanne Carlsen (Early Mornings)

Facility Booking	Jeff Clark (Early Mornings)
Equipment/Newsletter	Laurie Wallace (Evenings)
Webmaster	Mike Morrow
Mid-Morning Rep/Member-at-Large	Keith Shaw (Mid-Morning)

See you on deck!

Susan Rockafellow
President
Calgary Masters Swim Club

Coach's Corner:

Message from the Head Coach:

Just wanted to take this opportunity to welcome back everyone into the program and wish them luck in the upcoming season.

I hope that I have been able to see everyone at this point, and if not, I am confident that over the next few weeks, I will have that opportunity to talk to you and ask how your start up has been.

I want to start off by thanking both Caroline and Randi. Both have done terrific jobs since joining the program. I am very lucky to have both of them along side and will offer some great energy and instruction to all of our groups and the levels inside of them.

I am pleased to have such a great start to our season and see some great opportunities for all of our levels to develop and to gain success throughout the season. I think that this year can open a lot of doors to all of our members to be successful either provincially, nationally, and internationally. Good luck to all of you.

The season plan has been put up on the web site and I invite all of you to take a look at it and ask your session coaches questions about it and how you see it working for you. The plan is put out in about 6-8 week outlooks and will be continued to be added to and changed where I see necessary.

I also encourage all of you to download the excel sheet that will take you hours in the water and your total mileage in the water also, as this can also be a tool used to track success from one month to another or one season to another.

Also, I want to thank the executive for all the time they have put into the

season this year to ensure that everything is going smoothly and that I have the information to work with the membership effectively.

I will encourage once again to find ways to have our coaches challenge you and to communicate with you what the path we are going and to continue with them the areas that you are looking for to be successful this year.

Thank you and have a lot of success this year. We started very well and the movement towards keeping that momentum going will depend on a team effort from everyone.

Matt Carruthers
Head Coach
Calgary Masters Swim Club

Quote of the month!

Motivation is what gets you started. Habit is what keeps you going.

Jim Ryun

Finding the right pair of goggles.

The best goggles are the ones that fit comfortably without leaking. Everyone has a different shaped face, and what works for one person isn't necessarily going to work for another. You need to find a pair that will suit the shape of your face.

A quick test - take the goggles out of the packet. Lean over, so your face is facing down towards the floor. Press the eye cups into your eye sockets and let go - they should stay in place if they are a good fit. You can make adjustments to the spread of the eyepiece, but if the goggles don't hold without the strap, at least for a few seconds, they probably will need a very tight strap to keep the water out. Don't be tempted to compensate for a bad fitting pair of goggles by tightening up the head strap. Although this may be necessary for racing, it is really no fun having sore eye sockets after a swim, so you want a pair that are watertight with only a low tension in the strap. It is always a good idea to try before you buy - find someone at swimming who has a different pair than you and try them out, it will give you the best idea as to whether they will suit you, even if the adjustment isn't perfect.

Caring for your goggles can be a drag, especially to keep them in as-new condition, but it can be worth it. After swimming give them a rinse in clean water (e.g., in the shower), the chlorine in the pool can eat away at the seals. Between practices, make sure you let your goggles dry out and store goggles in a dry place, not in the bottom of your bag. This is particularly true of those with foam seals, which can breed all sorts of mould and

bacteria. Finally, it can be worth investing in a pouch or using the original box to store your goggles in to protect them - scratched goggles are as hard to see through as fogged up goggles.

Calgary Swimmers Boost Zone 3 Alberta Senior Games - Results by Keith Shaw

A small but powerful squad of six women and seven men claimed 34 medals, including 21 golds, 10 silvers and 3 bronze. They led the 6 zones at the Alberta Seniors Games swimming competition in Ft. Saskatchewan, July 26-9th. The next closest zone, Edmonton, had 14 gold, 13 silver and 4 bronze for 31 total.

In the points breakdown of 10 for first, 8 2nd, 6 third, 5 fourth, etc., Calgary amassed 394 points to Edmonton's 273, a leading difference of 121 points.

A record 8 swimmers qualified for the Canada Senior Games in Dieppe (Moncton), N. B., in late Aug., 2008: with four golds each: Peter O'Brien, 55+, Nancy Davis 70+, and Dicky Joad 75+; three golds Ivan Pivovarov 63+; two golds: Keith Shaw 63+, Bobby Chan 75+; and single golds to Gabor Zinner 55+ and Peter Vander Pyl 70+ Alternates to the Canada Games are Henrietta McGregor 75+, Lily Chan 55+, Doug Kyle 75+, also Anita Conklin 63+ and Pat Hlady 70+.

Team Captain Shaw was pleased with the strong showing over previous years and about the large Canada Games team of 8 from Calgary, a fourfold increase.

Next year there will be a clinic or two before the June 6th Calgary Zone 3 Sports Swimming Festival. Events include 50m of free, back and breaststroke and a 200m prediction, in the above age groups. Phone Keith at 252-9238 for further swim info.

Upcoming swim meets:

Over the past summer, several CMSC swimmers ventured to do some challenging openwater swims. You can read more about this on the CMSC website which includes photos and even some video. Check it out!

A couple of meets have now been posted for this fall. Please check out the website for further information. Jeanne Carlsen is now taking entries for the Masters Cup 2007 on Nov. 17 in Edmonton. Please leave your entries in an envelope at Talisman front desk, marked "Meet manager - CMSC". You need to include your name, phone #, event #s, event names and of course entry times. Make out your cheque to Penguins. Entries must be into Jeanne by 7AM on Oct. 29, 2007. No late entries will be accepted.

Fall calendar:

17 Nov 2007 Masters Cup 2007 Edmonton
18 Nov 2007 UBC Vancouver
30 Nov- 02 2007 Dec Long Beach California
01 Dec 2007 Ebttides Nanaimo
15 Dec 2007 EMSC Edmonton

Workout Schedule Updates:

So far only 1 change to our workout schedule for the upcoming month of November:
Nov. 11, 2007 is now 1-2:30.

Due to special events being held at Talisman, they occasionally change our workout times so please check the phone line (234-8787) or our website.

Social Events:

Mark your calendars, snack club this month, Oct 27 – lanes 3&4 are hosting. Please bring some treats to share with your club mates. It is a good time to catch up with other members and even talk to your coach.

A healthy and hearty recipe for swimmers on the go:

Fabulous Fish Stew

Thanks to Martine Skulsky for sharing this delicious recipe which has a twist on perhaps your regular fish stew recipe. Try this, I'm sure you'll be pleasantly surprised.....

2 onions diced

3 carrots diced

3 potatoes

3 stalks of celery

Knorr Butternut squash soup 500 ml

Veg broth or chicken broth 6 cups

Fish of your choice (salmon, shrimp, halibut, really anything goes!)

A couple dashes of hot sauce

Saute vegetables with some oil in the bottom of a big soup pot. Once lightly browned, add butternut squash soup and your choice of broth. Cook until vegetables are cooked through. Now add in cut up fish and simmer until fish is done. This won't take that long! At the end, throw in a couple dashes of hot sauce. Hmmm YUMMY!

CMSC Team Equipment:

This fall we are selling CMSC logoed caps for \$5.00 (old style in a rainbow of colors) and \$7.50 (new style, red). We also have a couple of CMSC towels left over from last year. They can be purchased for \$45.00. Catch Laurie Wallace at workout (evenings) for more information.

If you currently need some other swim equipment, you can go to Team Aquatics. Just tell them you swim with Calgary Masters and they will give you a 10% discount. In January the club will be putting in a large order for equipment which will save members 25% off Team Aquatics regular prices.