

## TALISMAN CENTRE

# sport partner *profile*

## Calgary Masters Swim Club (CMSC)

by *susan rockafellow*



It all began in 1976, when swimming parent **Henry Rechel** placed an advertisement in the Calgary Herald for masters swimmers. The first night brought out five swimmers. Thus CMSC was founded. After a brief stint swimming at Glenmore Pool, CMSC moved to Talisman Centre (then known as Lindsay Park Sports Centre). They have been a sport club at this high-profile facility since.

CMSC has hosted four Canadian Masters National Championships at Talisman Centre—in 1981, 1991, 2001 and lastly in 2006. Today, we provide a number of options and schedules for our members, conducted with talented and qualified coaches. We continue to swim 12 months of the year and currently have 156 members in our sessions, with swimmers aged 18 to 76.

Master swimmers come from all walks of life and all swimming capabilities and people swim at the masters level for all sorts of reasons, including team camaraderie, maintaining great cardio and shared motivation. Many swimmers are interested in maintaining a high level of fitness, which ultimately provides a better quality of life. Some swim for fun, however “fun” can be a loose term when the coach writes up an 8 x 400 metre set. Others swim to race and compete and are able to break records—Provincial, Canadian and even World Records!

Every swim competition hosts a relay event. Relay events allow swimmers to come together to out race and outwit their opponents. Calgary Masters Swim Club (CMSC) hosted the **2006 Masters National Swim Championships** in May 2006 at the Talisman Centre Pool. They competed beside their arch rivals, the Edmonton Masters Swim Club (*yes, the Calgary-Edmonton rivalry extends beyond the Saddledome, Flames and Oilers!*) and went on to break the national meet record for a 4 x 100 metre Freestyle Relay. CMSC lead swimmer, **Brian Brix** came in at 100 m with a half-body length lead. **Dave Dickson** left the blocks and managed to hold that lead. **Chris Daniel**, swimming third, was able to increase the lead to two body lengths. The anchor and last relay member, our fastest male swimmer, **Jeff Welechuk**, increased the lead to four body lengths. **Finish time: 3:43:16 (a 56 second average)**. This broke a best time of 3:43:45 set seven years ago at the same meet by an American team!

*For information about the Calgary Masters Swim Club visit [www.cmsc.ab.ca](http://www.cmsc.ab.ca).*