

Special Interest Articles:

- Swim meet highlights
- Talisman update
- CMSC LC 2009 Swim Meet Report

Individual Highlights:

Birthday Wishes	2
Talisman Info	2
Goals	3
Suit Update	3
Taper Time	4
Talisman Info	5
Nationals	5
President	6

Swim Meet Highlites

On March 7, Calgary Masters swimmers hit the pool swimming fast at the **Rocky Mountain Masters Meet** held at the SAIT pool.

The newest addition to the record books is Jen Arthur swimming in the 18-24 age group for the 50m fly new Canadian record of 29.64. Congratulations Jennifer!!

Dave Dickson is also on a tear this year to rewrite the books, taking his 200 free down another notch to 2:08.92

Keith Shaw bettered his Provincial Record in the 200 breast with a 3:17.26

New meet participants Mellissa Givovanni, Jordan Hons and Tom Duncan swam exceptionally well. We hope to see these swimmers at our future meets!

Off in Lotus Land, Victoria BC for a Long Course meet were Jeanne, Glenn and Peter O'Brien. Swim of the meet goes to Peter O'Brien, who swam within 2 seconds of the world record in the men's 60-64 200 backstroke. He also set CDN records in the

100 Backstroke and 50 Backstroke. Look for more to come from Mr. O'Brien!

Glenn continued with his record breaking spree as well, bettering his CDN records in the men's 50-54 400 free, 200 fly and 800 free.

Well done swimmers!

Birthday Greetings for April!



April Birthday Greetings to the following swimmers who turn another year older!!

Don Berry, Marilyn Craig, Leigh Edmonds, Annette Gillis, Karen Higgins, Cliodna Johnston, Doug McNeill, David Miller, Bryce Monar, Val Pacitti, and Chris Seaver.

“Fact is, swimmers lead happier, healthier lives than those who don’t get in the water!”



REASONS TO BE A MASTERS SWIMMER!!

“Not only does swimming slow down the aging process in terms of respiration, muscle mass, bone density, cardiovascular activity and neurological function there’s also evidence to suggest that it increases mental health and even spiritual and social health. Fact is, swimmers lead happier, healthier lives than those who don’t get in the water.”

“Just about every part of the human body benefits from swimming. It improves the cardiovascular health as well as muscle tone and overall flexibility. There’s simply no exercise like it – the only activity we know of where you can say that if that’s all you do for exercise, you can be almost perfectly fit.”

- Joel M. Stager PhD.
Indiana University (July 2006)

CMSC 2009 LC Invitational Meet

Being part of a club means we work together for a common goal! The success of our meet is thanks to all those that volunteered to officiate and supply food for the meet. And of course the swimmers!!

Jeff Welechuk started us off with a very respectable 400 free after a week of

skiing, I think he even surprised himself!

Not to be left out of the picture, Alanna Dunwald took of an amazing 27.20sec from her LC 100 free and 7.99 on her 50!! Well done!!

Janie McCall proved that you don’t have to do double arm backstroke to

break not one but 3 CDN records!

Other records setters this weekend included: Louise Giannoccaro, Rene Starratt, and Jen Arthur.

Great swimming and lots of personal bests for everyone!

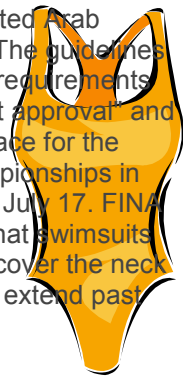
Full results are posted on the website!!

Fina Update on Swim Suits

FINA limits use of high tech suits

Swimming's governing body adopted new rules Saturday that will limit the role of high-tech suits, which helped produce more than 100 world records since their introduction just over a year ago.

DUBAI, United Arab Emirates - The guidelines "revise the requirements for swimsuit approval and will be in place for the world championships in Rome from July 17. FINA stipulated that swimsuits should not cover the neck and will not extend past



the shoulders and ankles.

The suits will be limited to a maximum thickness of one millimetre and with a restricted buoyancy effect. The new regulations ban external aids

for the swimmer, such as pain reduction or electro-stimulation.

The suits can not be customized for individual athletes, according to FINA's statement, released at the end of a three-day executive meeting in Dubai.

The debate about

changing the rules governing swimwear resulted from the overwhelming effect that the introduction of high-tech suits such as Speedo's LZR Racer have had on the sport.

There have been 108 world records since the Speedo suit became available in February 2008. The suits were designed and tested with help from NASA, and other manufacturers followed with their own high-tech designs.

Some swimming federations and athletes

from poorer nations have complained that the costly suits offer an unfair advantage.

"FINA reaffirms that it will continue monitoring the evolution of the sport equipment with the main objective of keeping the integrity of the sport," the FINA statement said. "FINA wishes to recall that the main and core principle is that swimming is a sport essentially based on the physical performance of the athlete."

continued

FINA was criticized for allowing the suits to be used at last year's Beijing Olympics and failing to provide a clear distinction between an acceptable suit and a device that enhances performance.

Opponents have said that the suits create changes in buoyancy levels and amount to "technological doping."

Starting in 2010, FINA also said it will limit the use of non-permeable materials in the suits and

only recognize results as world records if swimwear approved by it has been used.

The submission deadline for approval applications for suits to be used from Jan 1, 2010 is Nov 1, 2009, the statement said.

Future submissions will need to be made 12 months in advance of a world championship or an Olympic Games, with the approved models to be available at least six months prior to the

events.

FINA will publish a list of approved models and these will be used in competitions starting Jan. 1, 2010.

"opponents have said that the suits create changes in buoyancy levels..."

TAPER TIME: ADJUSTING YOUR DRY LAND TRAINING

by Rich Abrahams
March 9, 2009

“As you swim less and begin feeling rested, it is tempting to use all your extra energy in creative ways! Don’t!!!”

We are fast approaching that time of year when many Masters swimmers will be competing in their main focus meets, whether that is state championships, zones or perhaps even short course nationals. Most experienced competitors know that this time of year means that they get to enter the "taper" phase of training and adjust their workouts to achieve peak performance.

It is not only very important at this time to adjust what we do in the water, but it is equally as important to adjust what we are doing in our dryland cross-training. For me, the number one rule for dryland at this time of year is do nothing new, nothing you are not already doing and nothing you are not accustomed to. As you swim less and begin feeling rested, it is tempting to use all of your extra energy in creative ways. Don't. To quote a

leading sage of Masters swimming, Ande Rasmussen, "Don't do stupid stuff. If anything begins with 'Hey, watch this!' it's probably a very bad idea."

What you can do to begin resting your body is to lower the resistance and number of repetitions in your exercises, but, at the same time, slightly accelerate the motion to keep the nervous system stimulated. This is not the time to reach your failure point, but the time to end your dryland session feeling powerful and energized. This is also the one time where it does make sense to adjust your routines to become more swimming specific, i.e. focusing on those exercises that more closely mimic swimming motions.

When do you stop dryland altogether before the big meet? This is very individualized, but most coaches agree men generally need more rest than women, especially

men who are more heavily muscled. Personally, I do nothing too strenuous for at least three weeks before my main focus meet and my last light lift is about 10 days out. However, I know some very successful swimmers that like to lift fairly heavily very close to the meet. Remember, you're in this for the long haul and each season is a learning experience. Record what you're doing, see how well you swim and how good you feel and adjust accordingly for next season.

“Record what you're doing, see how ell you swim and how good you feel and adjust accordingly for next season!!

Talisman Update #2

The Talisman roof replacement is scheduled for 2010 (January-Dec). The construction will prevent us from using the competition pool; however the Training pool will remain open. The CMSC board has created a committee to keep on top of the details and solve issues that come up.

The "Roof Committee":

Susan Rockafellow
Mike Morrow
Bruce Calkin
John Starratt
Heather Boychuk
Jonathan Williams
Rob Hansen
Matt Carruthers

Current Situation:

The talisman aquatics programs have all signed off on the times allocated in the training pool for 2010 and CMSC times have been allocated as below:

- Early Morning Times – unavailable at Talisman
- Mid-Morning – available, but shift in time (Mon/Wed 9:00am-10:00am, and Friday is 8:30am – 9:30am)
- Evenings – Tues/Thurs – remain as is 7:00pm-8:30pm
- Saturdays – remain as is 10:30am-12:00noon
- Sundays – moved to earlier time, 7:30am-9:00am

Key Points:

- The committee is currently seeking an alternate venue for the early morning swim times. We are working with the city to look at options in municipal pools, as well as investigating other options. If any members have concerns or ideas (or connections...) please

contact one of the members of our "Roof Committee" to discuss.

- Long course swimming will not be available through the year.
- No special events will be held (i.e. Swim Meets) as the pool time will be very limited.
- Our goal is to maintain the size and quality of our CMSC program, if you have any concerns with this project please contact one of the committee members.

Masters Nationals Entry Information

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 Friday April 10 at 7am with chq's payable to Calgary Masters. This is an extension from the last

newsletter.

Please print off the entry form on the Nationals link to submit your entries to me, complete with signature, as I have to send these in.

Please also indicate if you are available for relays.

The team file will be sent in at this time and no further entries will be collected after this deadline.

"Please print off the entry form on the Nationals link to submit your entries to me, complete with signature, as I have to send these in."

“.....we will be looking for board new members...”

Find all the latest results and schedule updates on the website!!

We're on the Web!
See us at:
www.cmssc.ab.ca

FROM THE PRESIDENT.....

We are all looking forward to the end of winter, and "spring" to hit our fine city - but here we wait. I hope that everyone is having a good year. Whether your goals were to swim for records, or to swim for fun and fitness I hope that you are achieving your accomplishments. We are in the middle of meet

season, so good luck to all of those competing.

I just want to remind everyone that our AGM is fast approaching, date still TBD, but it will be June timeframe. We will have a date to you shortly. With our AGM, means that we will be looking for new board members. We will

provide you with a list of positions that will be coming available closer to the meeting - but start thinking about it now. This Club is run by volunteers, and if you have a bit of free time, it would be great to see you on the Executive. No previous experience is required.

Susan Rockafellow