



## CALGARY MASTER SWIM CLUB

P. O. Box 34  
Lindsay Park Sports Centre  
2225 Macleod Trail South  
Calgary, Alberta T2G 5B6

SWIM WAVES, Volume 22, Number 2 – January 29, 2003

### 2002 - 2003 Executive

		Phone
President:	Mike Morrow	286-1331
Vice President:	Linda Adair	286-2166
Meet Manager:	Rob Davis	242-2915
Treasurer:	Peter Henry	850-6199
Bookings and Facilities Coordinator:	Jodie Wall	670-0185
Social Events:	Cheryl Smillie	201-5099
Secretary:	Kristen Severn	685-3794
Mid Morning Rep:	Dave Dickson	236-4420
Newsletter and Marketing:	Mike Heath-Eves	278-0077
Web Master(s):	Sue and Andy Hill	282-3098
<u>Coaching Staff:</u>		
Head Coach:	Dean Schultz	
Coaches:	Mark Hahto, Kathy Monar, Keely Little	

### PRESIDENT'S MESSAGE

Belated Happy New Year, all. My eyes tell me that you all thrived during the holiday season, and are keen to get on with the season.

Our head coach plans to work us hard for the next few weeks, with the goal of high performances at our Provincials in March. So, the next winter evening when you are feeling a bit burdened by the practice, remember that it won't get any easier for a while.

The 2003 meet schedule had a highly successful start at the Foothills pool on 18 January, as the host club celebrated their twenty-fifth anniversary. The turnout was significantly greater than in previous years, extending the meet an hour past the normal finishing time. CMSC members numbered about twenty, and almost all of us grumbled about our times. We're right on track.

Enough members have expressed interest in the Canadian Nationals in Montreal for us to send a coach along. If we can get a few more to commit to the US Short Course Nationals, we will send a coach there as well, so, if interested, please let an executive person know.

Several people have asked about club T shirts. If you are interested, please let an executive member know, and we will organized a group purchase.

We have received a query from FasTrak as to whether the club is interested in any videotaping this year. The executive is reluctant to take two lanes from our regular practice times for the service. However, if you would like to be videotaped, please let us know. If there is enough interest, we could book some time outside our usual hours.

And, as usual, if you have any concerns or comments about how the club is operating, please let us know. Thanks to you all for your enthusiasm and cooperation to now.

Okay, back in the pool!

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Mike Morrow

#### Practice Times

Early Morning	Monday, Wednesday, Friday	6:00 - 7:00 am
Mid-morning	Monday, Wednesday, Friday	9:30 – 10:30 am
Evening	Tuesday, Thursday	18:30 – 20:00 pm
Weekend	Saturday	10:30 – 12:00 am
Weekend	Sunday	9:00 – 10:30 am

#### Swim Meets/Open Water Swims

February 01/03	Penguin Swimming/U of A Masters	U of A Pool, Edmonton
March 9/03	Victoria Masters meet/Commonwealth Pool	Victoria, B.C.
March 29&30	Alberta Provincials/ <b>Calgary Masters*</b>	Talisman Centre, Saturday 1-6pm, Sunday 9-3pm
April 11 – 13/03	B.C. Provincials, Kamloops	YWCA YMCA Pool
May 16 – 19	Nationals/Montreal	Claude Robillard SC
July 27/03	Alberta Open Water Championships	Sylvan Lake

Other:  
Edmonton Masters will tentatively hold a long course meet in April/ 2003

**\*Note no entry fee will be charged to CMSC members registering for this event.**

Halloween Howler Swim Meet  
Hosted by the Rocky Mountain Masters Swim Club  
Southern Alberta Institute of Technology Pool  
**October 27, 2002**

The first meet of the 2002 – 2003 season in Calgary was well run and fun. Held at the salty SAIT Pool, the meet attracted 19 CMSC competitors and two coaches. The meet was highlighted by the Halloween Relays in which swimmers donned witches hats and noses and tried to swim one length before passing off the “costume” to their team mate. Very imaginative. **Sue Chenier** was seen entering into every event until the officials caught onto her. **Brad Tomlinson** showed us a new twist to the fly stroke. We called the “looking” fly, a sort of tourist stroke to take in all the interesting parts of the pool walls and spectator crowd. Thanks to Coaches **Kathy Monar** and **Dean Schultz** for recording and critiquing our efforts. A good time was had by all.

Fernie Swim Meet  
Hosted by Fernie Bull Trout Masters Swim Club  
**December 14, 2002**  
by Jodie Wall

It was a very gloomy day in Fernie on December 14, 2002. It rained pretty much the entire day though the area desperately wished for snow instead!!! The setting was the Fernie Aquatic Centre; which is a 6-lane 25-metre pool. This is a newer and quite nice facility. Fernie Aquatic Centre has windows on two of the walls with views of the mountains for all to see. Despite the weather, which didn't really affect us a whole lot as we were inside (still wet however, due to our swimming!) it was a great day. See, more of our members obviously should have some out!!

We had 4 members that competed in this meet. They were: Mike Morrow, Karl Felsmann, Doug Anderson and myself, Jodie Wall. We had a small showing but we were eager to compete. At the meet there were 9 clubs – 2 from BC, 5 from AB & 1 from SK. There were 47 competitors in total. Of the 47 swimmers almost half were from the host club! At the end of the meet, the Bull Trouts announced that they would make this an annual meet. The swimmers at the meet were all in agreement to this.

**This is how our member did:**

Mike Morrow (50-54 Age Group)

<b>1<sup>st</sup></b>	<b>100m Free</b>	<b>1:05.48</b>
<b>1<sup>st</sup></b>	100m I.M.	1:15.93
<b>1<sup>st</sup></b>	<b>200m I.M.</b>	<b>2:44.93</b>
<b>1<sup>st</sup></b>	<b>400m I.M.</b>	<b>5:48.45</b>

Doug Anderson (45-49 Age Group)

<b>1<sup>st</sup></b>	<b>50m Free</b>	<b>0:28.76</b>
<b>1<sup>st</sup></b>	100m Free	1:04.07
<b>1<sup>st</sup></b>	<b>200m Free</b>	<b>2:26.97</b>
<b>1<sup>st</sup></b>	<b>50m Back</b>	<b>0:36.80</b>

Karl Felsmann (30-34 Age Group)

<b>2<sup>nd</sup></b>	50m Fly	0:32.04
<b>1<sup>st</sup></b>	200m Fly	2:57.81
<b>2<sup>nd</sup></b>	<b>50m Free</b>	<b>0:29.91</b>
<b>1<sup>st</sup></b>	<b>400m Free</b>	<b>5:24.30</b>

Jodie Wall (25-29 Age Group)

<b>2<sup>nd</sup></b>	100m Free	1:20.58
<b>1<sup>st</sup></b>	100m IM	1:26.08
<b>1<sup>st</sup></b>	<b>100m Breast</b>	<b>1:29.91</b>
<b>1<sup>st</sup></b>	<b>200m Fly</b>	<b>3:21.75</b>

Foothills Masters Swim Meet  
Foothills Pool Calgary  
**January 18, 2003**

See Mike Morrow's comments above on this well attended meet.

Penguin Masters Swim Meet  
University of Alberta Pool, Edmonton  
**February 1, 2003**

Twelve intrepid CMSC swimmers and coach **Kathy Monar** travelled 300 kms north to wintry Edmonton to compete in this meet. Warm up was at 1pm. The meet started at 2pm with the longest race, a 400m swim. The meet was entitled Sprint. A 25m sprint of every stroke was interspersed throughout the usual events. **Mike Morrow** disappeared in the 200m back stroke, a feat that Houdini was never able to master. It is all in the light and shadows of a pool that he is very familiar with. Ask him to repeat the feat at Talisman. From your reporter's view everyone was really going for it. **Peter Henry** and **Jeff Welechuck** battled it out in the 400m free. **Dave Dixon** checked himself out of the infirmary to appear at the event and turn in a great time for the 50m fly. Stellar efforts were noticed from **Shelly Pinder, Lisa Mensink, Mark Jesse, Sue Hill, Keith Shaw, Jodie Wall** and **Chris Dixon**. Your intrepid reporter found he has much work to do before Provincials.

## **SOCIAL**

The dates for Snack are as follows:

Jan 25 Hosts: Lanes 1 and 2

Feb 22: Hosts: Lanes 3/4

March 22: Hosts Lanes 5/6

As for pub nights, the last Thurs of the month.

So that would be Thurs. Jan 30, Feb 27 and Mar. 27.

We just updated our site and added a few more events for 2003. If you're planning on travelling to Hawaii take a look at our schedule and hopefully you can stop by for a swim:

<http://www.hawaiiswim.com/NewFiles/otherswim.html>

<http://www.fnq.qc.ca/CCMN-2003/index.htm>

## **The December 23 Christmas workout/Snack Club morning**

We had a number of family and guests swimming with us at the work out. Kathy put together a great morning of swimming, starting with a "pack" swim, then we did a "Telephone Book" swim. For those of you that don't know what that is, Kathy had each lane pick a random phone number out of the book, and whatever the last 4 digits were, the lane had to swim them, IM order. I think my lane swam 2642. Then Kathy organized us in groups, and we did a bunch of fun relays. The snacks were great, everyone enjoyed the cookies, nuts, fruit and juice. A great time was had by all.

Editor's note: My daughter Susannah and her friend Eric were greatly impressed by the Club and its members. They say thank you for the fun swim workout.

**SWIM CAPS**

CMSC Swim Caps are available now. At \$5.00 each they can be obtained from Mike Heath-Eves, Dave Dixon and Kristen Severn.

If you have any news to tell us about, memorable swims, long distance swims, triathalons, workouts, simply call me at 278 0077 or e-mail at [heath-eves@shaw.ca](mailto:heath-eves@shaw.ca) and we can arrange for insertion into our News Letter. See you on deck. Mike Heath-Eves, Lane 5.