



CALGARY MASTER SWIM CLUB

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2002 - 2003 Executive

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Head Coach:	Dean Schultz	
Coaches:	Mark Hahto, Kathy Monar, Keely Little	

President's Message

My, that was quick. All at once, the competitive season is done, the world outside is green, and time in an indoor pool is less attractive. Summer holidays. But not quite yet. As a CMSC member, you have one more duty, and that is to attend the Annual General Meeting on Tuesday 17 June in the Riverview Room at Talisman Centre. Although we cannot have a barbecue this year, we will have a generous selection of comestibles to put you in a docile mood for the meeting. We will review the highlights and lowlights of the past year, outline possible objectives for next year, and elect a new executive. Please come to the meeting and make yourself heard. Congratulations to all nineteen members who competed at Nationals this year. That was probably our highest turnout for Nationals outside Western Canada. Without exception, all nineteen performed at a high level. That is a testament to the superb preparation by our coaching staff. Thanks, guys.

I have received a couple of reports of members experiencing joint problems possibly caused by the repetitive nature of our activity. Those problems are reason enough for the executive to organize a session on physiotherapeutic techniques for prevention. There has also been some comment about Pilates. If you are interested in a clinic on these and similar topics, please let an executive member know.

We are selling ten summer memberships for \$120.00, and three of them are already gone. If you know someone who would like one of the remaining spots, have them get in touch with an executive member.

The summer schedule has not been finalized yet, but will probably be Tuesday and Thursday evenings and Saturday for July and August. If you have different ideas, please make them known at the AGM.

My sincere thanks to the rest of the executive. It was a pleasure to work with you, the club ran smoothly though your efforts, and I feel enthused about next year.

Have a relaxed summer, all.

Mike

Alberta Masters Provincial Championship Swim Meet March 29 – 30, 2003

Calgary Masters Swim Club once again proved it can host a very successful Provincial Swim Meet. Timed so that university student masters could attend without worrying about a conflict with exams, the Club was host to 230 participants, which is a very good turn out. 50 CMSC members took their turn on the starting blocks. To summarize 54 Alberta records, 8 Canadian records and 3 World records were broken.

Of note here is how some Club members did: **Mark Jesse** took the 50 fly; **Dave Dickson** took the 50 fly, 100 free and the 50 free; **Shelly Pinder** took the 400 free; **Rob Wiebe** got the 400 free; **Lisa Mensink** claimed the 100 IM, the 100 free and the 800 free; **Peter Henry** took the 100 and 200 fly; **Marjorie Obee** got the 800 free; **Jeff Welechuk** took the 200 back, 200 free and 50 free; **Russ Patrick** claimed World Records in the 50 and 100 breast; Keith Shaw took the 50 breast in his group. CMSC Relay Teams took the Mens 200 Medley for 120+, the Mens 200 Medley Relay 200+ and the Mixed 200 Medley Relay 100+.

The following article appearing on **SwimInfo** covers some of the highlights.

“Russ Patrick Stars as Three World Masters Marks Fall in Canadian Provincial Championships -- April 2, 2003
By **Roy Smith**

CALGARY, Alberta, Canada, April 2. THREE Masters world records tumbled at the Alberta Provincial Championships held last weekend at the Talisman Centre in Calgary.

Russ Patrick, 27, Calgary Masters Swim Club (CMSC0, accounted for two of the new marks and took part in the third. Swimming in the men's 25-29 division, Russ stroked the short course 50 meter breaststroke in 27.69 seconds, taking a full second off the old mark of 28.69 set by Japan's Hideaki Togo in 1999.

In the 100m breast, Patrick's 1:02.61 bettered Togo's 1:02.87, also set in 1999. The third mark came in the men's 120-159 200 meter medley relay. The CMSC "A" team of Jeff Welechuk, 33; Patrick; Mark Jesse, 28; and Peter Henry, 32 blazed a time of 1:44.09. The previous record of 1:45.01 had been set nine years ago by the USA's Baylor/Lone Star team of Jay Yarid, Greg Rhodenbaugh, Bobby Patten and Mook Rhodenbaugh.

Full results of the Alberta Championships can be found at:
<http://cmsc.ab.ca/meets/2003/> “

Your obedient writer noticed that the meet was very well organized by Meet Manager **Pat Lata**. There were plenty of timers, starters and judges who made things run smoothly and fairly. All the volunteers are to be heartily thanked for their support of this great swim meet.

CALGARY MASTER SWIMMERS MEDAL LOTS AT MONTREAL NATIONALS

By **Keith Shaw** (Keith was at Tempe Arizona when this event was on in Montreal. He sure gets around)

Twelve swimmers from Calgary Masters Swim Club earned 19 gold medals at the annual Canadian National Masters Swimming Championships (25meter short course) at the Claude Robillard Sports Complex pool in Montreal. They also had 7 silver (2 = relays) and 9 bronze for 35 total top 3 medals.

Jeff Welechuk 33 years, collected seven first place medals with four in the shorter freestyles: 50m 24.08, 100m 52.28(Provincial Record), 200m 1:57.22(PR), and 400m free 4:15.16(PR). His three firsts in backstroke were 50m 27.00, 100m 57., and 200m 2:05.

Jeanne Carlson 45-49years claimed three golds in distance freestyles: 200m 2:28.27(PR), 400m 5:05.69(PR), and 800m 10:31.67(PR). **Glenn Carlson** 46yrs, Jeanne's husband, swimming unattached, set two Canadian Records in the 1500 & 800m free in 18:10.96 & 9:26.48. He also was first in the 400m IM in 5:15.34(PR) and 2nd in 200m IM 2:29,89.

Mike Morrow, 53yrs, earned two firsts in 200m breaststroke 2:48.23 & 1500m free 19:26.20; a silver in 200m Individual Medley(IM) 2:34.53 plus two bronze in 100 & 400m free 1:10.68 & 5:22.06.

Dave Dickson 50yrs recorded two Canadian Masters Records with firsts in the 50 & 100m butterfly (fly) in 28.16 & 1:02.49; first in 800m free 9:47.58; plus two bronze in 50 & 100m free 26.70 & 57.23(PR).

Michael Heath-Eves 61yrs won gold in three distance free events: 200m 2:35.87, 400m 5:40.94 & 1500m 22:47.76; 4ths in 100 free and 50 fly & fifth in 50m free.

Justin Welbourn 33yrs, won the 200m fly in 2:11.22, was 3rd in 100m fly 1:00.18 & 4th in 50m fly 26.84.

Two CMSC relays struck silver for the strong men's team: the 160+yrs 4 x 50m Medley Relay of Welechuk, Morrow, Jesse and Dickson were 2nd behind TechnoSport of Ottawa's Canadian record of 1:49; and the 200+yrs 4 x 50m Free Relay with Morrow, Heath-Eves, **Tomlinson**, and Dickson were also 2nd.

Mark Jesse 28yrs was second in the 50m fly in 26.33, third in 200m IM 2:18,30 and 4th in 50m free 24.77.

Nancy Davis 65-69yrs earned a silver in the 100m breast 2:12.13 & got bronze in 200m free 4:15.26.

Marjorie Obee 70-74 yrs. earned 3 freestyle thirds in 50m 54.53, 200m 4:17.82, and 400m 9:10.30.

Brad Tomlinson 41yrs, was third in the 1500m free 21:50,39.

Honorable mentions go to **Laurie Wallace** 30-34yrs with fourths in 100 & 200m fly and to **Jodie Wall** 25-29yrs with 4th in 200m fly.

Thanks go to travelling Coach **Cathy Molnar** and to Head Coach **Dean Schultz** and Assistants **Mark Hahto**, **Kirsten Severn** and to **Karl Felsmann**, who all did a fine job with coaching this year.

Calgary Masters are already looking forward to the Worlds in Edmonton in July 2005.

Editor's note: This was a great meet to have attended. I was particularly impressed by the amount of food, bottled water and juice provided complimentary to competitors by the organizing committee. One did not go hungry there. There was lots to see and do besides swim. Brad Tomlinson organized tours of downtown Montreal and visits to interesting restaurants. The motel of choice (Dave Dixon's) proved to be close to the pool and provided its own sort of entertainment to the visitors from Calgary.

Seven U.S. National Medals for Calgary Masters Swimmers at ASU, Phoenix, Arizona

Three men from CMSC struck for seven medals at the United States Masters Swimming National Championships. The three were part of 1922 competitors, 1084 men and 838 women, from 192 teams world wide. Annually the US Masters Nationals is more competitive than most Masters Worlds or World Masters Games Swimming. This year's event was held at the famous Arizona State University's 4 short course pools, in the Tempe suburb of Phoenix, Arizona. The oldest competitor was 92. The youngest age group was 18 – 24 years. Former Olympians and National Team members were often in the finals. Besides the perennial tough competition, all contestants battled a heat wave with temperatures over 100 degrees F including one day at 105.

Leading the medal haul was 60 years young Keith Shaw, in the 54 member strong, 60 – 64 year age group (ag). Shaw earned a bronze in the 50 yard breast stroke in 33.32 seconds: plus three top ten, medal winning places with 6th in the 100 yd breast, 8th in the 200 yd breast and 9th in the 100 yd IM. The number of combatants in Shaw's events ranged from 21 to 16.

Rob Davis, Past President of CMSC, 45 yrs. in the 45 – 49 ag, collected two top ten medals with 4th in the 200 yd breast at a fine 2:24.28, and 10th in the 100 yd breast. There was only one second difference between 4th and 13th place in his very tough 50 yd event. Davis battled 23 to 52 competitors in his strong ag.

The third CMSC swimmer was Peter Henry, 30 yrs., in the 30 – 34 ag. His 5th placed medal was in the strong 200 yd butterfly, with a time of 2:01.42, against 41 to 12 competitors in his events.

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

Watch for changes during summer months

Swim Meets/Open Water Swims

June 20/03	Mad Hawk Open Water Swim	Lake Midnapore (see below for details)
July 27/03	Alberta Open Water Championships	Sylvan Lake

The 7th Annual MadHawk 3 Day Ultra Triathlon (June 20-22, 2003) involves a 3.85km swim, 180 km bike, and a 42.2km run in Calgary, Alberta. We are sanctioned by the ATA. You can enter one or two events, make up a relay team (one person per event stage, or you can have two or three people per event stage) or take on the main event!

If you do not want to compete, we are always looking for volunteers! We offer great food and the chance for prizes at the banquet on the Sunday. Check out our web page for more information.
<http://members.shaw.ca/madhawk>
You have the option of online registration too.

The swim (4 laps) is at Midnapore Lake. The bike course starts on the outskirts of South Calgary and goes out to Kananaskis Country/Bragg Creek/Millarville and finishes back in Calgary. The run course (3 laps) is located in beautiful Fish Creek Provincial Park. This triathlon is a great training opportunity for Ironman! We are a proud sponsor of KidSport Calgary. Thanks for your time,
Karl Felsmann
Race Director

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>

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 and we can arrange for insertion into our News Letter. See you on deck. Mike Heath-Eves, Lane 5.