

## CMSC LANE CURRENTS

December 17, 2007

Happy Holidays!

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### A few words from our CMSC President:

We've finally settled in to our 2007-08 year. For a Club perspective, the last newsletter we were still involved in the crazy September start – with memberships, coaching, etc. Phew. Our club is currently at 146 members, with approximately 40 people on the waiting list. Comparative to this time last year, we are way ahead. We'll be looking to fill a few spots of some of the sessions that have some space, so please invite any newcomers to the lanes.

Now, the holidays are quickly descending upon us. The workouts have been getting harder, the heart rate is getting higher, and our lanes are busy -as our training has been ramping up to "threshold" levels. Matt told us one night at practice, that the intervals may be a little quicker than we're used to and they may be a bit uncomfortable! Yeh, uncomfortable, you could say that.

Remember that we've changed our schedule up between Christmas and New Year's, please check our website for the posted changes. Enjoy the break, do some cross training, get out and do some skiing, and enjoy time with your family, and "rest" up for what is coming in January.

I'd like to thank our Coaching Team, of Matt, Randi and Caroline, for being able to execute a "Plan" that we first saw on paper. The Plan is on our website, and in case you ever wondered what you had in store for a particular workout, you can take a look before heading out to the pool.

The CMSC Exec is wishing everyone a very Merry Christmas and a Happy and safe New Year!

Susan Rockafellow



### Quote of the Month!

*If everything seems under control,  
you're just not going fast enough!*

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*Mario Andretti*

## Workout Schedule Updates:

**Dec 24, 2007 Early Bird and Mid-Morning cancelled**

**Dec 25, 2007 Cancelled – Merry Christmas**

**Dec 26, 2007 Early Bird and Mid-Morning cancelled**

**Dec 30, 2007 Cancelled**

**Dec 31, 2007 Early Bird and Mid-Morning cancelled**

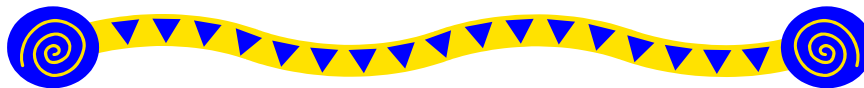
**Jan 01, 2008 Cancelled - Happy New Year**

**Jan 02, 2008 Early Bird and Mid-Morning cancelled**

**Jan 12, 2008 Time change 12pm-1:30pm**

**Jan 13, 2008 Time change 12pm-1:30pm**

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.



## Government Funding for CMSC Members

The Alberta Sport, Recreation, Parks and Wildlife Foundation will provide funding for some aspects of athlete training and development under its Development Initiatives Program. You may receive up to \$1,000 per year for a maximum of three years. Priority will be given to athletes in the "training to win" stage of their sport's Long Term Athlete Development (LTAD) model, or individuals with extraordinary circumstances.

You may apply for funding for equipment required for the effective running of your program. Equipment of a personal nature, such as apparel, uniforms, and water bottles is not funded. Travel is also not funded.

Further information about the opportunity can be found at:

[http://tprc.alberta.ca/asrpf/pdfs/DIP\\_Application\\_Package.pdf](http://tprc.alberta.ca/asrpf/pdfs/DIP_Application_Package.pdf)

## **Fall Swim Meet Round Up:**

### **CMSC at the Penguins Masters Cup**

*By Mike Morrow*

Five CMSC stalwarts journeyed to Edmonton on November 17 for the annual Masters Cup hosted by the Penguins Swim Club. Two of our heroes made their competitive debut with CMSC, and two others showed promising early-season style.

Held at the University of Alberta pool again, the Masters Cup is somewhat unique in masters swimming in that the Penguins also enter their young swimmers into the fray. Thus, we had chances to beat up on kids. Unfortunately, the beatings usually went the other way. From the masters community, EMSC, Foothills, Rocky Mountain, and the Clippers filled out the lanes.

The meet began with 400 freestyle. Seeded in the fast heat, Braydon King dipped a toe into the mysteries of pacing. He did a commendable job, finishing fast with lots of legs on the last length. Veronique Godbout showed a more experienced style, and used wily strategy to blow by most of her heat on the last length.

Distance out of the way, the rest of the meet was filled with sprints. Alex McCutcheon showed she had not lost much since her age group days, smashing her rather conservative entry times. Lauren Parks blazed through the fifties, but looked a bit distracted over longer distances, perhaps a boyfriend effect. Your Obedient Reporter anticipated triumph in the fifty fly this year. Alas, Veronique thwarted those dreams.

In non-CMSC news, Jeff Riddle of NAIT swam, for the first time in several years. He has not lost much. Debbie Younger, late of the Orient, has returned to the pool. Both she and Barry Saretzky looked a bit on the slow side, but the year is young.

Results are at <http://cmsc.ab.ca/meets/2007/results.2007-11-17.pdf>

## Report on Long Beach Meet, Nov 29 – Dec 2, 2007

By Jeanne Carlsen

Oh, the sun, the sand, the beach, the sunsets, the pool, the celebrities and not to forget the FAST swimming!!

After struggling with a cold (Jeff) and climbing escalators in the wrong direction (Jeanne), Calgary Masters swimmers put up their best at the SPMA 2007 Short Course Championship Swim Meet. It was a great weekend for all. Swimmer from California, New Mexico, Washington, Arizona, Hawaii, Mexico, Calgary, Edmonton attended the meet. Over 570 swimmers were in attendance for the full schedule three day meet. Calgary Masters placed 22 out of 56 clubs attending with only three swimmers!!

The meet was held in the Belmont Olympic Plaza Pool, which was constructed for the 1968 Olympic Trials. Reviews on the pool by top American and world class swimmers stated: "the fastest pool in the world", "I always do my best times here", "best pool I have ever swum in", "so much nostalgia here!". Calgary Masters swimmers broke six Provincial Records: three by Jeff Welechuk, two by Glenn Carlsen and one by Jeanne Carlsen. In all 8 best times were made.

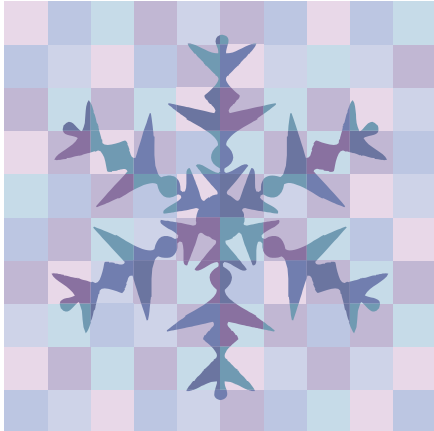
| <b>Jeff</b>                   | <b>Glenn</b>                  | <b>Jeanne</b>                |
|-------------------------------|-------------------------------|------------------------------|
| 50 free 3 <sup>rd</sup><br>*  | 1500 1 <sup>st</sup>          | 400 IM 2 <sup>nd</sup>       |
| 100 free<br>2 <sup>nd</sup> * | 800 free<br>2 <sup>nd</sup> * | 800 free<br>2 <sup>nd</sup>  |
| 200 free<br>2 <sup>nd</sup>   | 400 free<br>1 <sup>st</sup> * | 200 free<br>3 <sup>rd</sup>  |
| 400 free<br>3 <sup>rd</sup> * | 200 free<br>2 <sup>nd</sup>   | 200 fly 3 <sup>rd</sup><br>* |
| 100 back<br>2 <sup>nd</sup>   |                               | 400 free<br>2 <sup>nd</sup>  |
| 200 back<br>2 <sup>nd</sup>   |                               | 100 fly 5 <sup>th</sup>      |

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The meet was hosted by the Long Beach Grunions Swim Club and they welcomed us every time we stood on the blocks!! We even had celebrities like "Joe" from Brothers & Sisters on the sidelines cheering for us!!

I would recommend that everyone put this meet on their list next year!!

## Sign up for the next meet in January... Foothills:



Just in time for your New Year's Goals!! The Foothills Swim Meet is posted on our website.

Entries will be due by Monday Jan 7, 2008 @ 7:00am. Fees are payable to Foothills Masters. Please enclose your entries in an envelope marked Meet Manager/Jeanne Carlsen and leave in the CMSC mail at the front desk @ Talisman.

Please have your complete name, event #, event name and entry time on a FULL sheet of paper with cheque attached. All events must have an entry time, if you have not swum the event, please estimate the time.

## Social Events:

No Snack club for the month of December. However, mark your calendars the next snack club will be on Jan 26, 2008 hosted by lanes 7 and 8. Hope to see you there for some good treats after workout!

## Tempering the Body with Cold Water (an interesting read!)

*By Victoria Boutenko*

Throughout history, humans bathed exclusively in cold water except on those rare occasions when they had access to hot springs. Today, there are still many countries where people have only cold water for their personal use.

Ancient Greeks were aware of the healing properties of cold water. When they invented the first water-heating systems in 700 BC, they continued using cold-water treatments for health purposes. Spartans, for whom health was a matter of high reputation, considered it to be unmanly to use hot water; they regularly dipped in cold water for vigor and better health.

In the 1<sup>st</sup> Century, in Finland it became common for people to jump into cold streams or lakes after sweating in saunas. The indigenous peoples of ancient Russia used cold plunges into icy water for the ceremony of "purification" in the 9<sup>th</sup> Century. Tempering the body with cold water has been a widespread Russian tradition throughout the centuries and into the present.

Swimming in ice water is a part of Russian culture and tradition to such an extent that there is even a large government-funded organization called, The Federation of Tempering and Winter Swimming. In addition, Moscow hosts an annual science conference dedicated to researching the influence of cold water on the human organism. There are several research institutes in Russia, especially in Siberia, which have been studying the effects of cold temperatures on human health for many decades. I would like to share some of their latest findings.

The maximum healing occurs when the body is submerged in water with a temperature *below* 12°Celsius (53°F) for one to two minutes. During the brief application of cold water, the blood vessels in the skin abruptly contract, pushing a large amount of blood inside the organism. This results in the re-activating of the inner capillaries, many of which are typically atrophied by the age of 30, due to poor circulation and an unhealthy lifestyle. The regeneration of a large amount of capillaries ensures that our inner organs receive the necessary nutrients for their optimal performance and rejuvenation. This great improvement in capillary circulation results in the younger appearance of cold-water swimmers. In ancient Greek this process was called, "the natural gymnastics of blood vessels."

Several scientific studies have demonstrated that within 50 seconds after the brief application of extremely cold temperatures, an enormous amount of heat is generated by the transformation of neurons, which is known as the phenomenon of "instant free heat." Therefore, despite the initial shock that can be painful, winter swimmers, often called "Polar Bears" almost immediately experience an amazingly pleasant warmth from head to toe, causing the profound relaxation of the entire body. This relaxation is one of a kind, as it cannot be compared to any other way of relaxing.

Russian scientists have demonstrated that the combination of quick cold stress and the resulting heat stimulates the body to find diseased cells and destroy them, thus reversing many degenerative diseases of liver, kidneys, and heart, as well as mental problems.

After a cold plunge the surface of the skin becomes charged with negative ions. Russian academician and scientist, Alexander Chizhevsky considered this charge of negative ions to be important for our bodies, which are often charged too positively.

Tempering the body with cold water increases the rate of the metabolism. This brings about the purging of free radicals, heavy metals, nitrates, and pesticides. Additionally this cleansing occurs via skin and lungs, and unloads the burden on the kidneys.

Finally, swimming in cold water dramatically strengthens immunity. While constantly protecting ourselves from natural cold and heat by using air conditioners, heaters, and clothing, we constantly keep our bodies at the same temperature, disabling our natural systems of thermal regulation. We tend to think that this brings our body to a healthy and comfortable state when in actuality, the opposite is true. When exposed to cold temperatures, a human organism that has not been trained to regulate its internal temperature, loses its internal heat approximately 30 times faster than a tempered body. As a result, one can get sick from even minor changes in outside temperatures, for example after waiting five extra minutes in windy weather or after getting wet under the rain.

At the same time, we have not even remotely explored the depth of human abilities. My mind was totally blown away when I read a report of the new sport named "Aquaice": swimming in ice cold water, which became popular in recent years in Russia, Japan, Czech Republic, China, and other countries. Hundreds of competitors take part in marathon swims in ice-cold *water* usually lasting for many hours. For example, as soon as the thick ice cracked on the Moscow River, on March 19<sup>th</sup> of 2006, 20 teams from different regions of Russia competed in a 100 km (62.1 miles) swim. The teams consisted of four swimmers (men and women) that would take turns in covering this distance. The record time was 42 hours 45 minutes! The longest stretch was 7,000 meters (4.3 miles) In order to reach this level of tempering in the body it takes several years of constant practice

Cold-water swimming is becoming continuously more popular in many continents, including North America. There is a number of old Polar Bear Clubs in the state of New York that engage hundreds of people in this healthy practice.

Perhaps the biggest Polar Bear Club on this continent is located in Vancouver, BC, where thousands of people are involved. For instance, on New Year's Day in the year 2000, there were 2,128 "polar bears" simultaneously swimming in the ice-cold ocean to celebrate.

In the 80s, my husband Igor was president of the Regional Polar Bear Club in Moscow. He took our family every morning before work, to swim in frozen rivers and lakes, including the times I was pregnant and breastfeeding. I remember how we got so used to our cold baths that we couldn't miss even one day. If we skipped dipping in the ice water for one day there was a definite feeling of loss, and the children didn't sleep well and behaved cranky. I personally felt that the whole day went wrong.

Winter swimming is a wonderful method of tempering the body, which increases the energetic strength of the organism. Statistics holds that

among those who practice winter swimming sickness rates decrease for cold-type diseases *60 times*. As a therapeutic method, winter swimming can heal many illnesses, including arthritis, hypertension, tuberculosis, type 2 diabetes, chronic gastrointestinal diseases, different inflammations, menstrual cycle abnormalities, dermatitis, and many others. Of course, everyone should receive proper instructions before jumping in the cold river at the local Polar Bear Club or from the literature.

Some researchers question the benefits of human exposure to very cold and hot temperatures as too extreme. I believe these practices are as natural for people as exercising or fasting. For example, feeling tired after jogging doesn't mean that we should abstain from running. Both the facts and research show that people who try to always stay in the same temperatures by using heaters, air conditioning, or warm clothes often end up having less energy, vitality, and longevity. Most centenarians, or people 100 years old and above, live in the mountains where the contrast of temperature is unavoidable.

Contrary to the popular belief, winter swimming is remarkably enjoyable. After dipping in cold water I feel so good and refreshed that I cannot think of anything else being compatible with this pleasure. My family traditionally goes for a swim on each New Year's morning. Igor has introduced dozens of Americans to cold-water swimming. Many participants of our retreats in Ashland experienced jumping into the cold river and told us that they felt incredibly energized and pleased with the whole experience.

### **A Healthy Recipe for Swimmers on the Go:**

There might not be too much talking in the pool, but after workout there sure is a lot of chit chat that occurs in the hot tub and showers about how hungry we are. Thanks to Lori Wylie, she contributed Kicking Chicken with rice. A super easy and tasty meal you can have on the table within 20 minutes!

- 6 chicken thighs
- 1 small bottle of your favorite salsa
- Grated cheddar cheese



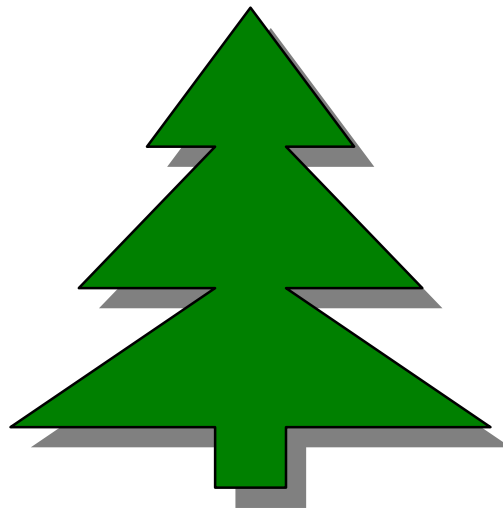
First get the rice on. Cook as you normally would, 1 cup rice, 2 cups water. Then put some olive oil in a frying pan. Add chicken thighs, brown, but don't cook right through. Add a tablespoon of your favorite salsa to the top of each chicken piece and sprinkle with grated cheddar. Now place a lid on the pan and let simmer for another 10 minutes. Serve over rice. HMMMMM YUMMY!

## CMSC Team Equipment:

OK folks start making your wish lists. CMSC will be placing a large order from Team Aquatics this January. The new catalog can be found on our website. Please use the order form provided through the CMSC website. We get a 15-25% discount depending on the item which corresponds to TEAM 1 pricing in the catalog.

Only cheques will be accepted and will have to be made out to CMSC. Please attach cheque with ordering form and place in an envelope, Attn: Laurie Wallace – CMSC Equipment. Drop it off at our CMSC mailbox at the Talisman front desk.

Deadline for equipment orders will be Jan 15, 2008. There will be no extensions. We will arrange pickup dates/times for equipment once the team order has been received.



***Happy Holidays!***