

# CALGARY MASTERS SWIM CLUB



## OCTOBER NEWSLETTER

October 4th, 2011

### Welcome to our new Members

You will notice, that in addition to the new coaches on deck, there are quite a few new faces in the pool. CMSC would like to extend a warm welcome to our 25 members new to the club.

Current CMSC Member Count: **I55**



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Please join us:

**CMSC Oktoberfest Social**

**Wednesday, October 12th at 7pm**

Wurst Restaurant and Beer Hall 2437 4th St. SW

RSVP by October 10th to René Starratt [social@cmsc.ab.ca](mailto:social@cmsc.ab.ca)



### Upcoming Schedule Changes:

Sunday October 9th:

Time changed to 7:30 - 9:00am

Monday October 10th:

EB\* and MM\*\* Cancelled

Friday November 11th:

EB Cancelled (EB members are welcome to join in MM session)

Saturday November 26th:

Time changed to 11:00am - 12:30pm

\* EB - 6:00-7:00am \*\* MM - 9:30-10:30am

### A MESSAGE FROM THE HEAD COACH

*Kevin Coulman*



It has been a great start to the season. I would like to thank the CMSC Executive Committee for giving the Patriots organization the opportunity to work with the Masters program. It is a nice new challenge for all of us, and it will only help us as coaches as much as we intend to help you all as swimmers.

A highlight for me and some mid-morning members of CMSC was when we had the chance to work with Lance Armstrong during one mid-morning session. It was a very positive experience for all that attended.

The practices have been going well and we have met a lot of swimmers intent on learning and working on their skills. Introducing Masters swimmers to some different drills has been quite rewarding and we will continue that kind of work into October, with a slight increase in volume as well.

Even though there are a lot of different people with different backgrounds in CMSC, it is evident that you are all striving to get better and maximize your potential. Our workouts will be geared towards challenging you both physically and technically and we want you to experience and learn something new every day. Swimming is not just a static repetition of movements; there are a lot of variations we can implement to help you learn a skill or do the skill better.

I look forward to a great year.

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## LANCE ARMSTRONG VISITS CMSC

CMSC mid-morning swimmers had stars in their eyes during a mid-morning swim in early September.

We had a surprise visit from Lance Armstrong who was in town and wanted to fit in a training session with our club.

For more photos of Lance Armstrong's visit, click [HERE](#).

Lance's visit to the CMSC workout was featured on a popular Team Timex triathlete blog. Click [HERE](#) to read the blog.



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## IF YOU'RE NOT CONFUSED, YOU'RE NOT PAYING ATTENTION

TOM PETERS

### Bylaws and Policies Update



Now that our new coaching staff is in place and club registration is complete, the next big hurdle will be completing our new Club Bylaws and Policies.

As many of you are aware, CMSC is currently operating under out-dated Bylaws from 1982 and Club Policies that have never been defined.

Thanks to the Bylaws Committee from last year, a lot of the groundwork has been done. However, Swim Alberta has recently completed a total rewrite of their bylaws and, as a result, CMSC would like to ensure that our Bylaws are compatible with those of SA. Mike Morrow and Annette Gillis have used the SA draft bylaws, which have now been approved, to revise our current framework before we move forward.

We will be distributing our new draft to CMSC members shortly to generate discussion and to allow for member feedback.

We would like to have our key Club Policies in place and approve these, along with our new bylaws, as a package.

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## WE WANT TO KNOW WHAT YOU THINK!!



The Executive Committee would like to seek feedback from the membership on a number of topics ranging from our Membership List, issues relating to Bylaws and Policies, as well as social events.

We will be sending out links to a free online survey site (Survey Monkey) throughout the year. Please take the time to complete the short surveys so that we know what you think. The free version of Survey Monkey allows us to tabulate responses from up to 100 responders at one time.

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## SWIM MEET INFORMATION

*Jeanne Carlsen*

Throughout the year we will be receiving meet information for meets in Alberta. Our first meet has now been posted, hosted by Different Strokes in Calgary, on Saturday, October 29th at SAIT.

The process to enter meets will usually be the same. An email will go out to the membership with the meet information. In addition, meet information will be posted on the website.

In the email, details on how and when to enter will be clear. Deadlines for entry will also be posted. These dates will always be prior to the meet deadline so that information and payment can be collected from the members wishing to attend and allowing time for the package to be mailed. Payment must always accompany your entry for a swim meet. Without payment, your entry will not be processed.

Details on all meets will be added to the site as they are received. There are also a variety of links to

search for other meets on our website under Swim Meets (click [HERE](#))

Out-of-province meets, including meets in the US and Nationals, are usually done by the individual swimmer on-line.

If you have any questions regarding entering a meet, please do not hesitate to contact me:

[meetmanager@cmssc.ab.ca](mailto:meetmanager@cmssc.ab.ca)



**2011 Trick or Treat Meet**  
**Saturday October 29th**



Hosted by Different Strokes Calgary Masters Swim Club at S.A.I.T. Aquatic Centre.

Entries due, with payment, to CMSC Meet Manager by October 9th, or you may enter on your own. The entry deadline is October 24th.

The meet package has been posted on our website.

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## TEAM AQUATIC EQUIPMENT ORDERS

CMSC members receive a 10% discount on all purchases at Team Aquatic Supplies throughout the year. We will be placing bulk equipment orders in October and again in the New Year and will receive 30% at these times. The order form and more information will be out shortly.

Please have a look at the 2012 Catalogue (click [HERE](#)) and have your order ready to go. Our pricing will be the "Team 2" discount.



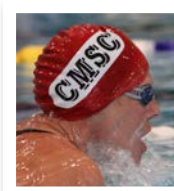
Team Aquatics is located at:

Phillips Park Mall

D7, 6115 3rd Street SE, Calgary

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## CMSC SWIM CAPS



Be fashionable and show your team spirit! CMSC will be ordering more of our red team swim caps. In order to give us some idea as to how many caps to order, please send an email to Diana Klaassen at [dimark39@gmail.com](mailto:dimark39@gmail.com) and let us know if you would like one. Cost per cap to be determined, probably \$7 - \$10.



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## CMSC WALL OF FAME

### Patrick Keelan:

Patrick Keelan competed in the Ironman Canada competition under extremely hot conditions in Penticton, BC on August 28th.

Congratulations to Patrick on his second appearance in and completion of this tough race.



### Jeanne Carlsen:

Congratulations to Jeanne who, in addition to setting a new course record in the Across the Lake Swim in Kelowna, won the 5000 m open water swim. Jeanne also competed in Mission Viejo, winning top 1 or 2 placements in all her events.



### Jeff Welechuck

Jeff continues to dominate his age group both in Canada and in the US, competing at the SW zone Long Course Championships in Mission Viejo in August, winning gold in 7 events and setting a new Canadian record in the 50m back stroke. Congratulations to Jeff!



### Glenn Carlsen

Glenn continues to train hard and, along with Jeanne and Jeff, competed in Mission Viejo in August. He had a strong performance, placing 2nd in 4 of his 7 events.

Glenn also competed in the 5km Kelowna open-water swim and placed 2nd overall, 33 seconds behind his lovely wife!



### Wayde Bymoer

Along with Patrick, Wayde also competed in the Subaru Ironman Canada event in Penticton in August.

Wayde was 2nd in the swim in his age group; he was the 14th swimmer out of the water.



### Jennifer Bryden:

Jennifer has been training hard for the Subaru Banff International Triathlon, held on September 12th.

Training with other CMSC swimmers in Lake Bonavista over the summer contributed to Jennifer's strong swim in chilly 14C Two Jack Lake in Banff.



**Good luck** to Jim Fry and Rob Shypitka who are in Kona, Hawaii to compete in the Ironman World Championships on October 8th.

Let us celebrate the accomplishments of your team mates. Contact [communications@cmsc.ab.ca](mailto:communications@cmsc.ab.ca) if you have something to share.

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## CONTACT INFORMATION:

[www.cmssc.ab.ca](http://www.cmssc.ab.ca)

### CMSC Executive Committee

#### PRESIDENT:

John Starratt [president@cmssc.ab.ca](mailto:president@cmssc.ab.ca)

#### VICE PRESIDENT/REGISTRAR:

Dave Dickson [vicepresident@cmssc.ab.ca](mailto:vicepresident@cmssc.ab.ca)

#### SECRETARY:

David Smith [secretary@cmssc.ab.ca](mailto:secretary@cmssc.ab.ca)

#### TREASURER:

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#### MEET MANAGER:

Jeanne Carlsen [meetmanager@cmssc.ab.ca](mailto:meetmanager@cmssc.ab.ca)

#### SOCIAL CONVENER:

René Starratt [social@cmssc.ab.ca](mailto:social@cmssc.ab.ca)

#### COMMUNICATIONS OFFICER:

Louise Giannoccaro [communications@cmssc.ab.ca](mailto:communications@cmssc.ab.ca)

#### PAST PRESIDENT:

Mike Morrow [pastpresident@cmssc.ab.ca](mailto:pastpresident@cmssc.ab.ca)

