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Swim Meet Highlites

World rankings by Fina are always published in April for the previous year. Both short course and long course swims are ranked.

CMSC swimmers had 31 rankings short course with Jeff Welechuk (#1 spot in 3 events!!), Jeanne Carlsen (#1 spot in 1 event), Glenn Carlsen, Dave Dickson and Mike Morrow. The womens 4 x 50 Med. Relay also made the grade with Janie McCall, Rene Starratt, Jeanne Carlsen and Sue Hill!

For the Long course results, Jeanne Carlsen, Glenn Carlsen, Dave Dickson and Mike Morrow amassed 13 top 10 rankings.

Well done swimmers!

Provincials this year were held at the Kinsmen pool in Edmonton on March 28/29.

CMSC swimmers came home with a boat load of medals, and personal bests. Full results are posted on the website.

Congratulations to new Canadian Record Holders:

Jennifer Arthur:
50 free : 27.55
50 fly : 29.06

Janie McCall:
100 back : 1:16.15
50 fly: 32.67
50 back : 35.75
200 back : 2:45.09

BC Provincials were also held March 27-29 in Duncan BC.

Jeanne Carlsen broke her own 400 free record (4:48.68), 100 fly (1:13.15), and managed to break the World Record in the 800 free (9:49.92)

Glenn Carlsen also broke the Canadian Record in the 400 (4:33.95), 800 free (9:26.89) and the Provincial Record in the 200 fly (2:28.29)

Well done swimmers!!

Everyone is looking good for Nationals in Toronto!!

MARK YOUR CALENDAR!!

CMSC AGM

JUNE 11, 2009



Birthday Greetings for May!

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

Don Barker, Jennifer Bryden, Tom Duncan, Kristi Hallett, Sheryl Highet, Darrel Horn, Carrie Kilpatrick, Marjoree Obee, Angela Ottenhof, Catherine Pattison, Pat Pennock, Sean Phillips, Jeff Welechuk and Deb Williams!

“Our AGM is scheduled for Thursday June 11.”

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

CALGARY MASTERS ANNUAL GENERAL MEETING

Our AGM is scheduled for Thursday June 11.

There will be no swimming on this night, time and place will be posted on the website shortly.

Remember this is **YOUR** club! And it is run by volunteers, is it your turn

to help out?

We will be in need of new board members for the 2009-2010 swim season.

Please speak to any current board member for information.

NATIONALS

The following swimmers are heading east to Toronto for Nationals May 15-18.

Jennifer Arthur
Glenn Carlsen
Jeanne Carlsen
Nancy Davis
Janie McCall
Mike Morrow
Peter O'Brien
Laurie Wallace
Jeff Welechuk
Michelle Wortley

Good luck to all swimmers!

The swimmers will be competing in a total of 63 individual events! How many medals can we bring home??

Full results for Provincials are posted on the website!!

A MEMBERS REFLECTION

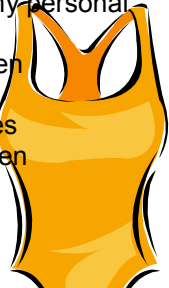
I joined the Calgary Masters Swim Club in March 2007 – since this time I have had the pleasure of instruction from a group of coaches and team mates and it has really paid off!

I have been able to progress in each event that I swim in., often surpassing my personal best times. It has not been Easy, I swim Al, three, times per week, even when I don't feel like it! I still go and then reward myself with one of the best burgers in town (at the Talisman Centre). My friends have told me if I ever stop swimming I'll gain 30 pounds instantly!

When the summer session started last year I knew that I wanted to work hard on my freestyle stroke. I also knew that I was going to need advice – that's where my teammates and coaches really came in handy! They were able to help me with a weak area,

a pause in my stroke and continue to help me with correction and development, like with my flip turns. If my coaches suggest a new technique I will always reply "I'll try that!"

This past weekend at the Alberta Provincials my hard work and the coaching I have received resulted in a medal. I placed 2nd in an event that while swimming I thought I was going to be disqualified from. My special event this year was the 100 backstroke – I think now it will forever be my favorite! This was also a big meet for me for another reason, I entered a new event – 400 Free, it caused me a lot of anxiety – I talked about it and talked about it and trained for it and finally..swam it, and it was not as hard as I had made it out to be in my head. I have big plans to improve my backstroke this summer and the butterfly, and my freestyle and my...my...I'm going to be working hard.



I would like to say one last thing, I greatly appreciate all the support from everyone with the Calgary Masters. Thank you so much. – Alanna Dunwald

Post note:

Alanna took of a total of 41.54 seconds on all her races. She posted personal bests in all her swims and swam 2 new events at Provincials.

Congratulations Alanna for all your accomplishments and thank you for your enthusiastic participation at practice and meets!

"I greatly appreciate all the support from everyone with the Calgary Masters."

Rehydration Tips for Swimmers

By [Felix K. Gmünder](#)

Motivation

Most if not all studies dealing with optimal rehydration include recommendations for long distance runners or triathletes and similar sports which exercise for more than about 60 minutes. This is not what swimmers are dealing with during competitions. However, it compares well with swimming workouts and long distance open water swimming.

Introduction

If you run or swim long enough you need to replenish perspired water - in some cases you must drink a lot to keep your body working properly. During swimming you do not feel that you sweat. Fluid loss in the water can impair performance considerably, however!

If you do not replenish your water reserves you get dehydrated. And this status is very bad for performance during training or competitions, and you will need longer to recover following exercise. This is what we know thanks to research in the field of sports nutrition and physiology.

The following figures and facts are based on a series of publications published by the Isostar Sports Foundation and two papers by Dr. F. Brouns of the Centre of Nutrition Research of the University Limburg at Maastricht, the Netherlands (Maggingen, October and November issues, 1996).

The conclusions for swimmers were drawn by the author of this article.

Figures and Facts

Adults need about 2.5 litres water per day at rest under normal temperature conditions. 1.2 litres

as fluid - the rest comes with the food.

If more than about 2% of body weight is lost by perspiration it can be shown that performance is clearly reduced. If you weigh 50 kilograms this corresponds to 1 litre sweat.

Jogging for about half an hour during a warm summer day can lead to a water loss of about half a liter. This is not considered to reduce performance.

To loose more fluid you have to exercise more: Marathon runners are known to perspire up to 5 liters, a football (some call it soccer ;-)) can loose up to 3.5 litres during the 90 minutes game if the weather is hot.

Rehydration or drinking fluid at the required rate can be a problem: The body is not able to absorb more than 400 to 800 ml per hour during exercise.

It has been shown that drinking fluid in small amounts, i.e. 200 to 300 ml every half hour is optimal.

Drinks containing 60 to 80 g carbohydrates per litre (i.e. isotonic) are more readily absorbed in the gut as compared to pure water (hypotonic) or soft drinks (cola, lemonade) and fruit juices (more than 100 g carbohydrates per l; hypertonic). Carbohydrates are, among others: White sugar (sucrose), glucose or dextrose, fructose, and maltodextrins (short chain sugars).

Drinking cold drinks (but not ice cold and no ice, please) are an advantage when the weather is hot, it helps to cool the body. Cold drinks taste better, and this helps to drink faster and more. Some people cannot drink a lot of cold fluid at a time. So check it out during your workouts.

In contrast, if the weather is cold drinking warm fluids helps to warm up a freezing body.

Drinks containing carbohydrates, in particular sugars, provoke the rapid production and secretion of insulin by the pancreas. Insulin is a hormone that enables muscle cells to take up sugars from the bloodstream. This is the good thing. The bad thing is that the insulin peak will lead to a dramatic drop of sugar levels in the blood after 1 to 3 hours following sugar uptake which leads to increased tiredness and a drop in performance and mental concentration. **This is also the case for all isotonic sports drinks!**

Thus, you should drink sports and soft drinks either at about three hours prior to competitions and trainings or immediately (i.e. 3 minutes) before the beginning. It is thought that you can hyperhydrate your body by drinking 300 to 500 ml immediately before you start exercising.

Last but not least:

Women perspire less than men

Children sweat less before puberty as compared to teens and adults

Children and small and thin persons cool loose more heat in the water as compared to adults or fat people. This is due to the low ratio of body weight to body surface.

If you are well hydrated, urine is almost colorless, it has the color of diluted lemon juice, i.e. a very light yellow hue.

Rehydration continued

Conclusions for Swimmers

Conclusions have to consider the following situations in competitive swimming:

1. Training/Workout
2. Swimming meet (pool)
3. Long distance swimming (open water)

1 Training/Workout

If your workout lasts for less than an hour you get dehydrated only if the water is very warm, or if the workout is very exhaustive and probably only if you are male. If you consume sports OR soft drinks before workouts you should drink them either 3 hours before or immediately before you start exercising - in theory. However, I think that this recommendation based on the figures and facts mentioned above is not mandatory for everyday workouts.



During and following workouts it is advised to quench fluid losses using sports drinks - they foster fast absorption in the gut.

2 Swimming meet (pool)

Duration of warm ups and events are relatively short - too short to provoke a significant fluid loss. However if the weather is warm or you are in a hot indoor pool you will lose a lot of water **between** the events. You are advised to start compensating fluid losses as early as possible. When you start feeling thirsty it's too late! Here I do not recommend any drinks containing sugars and carbohydrates because they will provoke an insulin reaction which will make you feel tired during the swim meet.

Drink plain water or tea or any soft drinks with artificial sweeteners. Be sure that your urine looks like diluted lemon juice. As a rule drink 200 to 800 ml per hour. And: Make sure to

go to the toilet before you prepare for your race.

3 Long distance swimming (open water)

The same recommendations apply as for all long distance events such as running, triathlons etc. Keep drinking carbohydrate containing sports drinks or soft drinks (**no gas, please**) immediately prior to the start and during the race, if possible. Check out during workouts, if the sports drinks you choose is good for you - some athletes are surprised that their stomach will resist taking up the fluid it usually does ...



ON THE MEND!!

Simon Garside has spent most of the year on the sidelines, but rumor has it he has been seen at the pool recently!!

Dave Dickson has had a stroke (pun) of bad luck. Working hard on

his weight training, Dave managed to over do it and irritate his bicep tendon. Then while on the mend hit the ice while on a bike ride! Down and out for Nationals, but determined to be back at it before the season is done!

SUMMER INFORMATION UPDATE.....

Talisman Centre updates on the
Taining pool will be schedule.
closed for
maintenance on the
bulkhead Aug 10-28.

At this time we do not
have pool allocation
or closures. Please
check the website for

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

We're on the Web!

See us at:

www.cmssc.ab.ca