

CALGARY MASTERS SWIM CLUB



NOVEMBER NEWSLETTER

November 29th, 2011

A MESSAGE FROM THE DIRECTOR OF SWIMMING

Jamie Connors



Hi Folks,
The Calgary Masters Swim Club and the Calgary Patriots Swim Club are offering a perfect Christmas treat for all of our members. On Saturday, December 17th the Clubs will join together for a morning

time trial. The time trial will run from 8:30am until noon at the Talisman Centre in the north competition pool. This means we will get to use the new Omega starting blocks and see how fast we can go. I encourage all members to join us for this fun, free event.

This is an excellent racing opportunity for the Masters Club as it is in our home pool and in a relaxed environment. For those of you who haven't raced very much, or ever, you should consider coming out to the time trial and test your skills. From a coaching point of view it is always very informative to see people race and to get an idea of what everyone is capable of in the water. You will also have the opportunity to see some of your teammates race at a high level and an opportunity to see a large group of young swimmers enjoying the sport we all love.

Please mark Saturday, December 17th on your calendar and I hope to see many of you there.

Jamie



**Have you thought about racing ?
Here is your chance to give it a try !**



The Calgary Masters Swim Club Time Trial Event

Saturday, December 17th at the Talisman Centre

8:30am - noon

The Calgary Patriots Swim Club has invited Calgary Masters Swim Club Members to join in on their Team Championships. Masters swimmers will have an opportunity to race against the youngsters and each other. This is an unsanctioned and informal event, so it will be a great opportunity to see how you are doing and have some fun. Let's show those kids what we are made of!

The information is available on the CMSC website. For additional information please contact Jeanne Carlsen at meetmanager@cmsc.ab.ca or speak with any of our coaches.

Let us celebrate the accomplishments of your team mates. Contact communications@cmsc.ab.ca if you have something to share.

CALGARY MASTERS SWIM CLUB

TRICK OR TREAT MEET



Different Strokes of Calgary hosted the first meet of the year on October 29th at SAIT. CMSC had 12 swimmers registered.

Thank you to CMSC Members René Starratt and Harry Shaepsmeier who volunteered their time as officials. Thanks also to our coaches Chad and Erik who attended their first Masters Swim meet and offered their enthusiastic support and fine critiques.

Click [HERE](#) to view photos from the meet.



Upcoming Schedule Changes:

Saturday December 10th: 7:30am - 9:00am

Sunday December 11th: 7:30am - 9:00am

Saturday December 17th:

- Practice cancelled
- Time Trial Event 8:30am - 12:00 noon
- Everyone welcome

Sunday December 25th: Cancelled

Monday December 26th: Cancelled

Sunday January 1st: Cancelled

Talisman Centre Bleacher Painting

Talisman Centre will be painting the concrete bleachers in the competition pool area from December 22nd - January 2nd.

The bleachers will be blocked off and there will be some fumes in the air.

The schedule is as follows:

December 19th - Cleaning (non toxic)

December 20th-21st - Dry time

December 22 - 23 - Painting (low VOC**)

December 24th - January 2nd - Dry time

**Volatile Organic Compounds



BIG ROCK 350



The Foothills Stingrays and the Okotoks Masters Swim Clubs joined together once again to host their 2nd annual Big Rock 350 meet on November 26th.

CMSC put forth a fine roster of 12 swimmers who competed in a 50m, 100m and 200m event.

Thanks to CMSC Member Annette Gillis who volunteered her time as referee and Terri Charron as a stroke and turns judge.

Congratulations to René Starratt who captured 4 new Alberta records and 2 new Canadian records in the 50m and 100m butterfly, in the 55-59 age group.

Our Head Coach Kevin Coulman got his first chance to see CMSC racers in action and offer up his advice.

Click [HERE](#) to view photos from the meet.



CALGARY MASTERS SWIM CLUB

TALISMAN AQUATIC EQUIPMENT ENHANCEMENT PROJECT



The Talisman Centre is requesting that CMSC, as a Full Sports Partner, assist in funding their Aquatic Equipment Enhancement Program with a donation of \$10,860. This is the same amount that other competitive clubs have given.

The program will fund the replacement of dated aquatic training and competition equipment, which will have a dramatic impact on athletes' training and competition performance. Items include new anti-wave lane lines, starting platforms, accelerator blocks and numerous other items for above and below the water.

The Executive Committee, and those who attended the Bylaws Forum in October, support our Club's participation as it would:

- Improve Talisman Centre as a competition and training venue
- Enhance our status as a Talisman Sport Partner
- Would have minimal impact on our membership fees. Payment to be spread out over 2 years.

The consensus at the Forum was that it was particularly important to participate as a Full Sport Partner in recognition of the fact that we have been able to obtain favorable swim times and rates, although it will in no way guarantee this long term, and have had our say in key operational issues.

A General or Special Meeting of Members will be required to approve this expenditure, as this amount exceeds the Executive's current limit of \$200 spending on items not in the budget.

If you have any questions or concerns regarding this issue please contact the Club President, John Starratt at president@cmsc.ab.ca



*** MARK THE DATE ***

The **2012 Canadian Masters Swimming Championships** will be held in Kelowna, BC on May 18th - 21st, 2012. The first "News Update" distributed by the CMSC2012 Organizing Committee is available on our website.

www.cmsc2012.ca

CMSC SWIM CAPS AND SHIRTS



The first bulk equipment order with Team Aquatics has been placed. You will be contacted shortly when your order has arrived to arrange for pick-up.

There are a few long sleeved CMSC team shirts in limited sizes available for purchase. The cost per shirt is \$35.00. If there is enough interest we may do another order.

Swim caps will continue to be available throughout the year. The cost per cap is \$7.50.

To order or inquire, please contact the Equipment Manager, Diana Klaassen at dimark39@gmail.com

CALGARY MASTERS SWIM CLUB

CONTACT INFORMATION:

www.cmssc.ab.ca

CMSC Executive Committee

PRESIDENT:

John Starratt president@cmssc.ab.ca

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