

February 14, 2008

Happy Valentine's Day!

A few words from our CMSC President:

Hope you are all staying warm! They say that we have fewer than 6 weeks of winter, according to those infamous Groundhogs. (but I guess it depends which one, since the three of them didn't all agree). Our coaches have cranked it up a notch since the Christmas Break. They promise that we will be "fast" once we get some rest! Some are fast now, with recent meets, we have four new Provincial and National Records, see the Section "SWIMMERS IN THE HEADLINES" below!

Our membership has just hit 150 swimmers. We have busy sessions, which is great to see those members in the pool. Our coaches, Randi, Matt and Adam, keep delivering great workouts, and just keep everyone coming back.

There are lots of meets coming up, check them out on the Meets Links on our website. Speaking of which, there are many meets coming up at Talisman in March. We have listed time changes below, but check the website frequently, since some of these times may be shifted once the meet registrations are in.

Don't forget that CMSC is hosting Provincials, March 29, and 30th. If you aren't swimming, it would be great to see you in the stands or on the deck behind a block. If you are able to help out in any way before, during or after the meet, please contact Jeanne Carlsen, CMSC Meet Manager @ meetmanager@cmsc.ab.ca <mailto:meetmanager@cmsc.ab.ca> .

See you on deck.

Susan Rockafellow

Quote of the month!

Attitudes are contagious. Is yours worth catching?

Workout Schedule Updates:

Lots of changes, so mark your calendars!

Mon, Feb 18 th	Family Day - no Early Bird, no Mid Morning
Sat, Feb 23 rd	time change 1:00- 2:30
Sun, Feb 24 th	time change 1:00- 2:30
Fri, Mar 7 th	time change Mid Morning 10:30- 11:30 (Age Group Provincials)
Sat Mar 8 th	time change 2:00- 3:30 (Age Group Provincials)
Sun, Mar 9 th	time change 2:00- 3:30 (Age Group Provincials)
Thurs, Mar 13 th	no evening (Water Polo tourney)
Fri, Mar 14 th	4 lanes only, time change Mid Morning 10:00- 11:00 (Water Polo tourney)
Sat, Mar 15 th	4 lanes only, time change 1:45- 3:15 (Water Polo tourney)
Sun, Mar 16 th	4 lanes only, time change 4:00- 5:30 Water Polo tourney)
Fri, Mar 20 th	no Early Bird, no Mid Morning (Good Friday)
Sun, Mar 23 rd	no morning (Easter Sunday)
Sat&Sun, Mar 29- 30	no mornings (Masters Provincials)

Note: The March 7- 9 and 13- 16 weekend times have not been confirmed yet, but this is what we have so far.

For those of you that hate turns, and like the longer pool, your wishes have come true. Starting March we will be having LONG COURSE workouts Tuesday & Thursday evenings!

Mid- Morning Session made a request to swim in the new pool (East/West Training Pools), at least once per week if possible. Jeff Clark checked with the Talisman Facility Bookings Coordinator. We've been informed that since Water Polo has this space booked for the same time slots, they are unable to fulfill our request.

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.

Upcoming swim meets:

Feb.24 Long course swim meet in Edmonton. No more entries will be accepted.

Mar.15 Victoria 50m. See website for more information.

Mar.21 Western Cup. Talisman. See website for more information.

Mar.29- 30 Alberta provincials. CMSC will be hosting this meet. If you are swimming, please drop off a full sheet of paper to our mailbox at Talisman (Attn: meet manager) which would have the following info: name, age, events, and times. All participants will need to also include a cheque for entries. Stay posted for more information or check the website. Volunteering is another important aspect of this meet so please help out in any way that you can. We need your support.

Swim Meet Round Up:

Foothills swim meet Jan.19,2008

By Rob Hansen

There was definitely more people this year than previous years. There was at least 100 entered at the meet and 20 from CMSC, a good turnout for a tiny facility. Keith Shaw broke the 400 free provincial record for his age group. Peter O'Brien hit his head hard in the fly event due to a goggle malfunction resulting in a bit of a goose egg on his forehead, but he still managed a very fast 200m back shortly after. Mike Morrow was on standby for each 100 event, but managed to sneak into most of them, he just waited by the blocks and jumped into any open lanes. Brayden King accidentally entered the fastest seed time for the 200 open, and got to race beside Jeff Welechuk. We told him just to keep up and he should be fine. Although he didn't quite hold Jeff's pace he did finish with a respectable time. Coach Randi was on deck showing off her ability to get splits on 3 swimmers in the same heat, while answering questions from team members on deck! Thanks Coach for the support at the meet!

SWIMMERS IN THE HEADLINES

- * Master Swim Canada - 100,000 metre award. Congratulations to Alex Mirkovic, she just received a cap from MSC for the Million Metres Club for her completion of 100,000 metres. We'll let you know when she reaches 200,000!
- * Keith Shaw set a Provincial Record in the 400m Freestyle at the Foothills Meet! (6:14.97)
- * Jeanne Carlsen set four National Records at a recent swim meet in Duncan BC; 200 free (2:22.86), 100 fly (1:15.86), 200 IM (2:43.17) and 400 Free (4:57.52)

- * Jeanne Carlsen set another 2 National Records at the Love To Swim meet in Vancouver B C; 200 Fly (2:44.27) and 400 IM (5:44.32)
- * Dave Dickson set 1 National Record at the Love To Swim meet in Vancouver B C; 100 Fly (1:05.67)

Talisman 25th Anniversary Lunch:

A couple of weeks ago, 10 CMSC members attended the Talisman 25th Anniversary Lunch party. One of our new members Peter VanderPyl was recognized for his contribution as the General Manager of the Centre; he retired in 1993. Peter swims with us Mid-mornings/weekends. Six members stayed to participate in the launch of a new Dance/aerobic class - "Groovin" with eighties inspired music and clothing. Keith Shaw and Nancy Davis even managed to get on the global news cast with their fine dance moves.

2008 Calgary Senior(55+) Swim Clinic & Meet

Hundreds of Calgary Seniors, 55, and up, who may swim regularly, past or present, might consider this challenge:

The 2006 Calgary Zone Swim Meet was cancelled due to lack of participants. In 2007, 21 swimmers signed up, 16 competed & 13 attended the Alberta Senior Games. To build a fine team of 26 for next year's zone selection meet to the Alberta Senior Summer Games, it's hoped frequent swimmers would attend the afternoon of June 3rd at 11:30AM check-in for the Zone 3 Festival Meet at Talisman Centre and set that as their winter/spring training goal in their personal fitness program.

Besides fitness and camaraderie, other benefits of regular swimming include arthritic and stress relief, relaxing and massaging effect, increased lung capacity, strength and aerobic training, and participation in one of the top four fitness exercises.

Just get doctor's approval, grab goggles and suit, and swim 3-4 times/week for good times, pun intended. Join a swim club (ie., masters – 6 meets, Jan. to May), a conditioning class, or swim laps on your own or with a buddy. Many city, college, "Y" or private pools have prescribed workout cards. Ask a guard or instructor for help.

Events: 55- 62yrs Men & Women 50m free, back & breast
63- 69yrs Men & Women 50m free, back & breast
70- 74yrs Men & Women 50m free, back & breast
75 & up Men & Women 50m free, back & breast
55 & up Men & Women 200m Prediction

Join the Calgary Recreation and Culture Assn. for Seniors 55+, register by May 15 (ph. 252- 9238) and aim for the June 3rd Calgary Zone 3 Swim Meet (11:30- 3:30PM) Refreshments and Awards after include top 3 medals for each event, each age group and both genders. This meet is part of the process to qualify for the next Alberta Seniors Summer Games and for the following Canadian Senior Games. The first meet has full funding while the second has partial. Happy swimming!

A FREESWIM CLINIC will be offered (with enough advanced registration by March 15 - ph. 252- 9238) at Talisman Centre on Tuesday, April first at 10:30AM sign-in at north foyer, 10:45 chalk talk in north Riverview room, and main pool training at 12:15 to 1:15PM.

Phone: Keith Shaw, CRCA Swim Director, 252- 9238

Social Events:

Snack club this month, Saturday Feb. 23, lanes 1 and 2 hosting.
Next month it will be held on Mar.22, lanes 3 and 4 hosting.

Stay for a chat and a good treat from your fellow team mates.

Seven Habits Of Fitness Swimmers:

By Linda Shoenberger

1. **Regularity** – Fitness swimmers feel good about themselves when they swim on a regular basis. Missing practice makes us feel uncomfortable, like something is missing in our lives. Having a coach and regular time of practice is the best way for us to remain fit. But if that's not possible, we always make time to get to the pool or open water to train.
2. **Curiosity** – We like to learn more and more about swimming. If a coach tells us to change something in our strokes, we are happy to try the change to see if it works for us. We're always curious to find ways to improve our fitness swimming.
3. **Change** – We're not afraid of change. In fact we are risk-takers at heart. We will gladly change our stroke if it proves to make our fitness swimming better and more enjoyable.
4. **Challenge** – We love a challenge. Entering an open water event or trying a new event at a pool swim meet makes us happy. Interest in the ever-changing nature of our abilities as fitness swimmers is stimulated by trying new things.
5. **Listen and Learn** – We are not afraid to listen to others when they offer suggestions to improve our fitness swimming. We learn by listening and cull out the suggestions that we feel help us enjoy and improve at fitness swimming.
6. **Study** – Reading swim articles, watching videos and watching others swim helps us learn more about our own swimming. We are always looking to see what is changing or what we may have never learned our sport.
7. **Persistence** – We never give up. Nor do we ever get tired of going to the pool, lake or ocean. It's in our nature. It makes us happy and joyful about life. It brings us closer to the people around us and it gives us a great deal of satisfaction in a job well done.

A yummy recipe for this time of year...

Black Magic Cake from the Hershey's Chocolate Lover's Cookbook

2 cups granulated sugar
1- 3/4 cups all- purpose flour
3/4 cup Hershey's Cocoa
2 tsp baking soda
1 tsp baking powder
1 tsp salt

2 eggs
1 cup strong black coffee or 2 tsps powdered instant coffee plus 2 cups boiling water
1 cup buttermilk or sour milk*
1/2 cup vegetable oil
1 tsp vanilla extract

1. Heat oven to 350F. Grease and flour 13 x 9 x 2 in baking pan. In large mixer bowl, stir together sugar, flour, cocoa, baking soda, baking powder and salt.

2. Add eggs, coffee, buttermilk, oil and vanilla; beat on medium speed of electric mixer for 2 minutes (batter will be thin). Pour batter into prepared pan.

3. Bake 34- 40 mins or until wooden toothpick inserted into the centre comes out clean. Cool completely in pan on wire rack. Frost as desired.

*To sour milk; Use 1 tbsp white wine vinegars plus milk to equal 1 cup liquid.

One-Bowl Buttercream Frosting

6 tbsps butter or margarine, softened
2- 2/3 cups powdered sugar (icing sugar)
1/2 cup Hershey's Cocoa or Hershey's European Style Cocoa
1/3 cup milk
1 tsp vanilla extract

Directions: In small mixer bowl, beat butter. Add powdered sugar and cocoa alternately with milk; beat to spreading consistency (additional milk may be needed). Blend in vanilla. Yields about 2 cups of frosting.

CMSC Team Equipment:

Need a CMSC cap? Catch-up with Laurie Wallace or Keith Shaw on deck to purchase your club logoed swim caps which of course come in a multitude of colors for only \$5.00- 7.50

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TEAM CMSC JACKETS
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You may of seen one of our coaches lately sporting a new look, by wearing a CMSC "Coaches" jacket. We've had several people indicate interest in ordering jackets for themselves. The orders take about 4 weeks, so if we want them in time for Provincials, we decided we need to move quickly on this. We have pictures of Adam on our CMSC website, these jackets zippers on the sleeves, in order for them to become short- sleeve!

The team colour that we have chosen is Cool Blue with Granite. The same colour combination is available in both Men's and Women's sizing. The cost is \$105. (this includes GST) The order form is be on the CMSC website (http://cmsc.ab.ca/jacket_order_form.2008_1.pdf). Cheques are due with the order, and please indicate the size, and if the sizing is Men's/Womens. Include also, your name, and phone number in case we need to contact you with any questions regarding the order. ORDERS ARE DUE IN BY FRIDAY 22 FEBRUARY 2008. No exceptions. Drop your cheque (no cash please) with your legible order form, at the Talisman Customer Service Desk, ATTN:Susan Rockafellow, Re: Team Jacket Order.

Sizing is as follows;

- Mens: Small 35- 38 Chest, Med 39- 42, Large 43- 46, XL 47- 50
Womens: Small 33- 35, Med 36- 38, Large 39- 41, XL 42- 44