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Swim Meet Highlites

Calgary Masters swimmers have been busy re-writing the record books over the past 6 weeks!

Late January Foothills Masters held their annual meet and Calgary Masters got right down to business! Peter O'Brien, entering a new age group (60-64), bettered the old Canadian Records in both the 100 and 200 backstroke. Keith Shaw determined to rewrite the record books, bettered the Provincial Record in the Mens 65-69 age group for the 200 Breast.

3 swimmers took flight to check out the new pool in Duncan BC and were not disappointed. Dave Dickson bettered the Provincial standard in the 400 free (removing Mike Morrow from the books on that one). Jeanne Carlsen followed up with bettering 2 of her CDN records, 400IM and 200 free. February saw 7 swimmers again take flight, this time to sunny Vancouver. Dave Dickson, Peter O'Brien, Jeff Welechuk, Laurie Wallace, Nancy Davis, Jeanne and Glenn Carlsen headed west for the EBSC Valentines

Meet.

First event was the 400 free and CMSC did not disappoint!! Glenn and Dave went head to head in the final heat of the 400 and both received a new CDN record for their efforts!! Dave also bettered the CDN record in the 100 free.

Peter O'Brien shattered his previous marks from the Foothills meet in both the 100 and 200 back.

Final event of the day was the 1500 free.

Jeanne and Glenn both up for the challenge, swimming side by side. As you know the 1500 is a long race, so I won't bore you!! Coming down the final length, Jeanne finishes in a WR time of 18:55.13! It took 3 tries to get this swim, but I guess 3 times is lucky!

Calgary Masters showed well at the meet and previous coach Ted Murphy who was out to watch was very impressed!

Well done swimmers!

Long Course Training

Long Course training has already started for some this past Friday early morning. For the early birds don't be surprised to find yourself doing less turns every now and then. It will be a surprise when it happens, as we are at the mercy of the age group clubs!

Mid morning group will find themselves swimming long course Wednesday mornings for March and

April.

Evening group will start long course at the beginning of March for both their practices.

It is also looks like Saturday morning will be long course. Several of the other aquatic teams that train on Saturday have requested Long Course for this time.

Sundays will remain short

course at this time.

If you have any concerns or comments please feel free to talk to me, I swim early morning, and some Sundays.

Keep Training,
Bruce Calkin

"It looks good for our club in regards to having most of our practises here"

TALISMAN UPDATE

2010 Roof Replacement update

Hi swimmers, for those of you who do not know me my name is Bruce Calkin and I am your Facility Bookings Coordinator. As I am sure you are all aware by now, the Talisman will be closing 60% of its facility for the year 2010 in order to replace the roof over the main building. The 40% of the pool area that

will remain open is the training pool. The plans are to use this pool and it does look good for our club in regards to having some of our practices here. We will know a definite schedule hopefully by the next newsletter.

We have put together a special task force of swimmers and board members to come up with some alternative plans for

our workouts. Please know that there are people on your club working hard to make sure that training will not be interrupted in 2010.

CMSC 2009 LC Invitational Meet

Calgary Masters will be hosting our annual meet on Sunday March 29 at Talisman.

Volunteer notices will be going out shortly.

Food/social co-ordinators have been organized for

all groups. Deb Williams, EM, Sandy Ferris, MM and Martine Skulsky EV.

You will be contacted to bring in food (fruit, sandwiches, muffins, water etc) for the officials and social following the meet.

Please make their job easy and sign up early!!

If you have other questions about the meet, please do not hesitate to contact me.

Thanks
Jeanne

The Anatomy of a Goal

Finding motivation to train or stick with exercise on a regular basis isn't always easy. Our demanding schedules, burn-out, and illness are just a few of the things that may interrupt your training routine. However, sometimes motivation can be found by following a very simple formula. Goal setting based upon the S.M.A.R.T. approach, is a simple technique that can provide structure for your training program. You can successfully use this formula to set both short and long-term training goals.

The S.M.A.R.T. principle

1. **Set Specific Goals**
2. **Set Measurable Goals**
3. **Set Adjustable Goals**
4. **Set Realistic Goals**
5. **Set Time-based Goals**

Talk about your goals, make them real to you and the people around you. Write your goal down and look at them regularly. Re-assess your goals if necessary, but DON'T GIVE UP!!

I set myself the goal of that

WR in the 1500 1 year ago. It took 3 specific attempts to finally attain that goal, but I DID IT!

After the first attempt, I really felt that I had failed, I tried to put it behind me and work towards a few other goals in the mean time never really losing site of that major one.

On the second attempt, I gave it everything I had, sure I made a judgement error (missed a turn, how could I!!), but I learned from the race as well. I was not disappointed on that try.

Goals continued

Third time round, I was nervous, but pretty focused. I didn't swim other events (so un-normal for me!!) I was at the meet for only one race that day.

Third time lucky.....I knew I was on pace and I knew I was getting tired around the 1200m mark, but heck all that work and only 300m to go. I could do it!

When I finished and looked at the clock, time showing under 19:00, under the WR by 4 seconds, I was excited,

but also relieved!! I had done it!

Many friends and family were also on hand to watch and support me, which made the race even more special.

Never lose site of those goals, they may change over time, you may re-group and re-evaluate where you are at, but don't give up!

Setting goals is important. You will find you are more likely to stay motivated and reach goal after goal.

"you will find you are more likely to stay motivated and reach goal after goal"

Masters Swimming Canada Rule Changes

These rules come into effect January 1st, 2009.

There is only one official rule change which is the switch from a one false start rule to a no false start rule. The no false start rule is the standard rule in international Masters competition and non-Masters competition.

In addition, the wording of several rules has been changed to reduce inconsistent interpretation.

One example that swimmers should be aware of is that merely wearing a watch is now explicitly against the rules. In the past many officials would only DQ a swimmer if they observed that the swimmer was using the watch for pacing purposes, under the new

rules any swimmer observed to be wearing a watch will be disqualified.

The wording of the freestyle rules has been changed to clarify that some part of the body has to break the surface at some point in each stroke cycle rather than at all times. In some cases officials disqualified some athletes swimming breaststroke in freestyle events for totally submerging for part of their stroke cycle on the grounds that the rules prohibited the swimmer from totally submerging except for in the maximum 15m distance before surfacing after starts and turns.

The breaststroke rule also has dropped the wording saying that the single

dolphin kick needs to be performed whilst wholly submerged. Some swimmers had been disqualified for breaking the surface with the kick or performing the kick while on the surface.

The butterfly rule has also been modified to clarify that it is not legal to simply kick without an arm action.

When swimming two to a lane, a swimmer that fails to stay in their half of the lane or that has physical contact with the other swimmer will now be disqualified and ordered from the pool.

Pre-Race Meals

This week's Speedo Tip of the Week comes from Jessica Knowles, a sports nutritionist from Evergreen, Colo., and a member of USA Swimming's Sports Medicine Database. Knowles offers some advice on pre-race meals.

Knowles' Tip: Pre-race meals should always be low-fat and high in carbohydrates. Fat slows down the absorption rate in your GI tract, which is not ideal. What you want is easily digestible carbohydrates so your

by Jessica Knowles

body can use them for energy during the race. Depending on how much time you have between when you eat and the start of your first race, there are some general guidelines for the type and amount of carbohydrate to consume.

If you eat 3-4 hours before the start of your first race, you need 1.5 to 2 grams of carbohydrate per pound of bodyweight. For a 130-pound athlete, that is 195-260 grams of carbohydrate. You want low fat, low fat proteins and low fiber (fiber also

slows digestion). Good sources are cereal, fruit, fruit juices, breads, bagels, yogurt, non-fat milk and preserves.

If you eat 2 hours before the start of your first race, the amount of carbohydrate needed is 1 gram per pound of bodyweight. Now our 130-pound athlete needs 130 grams of carbohydrate from low-fat, low-fiber sources of food. Good sources are again cereals, fruit, fruit juices, non fat milk, yogurt and preserves.

"What you want is easily digestible carbohydrates so your body can use them...."

Snack Club Recipe

RUM AND PUMPKIN CAKE

3/4 cup chopped pecans
 3 cups flour
 2 Tbsp pumpkin pie spice
(I used 1/2 tsp nutmeg, 1/2 tsp cloves, 1/2 tsp ginger, and would have added 1/2 tsp cinnamon if I had had it.)
 2 tsp baking soda
 1 tsp salt
 1 cup butter or margarine
 1 cup brown sugar
 1 cup granulated sugar
 4 large eggs
 15 oz pumpkin pulp
 1 tsp vanilla extract

Preheat oven to 325 F.

Grease 12 cup bundt pan. Sprinkle nuts over bottom. Combine flour, spices, baking soda, and salt. In a separate bowl, beat butter, brown sugar, granulated sugar, until light and fluffy. Add eggs and beat well. Add pumpkin and vanilla; beat well. *(I did this in a blender.)* Add flour mixture 1/3 at a time, mixing well. Spoon into prepared pan. Bake 60-70 minutes. Cool 10 minutes. Make holes in cake. Pour half of glaze over cake. Let stand 5 minutes, then invert cake. Make holes in top of cake.

Pour remaining glaze over cake.
 Garnish as desired.

GLAZE

Melt 1/4 cup butter or margarine.
 Stir in 1/2 cup granulated sugar and 2 Tbsp water.
 Boil.
 Remove from heat.
 Stir in 2 -3 Tbsp dark rum.

Submitted by
 Mike Morrow

Masters Nationals

It is never too early to start planning when travel is involved with a meet!!

Nationals this year are being held May 15-18 at the Etobicoke Olympium Pool in Toronto.

Nationals were held here in 2005 and it is a fast pool!!

There are some good airfares available right now as well as hotels.

Booking online with Sandlewood Hotels at www.sandlewoodhotel.com I received a rate of

\$75.62/night. Book on line and then call the hotel to receive a 15-25% discount depending on your length of stay and if rooms are still available. (This rate is cheaper than the advertised rate on the National site)

This is a full suites hotel, each unit has a full kitchen and supplies. I stayed here in 2005 as well.

Entries for Nationals will be due into me by March 31 with chq's payable to Calgary Masters. More info to follow.

"it is never too early to start planning when travel is involved with a meet!"

A Swimmer with a Goal!!

I registered for the 18 kilometer Swim Around Key West on June 6th (D Day!).
No turning back now.
I know what to expect up to 13 kilometers...its the last few that I am worried about...Patience, patience and more patience.
...are we there yet...are

we there yet...
Carole Dastous

Carole is an evening registered swimmer!!

Good luck!

Pre-Race Meals continued.....

If you eat 1 hour or less before the start of your first race, the amount of carbohydrate needed is .5 grams per pound of bodyweight. Our 130-pound athlete now needs 65 grams of carbohydrate. At this point, you need to

emphasize liquid sources of carbohydrate and avoid protein, fat and fiber. Good sources are fruits and fruit juices.

Calgary Masters.....

If you have a story that you would like to share, please send it along and we will post it in the next newsletter!!

We're on the Web!

See us at:

www.cmasc.ab.ca