

On Deck #1

Calgary Masters Swim Club

November 2004

CMSC Executive 2004-2005

Mike Morrow President

Justin Welbourn

Vice President/Registrations

Don Berry Treasurer

Jodie Wall Bookings

Rick Walker-Dade

Newsletter

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Secretary

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The Coaches

thecoaches@hotmail.com

2005 World Master Games

www.2005worldmasters.com

July 22 – 31 2005

Registration is open!

Make the commitment now.

Register for the Edmonton

2005 World Masters Games

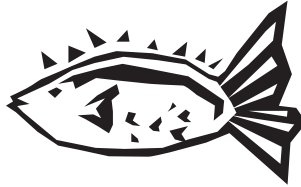
-- then focus on enjoying the

sport you love. It's the best

way to prepare for July 2005

The largest sport festival on

earth!



MESSAGE FROM MIKE

And so another swimming season commences.

I would like to welcome returning and new members to a season for which we have already seen great enthusiasm.

Last year the club dealt with the challenges of phasing in training in the new pool at the Talisman complex. The new space has become a favourite for our members, due to the windows, fewer cancellations, and the shallow bottom that we can walk on. The coaches are less enthusiastic because of the acoustics. But the swimmers like it. We even like long course!

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On Deck: a column for member's stories about swimming. Write to me and share your story, newsletter_executive@cmsc.ab.ca

Rick Walker-Dade

CMSC Newsletter Editor

Lane 6

As I touch the wall for the umpteenth time my lungs gasp for air, my body has gone into a state of shock and my mind has become water logged. Why am I doing this? How did I get here?

I started swimming at age 45. My wife Terry suggested that swimming would be good for my waistline. That year I also entered my very first swimming competition, The Canadian Masters Nationals in Winnipeg. It was there that Terry and I saw a very boisterous club from Calgary cheering on their teammates. Impressed with their enthusiasm and swimming skills we applied for membership with CMSC. We became members in 1997 and better swimmers for doing so. At CSMC I feel a healthy combination of competitor and companionship. I know too well that I could never push myself to this level without the help of my lane mates and coaches.

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Message from Mike

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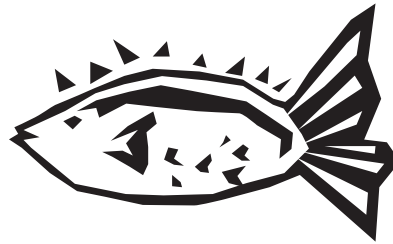
In response to comments that the club had been losing its focus in recent years, the executive changed its policy with regards to selecting new members. We made a conscious effort to invite those who expressed a desire to focus on the competitive aspect of our activity.

Along with the new blood, we had a few members from years past return. To all the new faces, welcome. I think the policy was successful, judging by the attendance at practices at times that used to be a bit sparse.

The Early Birds and Sunday swimmers are under the guidance of Matt Carruthers, who moved from Nova Scotia to accept a coaching position with Cascade Swimming. Matt has provided some cultural contrast to the prairie swimming style.

The big event for this season is the World Masters Games in Edmonton next summer. It is a once in a lifetime chance for us to participate in a global event in our own backyard. Many of us are focused on it, and the coaches have geared the training plan around that event in July.

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Coaches Corner

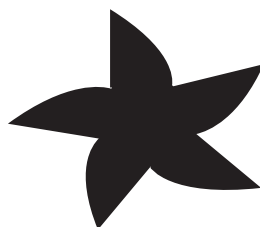
Welcome to the beginning of the season!! The coaches are excited and keen to provide all of the CMSC swimmers with an outstanding swimming experience in the 2004-5 swimming season. Here are a few items of interest:

1. Worlds. Participation in Worlds will be a unique experience. Masters swimmers from all over the world will be involved in the event. You do not have to be a seasoned competitor to participate or be competitive.

Abilities range from novice to veteran, so come one come all.

2. Training Plan. We have posted a CMSC 2004-5 Training Plan on the CMSC website. Please have a look at the plan as it gives a general overview of the season. Please note that the plan may change depending on meet schedule changes and/or coaches discre-

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2004 – 2005 Meet Schedule

20 Oct 2004 All comers
U of A Golden Bears

17 Nov 2004 All comers
U of A Golden Bears

20 Nov 2004 PENGU
U of A

15 Jan 2005 Foothills
Foothills Pool

29 Jan 2005 or
30 Jan PENGU U of A

26 Mar 2005
EMSC Invitational
Kinsmen Centre Long Course

09-10 APR 2005
Provincials Talisman Centre
(CMSC)

20-23 May 2005
Nationals Etobicoke

25 Jun 2005 EMSC
pre WMG2005
Kinsmen Centre Long Course

22-27 Jul 2005
World Masters Games
Kinsmen Centre Long Course

28 Jul 2005
World Masters Games
Sylvan Lake Open Water

2006? Provincials
Red Deer?



Message from Mike

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Because that is two months later than the usual end of the swimming season, the coaches have planned a more gradual start to this season. The relaxed sessions have allowed time to improve our technique, and condition those aged muscles at a less stressful pace. The easy part ends soon, though.

By the time you read this, our first dryland clinic will have happened. Depending on feedback, we may offer additional events such as this.

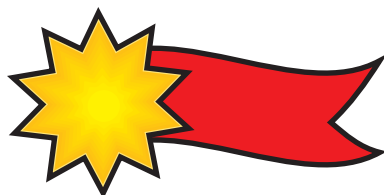
Swim Alberta has provided funding for coaching/videotaping clinic some time during the season. If you have any suggestions or ideas along these lines, please let us know.

Several members have asked about equipment such as shirts and bags. Justin of Team Aquatics says our best approach is to have an equipment manager who can coordinate the orders. If anyone is interested in such a position, please step forward.

Okay, back in the pool, and have a great time this year.

--

Mike Morrow
President



CMSC Swim Cap Logo

Design Contest for the 2005

World Master Games

Your Art to be seen by the
World.

The Basics:

1. Open to all CMSC members
2. Deadline for submissions is May 1 2005. Entries will be displayed and voted on by the membership at the CMSC
3. Top 4 entries based on membership voting will be submitted to the executive board before final voting.

The Art:

Entries should be ART that

- a) Will easily recognizable.
- b) Is reproduceable in numerous sizes, on numerous materials.
- c) Is thematically appropriate
- d) Is no larger than 10"x 10" total image size

Including the words "CMSC" and "2005 World Master Games" is optional.

Entering:

Entries should be snail-mailed, in one of the following formats:

On CD:

Chose at least 1

~JPEG format at least 300dpi,
no larger than 1000x1000 pixels

~Adobe Illustrator .ai format

~EPS or TIFF format

Hard Copy:

Scanable drawing, full size
mailed flat.

On Deck with Rick

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Swimming has taken me to places I never would have thought possible. I never imagined swimming in competitions in Canada or the United States. Or using my undiscovered art talents to design the CMSC Bulletin Board, CMSC refrigerator magnets, and Provincial swim meet logos. Creating opportunities that I would use in other ways in my life.

The other great thing about swimming with CMSC is I can hang out with supportive people and play sports. The time spent limits my exposure to naysayers, negativist and enablers. And each time I leave the pool my value of healthy living is reinforced.

But for now I am leaving the wall again to work on my waistline, apply my new skills and chase do opportunities.

I encourage all CMSC members to participate in the 2005 World Masters Games.



All members should have received a Talisman Pass either by mail or in person. If you have not, please contact me. Take care of your Pass card, there will be a fee for replacing lost cards.

Those who have asked for a fee receipt should have them by now. If you would like a receipt, please feel free to contact me.

Justin

Vice President/Registrations



Executive Meeting Summary 05 October 2004

Membership

Discussion of available space and potential new members.

Financial

Invoices must now be approved by another executive member before the Treasurer will make payment.

Meets

The tentative meet schedule for 2004-2005 was presented. CMSC is scheduled to host provincials 23-24 April 2005.

Pool bookings

Sunday pool space is to be increased to four lanes long course.

Early morning pool space is to be increased to five lanes short course.

Coaching

Dean has prepared a coaching plan for the year, focussing on the World Masters Games.

Matt Carruthers has been hired as the early morning and Sunday coach.

New business

We will be running a contest to design a team swim cap for the World Masters Games.

--

Mike Morrow



Hi Everyone.

I got the following set up with Talisman today:

-1 more lane SC (that brings us to 6 lanes) for our Early Bird workouts M,W,F 6am-7am

*EFFECTIVE FRI. NOV. 5

-1 more lane LC (that brings us to 5 lanes) for our Sunday workouts

*EFFECTIVE SUN. NOV. 7

On days when they can't give us LC and we have to use 8 lanes SC then we'll just get 8 lanes SC. We don't want to have 2 pools going - eg. 8 lanes SC in one pool and 2 lanes SC in another pool as that would be a coaching nightmare.

Also, for MM we'll get LC on Mondays starting next Monday.

Please make note of the following changes to some workouts later in the month:

> Sat. Nov. 27 - New Time:

1pm to 2:30pm

> Sun. Nov. 28 - New Time:

1pm-2:30pm (Short Course)

Jodie

-Bookings/Facilities
Coordinator



SALE

CLUB SWIM CAPS

See Mike Morrow
for details



Coaches Corner

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3. Coaches Corner. Check out the coaches bio's, technical tips and seasonal plan on the website. www.cmssc.ab.ca

4. Approachability. If you have any questions or concerns regarding workouts, coaching, planning, etc... please discuss it with your session coach. If you wish to pursue it further, contact Head Coach Dean Schultz on deck or at thecoaches@hotmail.com. If you wish to take the next step, please discuss any issues with the executive. We want to address any issues you may have.

5. GOALS. If you have set any swimming goals for the year, please mention them to coaching staff. We want to help you achieve your goals and we want to do everything reasonable to help you get there. We look forward to the swimming season and we are excited about the commitment and focus of the CMSC athletes, keep it up.

Yours in swimming,

The Coaches