

Calgary Masters Newsletter



Belmont Pool, Long Beach

Special events ahead

- *Calgary Masters 2009 LC Invitational, March 29*
- *Team Equipment order*
-

Happy holidays from Calgary Masters!

Giving thanks, celebrating family and sharing time with loved ones encompass the holiday season. With this in mind, most of us will spend the next few weeks leading up to the holidays feverishly fighting the crowds at the mall! Try to remember to leave time for yourself, continue with some sort of exercise program and stay healthy over the holiday season.

Presidents Message

The holiday season is fast approaching, and each of us will have a different way of celebrating or spending this time. However you choose to spend the time, whether spending the time with friends or family, getting away from it all, or just hunkering down in front of the fireplace - I hope that everyone has a safe and happy holiday.

Susan

"May your home be blessed with love and laughter throughout the year"



SPMA 2008 Short Course Championships



December saw 7 members of the Calgary Masters Swim Club head south for some competition and sunshine. They weren't disappointed in either!! Arriving in Long Beach on the 3rd and 4th of December, CMSC quickly let it be known that we were back!!

First up was the 1500, 400 IM and 800 free on Friday. Both Jeanne and Glenn were first to swim in the same heat of the 1500. A great start to the meet with the announcer following the whole race play by play.....Glenn set a lifetime best of 18:07.37. Jeanne was well on the way to breaking the 19:00 barrier when the sky fell in!! Glenn did set a new CDN record for the 1500 as well as the 800 later that night. Jeanne set a CDN record on the 800 split by 11 seconds.

The second day of swimming saw a few more CDN records: Jeanne (200free), Dave Dickson (200 Free), Jeff Welechuk (50 back, 100 back). But the most impressive swim of the day was Jeff joining up with our northern friends to swim a 4 x 50 Medley Relay to break the WR!! (One of the 34 WR at the meet!) Jeff, Tim Salpeter, Barry Saretsky and Barry Lewis broke the record with a time of 1:48.78

Day 3, a few more records: Dave Dickson (100 fly), Jeff (200 back). Jeff also went on to win the high point award in his age group. Dave was 2nd in high point, Jeanne, Nancy Davis and Laurie Wallace, were 3rd in their respective age groups. Overall the Wild Rose team (Calgary and Edmonton combined) placed 10th.

Staying Warm at Swim Meets

From : US Swimmer

What's the best way to stay warm at swim meets during the fall and winter? Dr. Jane Katz, author of "Swimming for Total Fitness," shares some advice based on her years of experience as a swimmer and physician.

"In the Northeast, the fall and winter swim meets have more than six degrees of separation from temperatures in warmer climates," says Katz, who is also a member of the USMS Sports Medicine and Science Committee. "Statistics from several sources including the American College of Sports Medicine indicate that over 60 percent of body heat is lost from the head."

To prevent heat loss, Katz recommends wearing a baseball cap or ski hat in colder climates and on chilly pool decks at meets.

"Flip flops might not be the best way to keep your feet warm," Katz adds. "I suggest closed shoes like sneakers, or fleece-lined boots to keep your entire body relaxed and warm from head to toe. If you are swimming a few events, an extra towel and dry T-shirts and suits are always a plus." Katz also recommends drinking room-temperature water, rather than ice-cold water, and taking a warm shower between events.

Geel! We could have used this info in Long Beach!!



Board Members:

Susan Rockafellow

Mike Morrow

Janie McCall

Jeanne Carlsen

Bruce Calkin

Laurie Wallace

Nancy Davis

Rob Hansen

Marilyn Craig

Web Site:

www.cmssc.ab.ca

**The Power Within
Seminar Series,
Featuring Michael
Phelps!!**

<http://www.powerwithin.com>

March 3, 2009 in Calgary

Hot Yoga Talk!! By Janie McCall

Hot Yoga Anyone???????

I would like to confess my most recent addiction as we head into the New Year!! I believe that I have chanced upon the perfect cross training activity for Masters Swimmers.

Hot yoga is regular yoga, practiced in a hot humid studio (105-106 degrees). I like to take a minimum of three 90 minute classes per week to feel energized and detoxified. The studio that I practice with holds several classes per day, and offers two styles of yoga....Standard Hot (Bikram Style) and Vanyassa Flow (Baron Baptiste style). The classes are designed to accommodate ultra beginners and super advanced clients in the same workout. This yoga can be done at a high or low intensity, and the instructors encourage you to listen to your own body and rest when you need to.

Masters Swimmers reap the benefits of hot yoga by developing deep relaxed breathing and improved concentration. When practiced regularly, hot yoga stimulates the entire body, increases body awareness, builds core strength, and improves balance, flexibility, range of motion and endurance.....all ingredients for optimal swimming. Each of these areas requires monitoring as we age.

Yoga poses are all about building core strength. The slow, focused movements require a strong mid-section and the isometric contractions of many



exercises will add a new form of resistance training to your typical machine-based workouts.

Yoga routines incorporate slow, steady flexibility exercise that is ideal for swimmers. Frequent yoga training opens tight joints, improving range of motion while relieving muscle tension. This often translates into improved swimming performance.

I find that yoga is a great low-impact way to cross train. Adding new exercises can help reduce injury, relieve training boredom, and help swimmers recover from hard aerobic or strength workouts. The two different styles of hot yoga add variety as they range from the dynamic, active, movements of Vanyassa flow that run from one posture to another (and result in a thorough aerobic workout) to a slower-paced standard hot yoga that hold postures for several minutes and form an intense strength training and balance workout. See you at the studio!



Tempted to drown your cooked cauliflower in cheese sauce? Try this simple, easy and elegant recipe for a big-flavored, healthy alternative.

Gingered Cauliflower Mash with Scallions

**1 medium head fresh cauliflower,
washed and cut in bite-size pieces**
1 T fresh grated ginger
3 T fresh chopped scallions
coarse salt and fresh ground pepper

Steam cauliflower until tender, about 10 minutes. Drain, return to cooking pot, add remaining ingredients, and mash with a potato masher until reaching a smooth consistency similar to mashed potatoes. For a creamier consistency, use a food processor. Serve warm.

Serves 4. 28 calories per serving. 0 grams of fat per serving.





Team Equipment

In the New Year, we will be putting together an equipment order for our club through Team Aquatics (TAS). The new catalog is now available on line so start making your wish list.

http://www.team-aquatic.com/Images/2006_TAS_Catalogue.pdf

Good news, we have recently negotiated a better deal with TAS and will be able to obtain Team 2 pricing through their catalog, instead of Team 1.

This will give members further savings of 25-30%. Please remember if you visit their store on your own, a 10% discount will be given if you mention you swim with Calgary Masters.

At the beginning of January, an equipment order form with further details will be available on our website. All orders will have to be submitted by January 31, 2009.

We can expect a 4-6 week delivery time for some items.

If you have any questions, don't hesitate to contact Laurie Wallace

Holiday Schedule

Please note the following schedule changes:

All workouts from Dec 22 through to Jan 4 will be without a coach present. Workouts will be posted.

December 25: cancelled

December 26: EM cancelled

January 1: cancelled

Swimming Trivia

The Japanese won all the men's titles except the 400-meter freestyle in the 1932 Los Angeles Olympics. Buster Crabbe won the 400-meter free. (USA Swimming)

Americans Nancy Hogshead and Carrie Steinseifer registered the first official tie in Olympic history in the 100-meter freestyle at the 1984 Olympics. They each recorded a time of 55.92. (USA Swimming)

Tracy Caulkins is the only swimmer ever, man or woman, to own American records in every stroke. (USA Swimming)

Gertrude Ederle was still a teenager when she became the first woman to swim the English Channel on August 6, 1926. Not only did she swim the channel, but she broke the speed record held by a man. (Dishout)

Benjamin Franklin invented swim-fins. (Strange Facts and Useless Information)

Kangaroos are great swimmers. (Kangaroo Facts)

