

# On Deck

Calgary Masters Swim Club

November 2005



## Calgary Masters Swim Club World Masters Games 2005

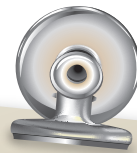
Back to front, left to right:

Bryce Monar, Mike Morrow

Marilyn Craig, Sue Hill, David Smith, Sheryl Highet, Brian Brix, Brad Tomlinson,  
Heather Boychuk, Garth Jacques, Dick Degner

Alexandra Mirkovic, Jeff Welechuk, Jeff Clark, Rob Davis,

Kathy Monar, Nancy Davis, Sharla Stoffman, Laura MacDonald, Susan Rockafellow,  
Terry MacGregor, Rick Walker-Dade, Keith Shaw



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# Calgary Swimmers Master World Games 2005

Calgary Master Swim Club swimmers (13 men and 11 women) collected 60 top three medals at the fourth 2005 World Masters Games in Edmonton.

Leading the pack was 35-39 year Jeff Welechuk with 6 golds and 2 silvers: Golds: 100 & 200m long course backstroke 1:02.35, 2:16.54; 50, 100 & 200m freestyle 24.93, 54.96, 2:02.53; gold in 200m free relay & silvers in 2 mixed relays: medley and free.

Brian Brix 25-29yr had 2 firsts: 100 butterfly & 200 Individual Medley 1:01.03, 2:18.61 & 2nd Mixed free relay;

Jeff Clark 40-44yr had 2 firsts: 100 & 200 back 1:09.24, 2:34.84 & 3rd 200 IM & 50 back;

Mike Morrow 55-59yr 2 firsts: 200 free & 400 I.M. 2:31.81 & 5:44.19 & 4 2nds: 200 I.M., Breaststroke & back & 3k open water.

Justin Welbourne 30-34yr: 200 fly 2:17.80 & 3rds 50 & 100 fly;

Rob Davis 45-49yr: 3k open water (Sylvan Lake) swim 44:59 & 3rd 800 free;

Chris Daniels 45-49y: 2k Open water, 2nd 100 fly & 3rd 50 fly.

Keith Shaw 60-64y swam to two silvers & a bronze in the 50, 100 & 200 breaststroke.

Bob Kariatsumaria 30-34y earned 2nd in 50 back & 3rd in 100 back.

Brad Tomlinson was 3rd in 200 fly.



Top CMSC woman was Laura MacDonald 35-9y with 6 seconds: 50 breast, back

& free; three 200m relay 2nds: mixed free & women's medley & free and 3rd in the 200 back;

Susan Rockafellow 35-9y earned 4 relay 2nds: women's medley & free, mixed medley & free plus 3rd 100 free.

Marjorie Obee 75-79y placed 2nd 4 times in the free: 100, 200, 400, & 800.

Heather Boychuk had two 2nds: 50 & 200 back and two relay 2nds: women's medley & free.

Jean Marcotte 50-54y earned two 2nds: 100 free & fly and two 3rds: 50 fly & 200 back.

Rene Starratt helped two relays to silvers (women's & mixed medleys) & a bronze in 200 back.

Sharla Stoffman 30-34y got two 2nds in 200 back & women's medley.

Laurie Wallace 35-39y was 2nd in women's medley & 3rd in 50 fly.



Mens 160y 4 x 50 free relay gained silver by Bob Kariatsumaria, Jeff Clark, Chris Daniel and Steve Rasmussen, 2nd only by Welechuk's golden relay.

Karl Felsmann was 2nd in 2k open swim.

Three swimmers had 2nds in relays: Rob Wiebe, Michelle Whorley & Angela Kitchin.

Team summary: 15 golds, 31 silvers and 14 bronzes for 60 swims in the top three medals, which included a relay gold and 6 relay silvers. Congratulations to the 38 swimmers sent, all of whom made top ten and 63% achieved the medal podium.

Congratulations must go to Head coach Dean Schultz and assistant Kathy Molnar, who coached in Edmonton.

Other assistants included Ted Murphy and Matt Corruthers.

Calgary Masters Swim Club train at the Talisman Centre.

Questions? Keith Shaw C.M.S.C. reporter: Ph. 252-9238



## CMSC Welcomes Coach Ken Olsen

He is happy to be here and we are glad to have him.

Ken worked 18 years as a Professional Coach in Western Canada. He was also a Provincial Coach and has done video analysis for the last 9 years.

**Season update:** Ken has met with all of the assistant coaches. Each was a good meeting with review of a season plan for the fall. Now that competitions are being set, the rest of the season plan will be established.

**Christmas Time Trial:** Ken distributed a suggested page of a time trial and social event for CMSC and Talisman Masters on December 10th. The practice time has been changed to 1-2:30pm with a social afterwards.

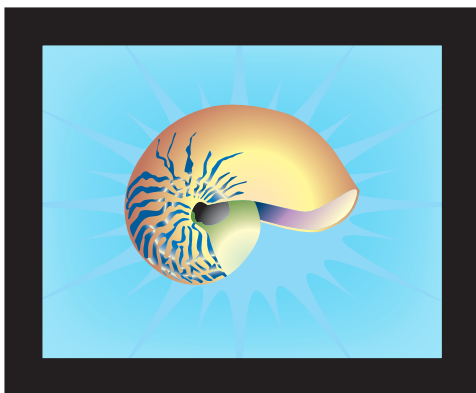
The details are being worked out for this event.

It will be a great way to keep ourselves shape for the season and share in the holiday spirit with our extened family of swimmers.

**Duel Meet with the Penquins:** Ken is in contact with the Penquins. He will check further details of this possibility for the end of March 2006.

**Video Services** – Ken distributed a proposal for Race Tek Systems Inc for one or two stroke correction. Individuals can sign up on a user pay system during workouts. Look for more details about this in the near future.  
Sheryl Highet

Just to let everyone know, Ted Murphy has decided to step down as Mid Morning Coach. Lisa Krause will be replacing him, She will be starting Monday September 19.



### December changes to our workouts.

They are as follows:

Sat 10-Dec-05 1:00 PM to 2:30 PM  
Sun 11-Dec-05 11:00 AM to 12:30 PM

Jodie Wall

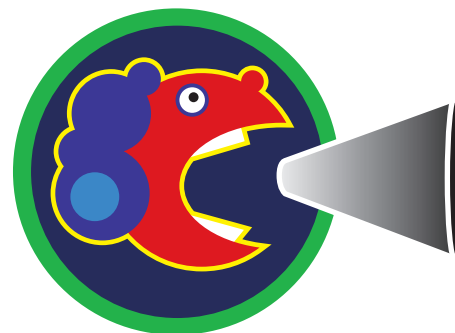


The following people contact Jeff Clark about email address:

- TERESA BILLESBERGER
- BERNARD W. BROUILLET
- GRETHE JEPPESEN
- SIEGBERT KOEHL
- DAVID MILLER
- DOUG NICKERSON
- ELAINE SAMPSON
- LORI WYLIE



At Nationals in Toronto, CMSC won the Small Club (less than 10 swimmers) points category. We had many great swims. However, the standout swimmer from our club was Mike. He probably had the best meet he has had in 10 years.  
Lori Wyle



### Calgary has been awarded Nationals for 2006!

2006-05-19 to 22 (May 19 to 22)  
MSC National Championships.  
Calgary (Talisman Ctr)  
Hosted by CMSC & Cascade

Greetings Masters swimmers. Masters Swimming Canada has just announced that the 2006 Nationals will be in Calgary. They'll take place, as usual, on the May long weekend. Congratulations to the group that put together the Calgary bid!

Mike Morrow

President: Justin Welbourn  
Vice President/Membership:  
Jeff Clark  
Treasurer: Don Berry  
Secretary: Sheryl Highet  
Meet Manager: Jeanne Carlson  
Mid Morning Representative:  
Kate McGovern  
Facility Bookings Coordinator:  
Jodie Wall  
Social Director: Laurie Wallace  
Webmaster: Sharla Stoffman  
Communications/Newsletter:  
Rick Walker- Dade

Welcome to the beginning of the season!! The executive and coaches are excited and keen to provide all of the CMSC swimmers with an outstanding swimming experience in the 2005-6 swimming season. Here are a few items of interest:

**Training Plan.** We will be posting a CMSC 2005-6 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 discretion. Currently, we are in the season startup .

**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 Ken Olsen on deck or at [thecoaches@hotmail.com](mailto: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.

**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 CMSC Executive  
& Coaches

## New MSC Website



I thought some of you might like to try out the new "My MSC" site that is now in testing.

The main component of the site is a new online fitness program called the Million Meter Challenge that involves logging the meters you swim, with recognition awards: (shirts, certificates, plaques, fleece stuff, etc.) as you reach milestone distances.

The program is designed to give swimmers a challenge and to recognize and reward them when they succeed. You can see the total distances swum by each participating club and perhaps some interclub rivalry will develop.

The site also lets you view your meet results (where we have access to a meet results data file), track which events you have swum

Including some non-standard events like the 800IM and 1500Fly and keep track of your personal bests.

The site also contains a prototype news component where you can get all the latest news about MSC. The address [mymssc.ca](http://mymssc.ca) will take you to the home page. The first feature article goes into the site features in detail including: How to register (registration is free with your MSC membership!).

MSOntario and MSNB are working with MSC to test and launch this program and all the clubs in these provinces are registered with the site.

If you are from another province and want to test it you can contact me by email and I will register your club.

Check it out and let me know what you think!

Cheers,  
Lindsay



Hi Everyone,

We hope everyone is doing well, we are doing excellent since our son,

Riley Taro Kariatsumari was born Oct.19th at 4:47, 7lbs 8oz and very healthy and wonderful and perfect and smart and calm and amazing!

Amber

did great with the labour and delivery. We look forward to seeing you soon,

Riley, Amber & Bob



## Calgary Master Swim Club Team Apparel

Hoodie

Sweatshirts

S, M, L, XL, XXL

\$42.00

SWIM CAPS

\$5.00

Hoodie Orders must be placed by Nov. 30 2005  
Make cheques out to CMSC  
Cheques may be left at the CMSC Mailbox  
at the front desk of the Talisman Centre.  
Please note - no cheque, no order  
Contact Lorie Wallace for details.

### Missing from 2005 World Games Photo but not forgotten:

Laurie Wallace, Pat Malcolmson, Justin Wellbourn, Riley Sarjeant,  
ReneStarratt, Steve Rasmussen, Dean Schultz, Bob Kariatsumara,  
Chris Daniel, Angela Kitchin, Kelly Frank, Michelle Wortley, Marjorie Obee,  
Tim Stensland, Karl Felsman, Kelly Franks, Angela Kitchin, Jean Marcotte, Rob Wiebe

Thank you all. You make us Proud to be members of CMSC.

