



SWIM WAVES

Volume 23, Number 02

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2003-2004 Executive

President	Mike Morrow	Lane 1, 2 evenings
Vice President	Linda Adair	Lane 1,2 mid-mornings
Treasurer	Peter Henry	Lane 1 early mornings, evenings
Meet Manager	Rob Davis	Lane 2 evenings
Bookings Co-ordinator	Jodie Wall	Lane 4 evenings
Social Events	Val Pacitti	Lane 4 evenings
Secretary	Kirsten Severn	Lane 1, early mornings
Mid Morning Representative	Pat Lata	Lane, mid-mornings
Webmaster	Mike Morrow	
Newsletter	Rob Davis	

President's Message

Welcome aboard to all you new faces, and welcome back, all you old faces

We are now nicely started into a CMSC season of greater change than we have had to deal with in quite a while. Major changes include new coaches, a new pool, and a new time for the evening bunch. So far, I would say we are acclimatizing nicely to the new regime.

I would like to say thanks to the departing members of the executive for their able service over the years: Dave Dickson, Mike Heath-Eves, and Cheryl Smillie. In their place, we are blessed with Pat Lata, and Val Pacitti. Regretfully, we have accepted the resignations of Sue Chenier, and Sue and Andy Hill from the executive.

Membership renewal was unusually high this season, and we have only a slight sprinkling of new faces. I hope you new faces are having a good time, and are becoming comfortable with the practices. They will get less comfortable.

The early morning and Saturday practices are using the new pool frequently, and it is getting great reviews. The huge window and the wavy bottom are mentioned as two attractive features, somewhat countered by the acoustics. Feedback is neutral on the extra two percent of pool length. The evening crowd is adapting to the 7:00PM start. I, for one, appreciate the extra half hour between the end of the workday and the start of practice.

In the upcoming year, the executive is considering the following projects:

- a dry land training clinic, discussing stretching, weight training, stretch cords, medicine balls, yoga, and Pilates.
- a South Albert-wide videotaping clinic from Ken Olsen, possibly in January. Swim Alberta is partially funding this, and with a larger number of participants, the cost should be reduced.
- club swim bags.

If you have any questions, concerns or suggestions about the running of the club, please feel free to contact any member of the executive. The success of the club relies on its members. You can make it better.

See you in the pool!



The first CMSC practice, at Inglewood Pool, January 1977. Club founder Henry Rechel is in the lower left of the picture. Our first coach, Alex Wallis, is in the lower right. Does anyone recognize others?

Henry Rechel – A Visionary and Founder of CMSC

On Wednesday, October 22, 2003, several CMSC swimmers gathered after a grueling Coach Ted Murphy mid-morning workout to a rather impromptu surprise award ceremony for Henry Rechel.

In 1976, Henry had an idea to form a masters swim club in Calgary. At the time, Swim Alberta did not have any notion where to even begin with such an undertaking. Henry placed an advertisement in the Calgary Herald, and alas 5 swimmers showed up for the first workout. From such a modest start, CMSC has grown over the years to a club of over 130 members, with one of the finest coaching staffs in the nation and an offering of 10 workouts per week.

It was Henry's vision of forming a masters swim club that has enabled past and present CMSC members to benefit from friendships, fitness, and opportunities for swimming competition. Rob Davis presented Henry with an Honorary CMSC Membership in the form of a laser engraved wooden plaque. Henry shared a few of his thoughts and experiences over the years with the club to all those who attended. The CMSC wishes Henry and his family the best in the future.

Meet Schedule 2003-2004 Season

Date	Meet Name	Host Club	Pool Location
Dec 13	Fernie Invitational	Fernie Bullies	Fernie Aquatic Centre
Jan 17	Foothills Invitational	FMSC	Foothills, Calgary
Jan 31	Mid-Term Swim-Off	Penguin	U of A, Edmonton
Feb 28	2004 Nats Warm-up	EMSC	TBA – likely 50m course
Mar 13	Road to Athens	CMSC	Talisman, Calgary
Mar 20-21	Sask. Provincials	RMSC	Regina
April 24-25	Alberta Provincials	LMSC	Lethbridge The Coulee Splash
April 22-25	USMS Shortcourse	The Indy 500's MSC	Indianapolis, IA
May 21-24	Canadian Nationals	EMSC	Edmonton
June 2-13	FINA Masters World	Bortoluzzi Nuotare	Riccione, Italy
July 24	Alberta Open Water		Sylvan Lake

Our New Coaches

Ken Fitzpatrick -- Early morning coach

Ken is hardly a stranger to CMSC, having been a member in past years. His competitive background is impressive, culminating in swimming at USC from 1983 to 1984, and serving as the captain of the Canadian Olympic swim team in 1984. From there he coached in Southern California, then moved to Lethbridge to coach the University team and LASC. In 2000, he moved to the Cascade Swim Club in Calgary, where he is the Assistant Head Coach and Marketing Manager.

Ted Murphy -- Mid morning coach

Ted has also had some past contact with CMSC, substituting for Mark Hahto on occasion. Ted swam at Texas Christian University, and competed in the 1992 and 1996 Olympic Trials. His coaching career began with a country club in Fort Worth, Texas. After moving up to an age group club in Fort Worth, he joined Cascade in 2002, where he is presently the Youth Gold Coach.

Floyd Campbell -- Sunday coach

Floyd is another former CMSC member. His coaching career goes back to 1989, and includes triathlon clubs, summer clubs and the University of Calgary Swim Club. Currently, he is helping coach the Glencoe Gators as well as CMSC.

Sylvan Lake Open Water Provincial Swimming Championships – July 26, 2003

Once again a number of CMSC members made the trek up north to Sylvan Lake for this fun open water swim. The race was held on a lovely, sunny afternoon. In typical race day fashion the lake was calm when we arrived but became rougher by race time. Sylvan Lake is definitely no Talisman Centre. It is big, cold and rough.

The 1 Km Citizens Swim saw our following members competing:

Chris Dickson
Dave Dickson
Brad Tomlinson

Our 3 Km racers were:

Myself (Jodie Wall) Jeff Welechuk
Karl Felsmann Rene Starratt
Mike Morrow Michael Heath-Eves

This year not only did four of our swimmers win their events but they also set new course records. This impressive feat was done by:

Dave Dickson -- 1 Km Citizens Swim (16:39)
Jeff Welechuk -- 3 Km Men's 30-39 (40:53)
Mike Morrow -- 3 Km Men's 50-59 (45:02)
Michael Heath-Eves -- 3 Km Men's 60 & Over (50:35)

Very well done guys!!

Other impressive finishers were Rene Starratt, 2nd in Women's 50-49 3 Km Swim, Karl Felsmann, 3rd in Men's 30-39 3 Km Swim & Brad Tomlinson, 3rd in Men's 40-49 3 Km Swim. So for those of you who missed out on Sylvan Lake this year there is always next year to give the "Big Pool" a shot. Mark your calendars for the 3rd weekend in July and come on out. As for swimming off course, don't worry, I certainly did this myself this year. One of my teammates (Chris Dickson) congratulated me on winning the 4 Km race when I arrived back at the pier. There of course wasn't a 4 Km race I just went that far off course on my 3 Km swim!

Jodie Wall
-Evenings, Lane 5

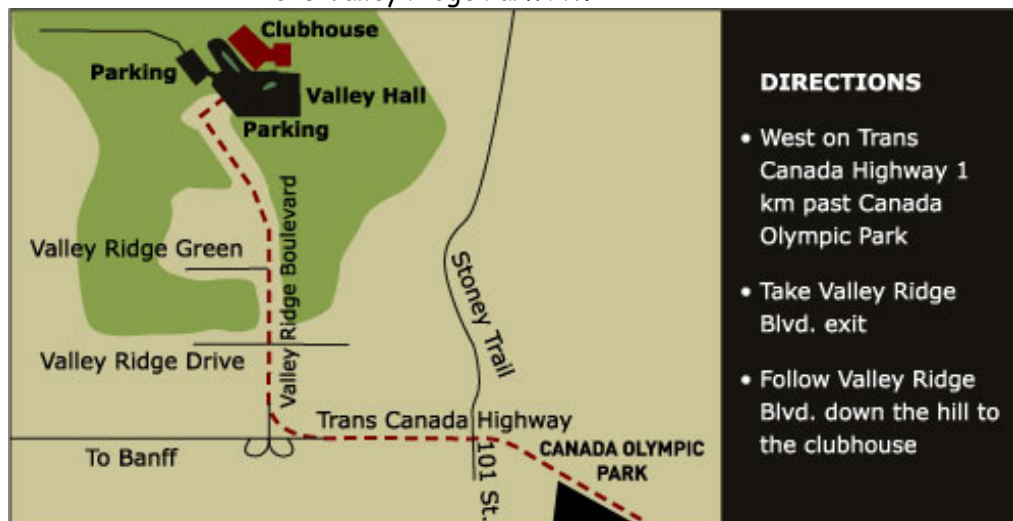
CMSC Belated Christmas Party



Date: January 24th, 2004

Invited: CMSC members and 1 guest

Location: Valley Ridge Golf & Conference Centre
11618 Valley Ridge Park NW



Time:

- Cocktails: 7-8pm
- Fun Casino: 8-10pm
- Auction: 10pm

Activities: This years Christmas Party will be fun casino night. Each member and guest will receive some fun money to start off with just for attending. In order to receive additional fun money to play with, we request that you make a donation for a prize that can be bid on at the end of the evening. The better the prize, the more fun money you will get! You are also welcome to purchase additional fun money, but keep in mind that the more prizes that we have to bid on, the more fun the night will be!

Food and beverages: There will be limited appetizers served, so please ensure that you have dinner before you arrive. The appetizers will not be enough for a full meal, especially for us hungry swimmers! In addition, there will be a cash bar available.

If you are interested in attending and to donate a prize, please contact Val Pactti in lane 4 in the evenings. You can also reach her at by email at val.pacitti@gov.ab.ca or by phone at 258-0353. If you are interested in donating a prize, please try to make the donation as soon as possible so that we have an idea of how many extra prizes we will need, etc.

CMSC 2004 Ski Trip



Date: February 7th, 2004

Location: Sunshine Village

Time: We will meet at the McDonalds across from Canada Olympic Park (8235 Bowridge Cr NW) at 7.15 am. We can then arrange carpooling if necessary.

Prices:

SUNSHINE VILLAGE CORPORATE GROUP RATES 2003/2004

CHILD	LIFT	LESSONS	SKIS	BOARD
12 AND UNDER	\$17.00	see below	\$13.00	\$19.00
	GST \$1.19		\$0.91	\$1.33
	\$18.19		\$13.91	\$20.33

YOUTH	LIFT	LESSONS	SKIS	BOARD
13 TO 17	\$37.00	see below	\$13.00	\$19.00
	GST \$2.59		\$0.91	\$1.33
	\$39.59		\$13.49	\$20.33

ADULT	LIFT	LESSONS	SKIS	BOARD
	\$53.00	see below	\$23.50	\$29.50
	GST \$3.71		\$1.65	\$2.07
	\$56.71		\$25.15	\$31.57

Optional rental insurance: \$3.00/day + GST = \$3.21
Covers breakage and damage on rental equipment. \$3.00/day + GST = \$3.21

Helmet Rental \$5.61/day + GST .39 = \$6.00

LESSONS (all ages)	Price	GST	Total

Discovery First Time Ski or Board PKG.	\$79.00	\$5.53	\$84.53
Discovery includes: lift, lesson & rentals. Lesson runs from 10am-3:30pm with a break for lunch.			
3 hr Private - up to 5p of the same ability	\$271.15	\$18.98	\$290.13
6 hr Private - up to 5p of the same ability	\$398.65	\$27.91	\$426.56
4hr Group Workshops			
Beginner to Low Intermediate	\$75.65	\$5.29	\$80.94
Intermediate to Expert	\$84.15	\$5.89	\$90.04
Kids Kampus (6-12 yrs old) incl.lunch	\$62.90	\$4.40	\$67.30

Payment: Payment will be required two weeks in advance. Please make payments out to Calgary Masters Swim Club by January 17th, 2004. You can either give the payment to a board member on deck, or leave it in our mail box Attn Social Director, Box 34 Talisman Centre, 2225 Macleod Trail S, T2G 5B6. Also, please let Val Pacitti know at least three weeks in advance if you will be going. We need to let Sunshine Village know that week what our exact numbers will be. You can contact her either in lane 4 in the evenings, by email at val.pacitti@gov.ab.ca, or by phone at 258-0353.

If you will be going, I will need the following additional information:

Skiiers: First and last names,
 Male or Female
 Weight and height (renters only)
 Skiing ability
 Age
 Shoe size
 Lesson
 Rentals

Snowboarders:
 First and Last Names
 Male or Female
 Right or Left foot (front foot forward).
 Height (renters only).
 Boarding ability
 Age
 Shoe size
 Rentals required?

Happy Skiing!!

Getcher New CMSC Swim Bag Now!!!

Do you use a SHOPPING BAG to carry your swimming gear to and from the pool? Do your FINS Flop and Fall Out in the parking lot? Do your IMPORTANT PAPERS get moldy from contact with your Shabby?

The executive is collecting feedback on a club purchase of SWIM BAGS. Our Team Aquatics contact, Justin Welbourn@laneone.evenings, suggests a Speedo duffle bag, capacity 11x12x23 inches, which should be adequate for all but the most egregious of fins.

The CMCC logo will be applied, and maybe even your own name.

The price will be about \$30.00.

Please let an executive member know if you are interested in buying one.

Masters Swimming Canada Waves magazine

Lost your paper copy? Never received it? It's on the Web at:

<http://www.compumart.ab.ca/masterssc/WavesSept2003.pdf>

CMSC Membership List

The CMSC membership list is now available!

Your registration package included a section where you could indicate if you agreed to appear on a CMSC membership list. The list, including information that you okayed for publication is now available.

To obtain a copy of the list, please ask one of the executive.

NOTE: The list will be available only to those members who are on the list.