

CALGARY MASTERS SWIM CLUB



Summer Update NEWSLETTER

July 27, 2011

A Message from the President

John Starratt



I hope that you are all enjoying your summer.

CMSC Members have been seen participating in all kinds of events outside of our summer pool sessions, including lunch-time outdoor swims at Bowview and Stanley Park pools.

Our triathletes have been competing in triathlons, Half Iron and full Ironman competitions and our Club had an impressive turnout in Kelowna at the Across The Lake Swim. We want to congratulate and celebrate these achievements.

Your Executive Committee has also been busy brushing up on our new jobs and planning for the upcoming 2011-2012 year.

You will already have received minutes from our first Executive Committee meeting. Please feel free to contact me if you have any questions or comments.

A BRIEF MESSAGE FROM THE MEET MANAGER:

Jeanne Carlsen

Looking ahead, way ahead, these are the top events to attend or watch in the coming year. Put them on your calendar now!

- Canadian Nationals: May 18 - 21, 2012 Kelowna, BC (SCM)
- World Championships: June 10 - 16, 2012 Riccione, Italy (LCM) Click [HERE](#) for meet info.
- US Olympic Trials (to watch) June 23 - July 2, 2012 Omaha, NE (LCM)
- US Masters LCM Championships: July 5 - 8, 2012 Qwest Centre, Omaha, NE Click [HERE](#) for meet info.
- World Championships, July 2014, Montreal (LCM)
- AND... **Breaking News...** CMSC is Hosting a one-day swim meet at the Talisman Centre on Sunday March 25th, 2012. Stay tuned for details.

Summer Pool Schedule

Wednesdays:

6:00 - 7:00am*

9:30 - 10:30am*

Tuesdays and Thursdays:

7:00 - 8:30pm

Saturdays:

10:30am - noon

* Six 25m lanes or three 50m lanes

Our coaches, Matt, Adam and Ashley, are working closely with the VP to coordinate coverage for as many of these sessions as possible.

Should a coach not be available, a challenging workout will be on the boards before practice.

We apologize for the scheduling mix-up on Saturdays, July 9th and 16th. This has been rectified.



CALGARY MASTERS SWIM CLUB



CMSC had an impressive showing at the 16th annual Across the Lake Swim on July 16th in Kelowna, BC with 15 of our Members competing in various age groups.

Click [HERE](#) for results.

Congratulations to:

Glenn Carlsen 1st

Jeanne Carlsen 1st, & set a new course record

George Colbert 1st

Erin Corrigan 3rd

Erica Davis 8th

Nancy Davis 3rd

Rob Davis 2nd

Simon Garside 3rd

Matt Henderson 4th

John Starratt 2nd

René Starratt 2nd

Natalie Tardif 3rd

Laurie Wallace 5th

Jeff Welechuck 2nd

Rob Wiebe 4th



For more **photos** from Kelowna click [HERE](#)

Please add your photos to the album to share



The Cabin Crew team (with Jeanne, Glenn, Jeff and the help of one interloper, Karlyn) won the “Masters of the Lake” trophy.

Update from the Coaching Selection Committee Chair,

Dave Dickson.

Rebuilding the Coaching Staff for the 2011 - 2012 season remains a top priority.

We are actively exploring a number of exciting proposals and hope to be making an announcement to the membership very soon.

We would like to thank Matt, Adam and Ashley for continuing to provide coaching to us throughout the summer.

Stay tuned.....

CALGARY MASTERS SWIM CLUB

THE IRON MEN OF CMSC

Wow.... hats off to Rob Shypitka and Dave Ramsay. Both successfully competed in the Ironman Coeur d'Alene on June 24th.

Jim Fry, among other races, won his age group at the Oceanside

California Half Ironman in April and has qualified for the World Ironman race in Kona, Hawaii on October 2011.

Wayde Bymoan and Laren Lajeunesse are also to be congratulated for their showing in

the Desert Half Iron in Osoyoos on July 10th.

Patrick Keelan has been training hard for an Ironman competition in August.

Good luck and congratulations to all of you in your races!

Dave



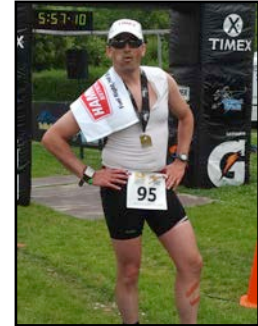
Rob



Wayde



Laren



MID-MORNING POTLUCK WRAP-UP AND FIRE EATING DEMO!



The mid-morning group bid farewell to Coach Randi at their year-end, potluck wrap-up party in June. A big **thank you** to Randi for so many years of excellent coaching and good times. We will miss her!



It seems that CMSC members have many hidden talents, include fire eating, as demonstrated by Diana Klaassen.



For more photos from the wrap-up party click [HERE](#)



2011 - 2012 Registration

We will be mailing out the 2011-2012 Membership Renewal Package in the first week of August.

We ask that you kindly return your renewal at your earliest convenience. The deadline is September 1st.

If you will be away or need to make special arrangements, please contact the Registrar, Dave Dickson at registrar@cmsc.ab.ca

This year's renewal will include a Coaches Questionnaire, which will be given to the Coaches so that they can get to know you and plan for the upcoming year.

CALGARY MASTERS SWIM CLUB

CONTACT INFORMATION:

www.cmssc.ab.ca

CMSC Executive Committee

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