

On Deck

Calgary Masters Swim Club

March 2005 vol.2



CMSC EXECUTIVE 2004-2005

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2005 Alberta Masters Provincial Championships

Host Club: Calgary Masters
Swim Club

Date: April 9 & 10, 2005

Place: Talisman Centre
2225 Macleod Trail SE

Calgary, Alberta

Sanction number AB 1491

25 m Short Course

This year is a very big year for swimming in Alberta.

Edmonton is hosting the biggest event ever. We are doing our part to share the swimming schedule by hosting the Provincial Championships.

What a great opportunity to show the rest of the province what a great Club we are and to show off our fancy new pool and facility.



We wish to give you an overview of what these exciting Championships are all about, discuss potential opportunities to involve our Club, and ultimately encourage our Members to be part of the Championships as athlete or volunteer.

Please refer to the Masters Provincials Swim Meet package for more information.

Contact René Starratt for any inquiries or additional information.



CMSC Ranked one of the Top 10 Clubs in Canada

Based on last year's results, CMSC ranked #8 of the 10 clubs in Canada.

Canada- Rankings by club - 2004
- 25m

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Editorial March 05

As of March 14, 2005 there are 130 days to go before the start of the World Masters Games.

Just recently, I showed a friend my photo album of the 1999 U.S. Master Nationals at the Santa Clara International Swim Center in California

Our Club represented all of Canada, as we were the only Canadian Club participating.

There were 5000 swimmers in attendance, and it was an experience of a lifetime.

If you haven't already done so, enter the World Masters Games in Edmonton.

Be an active participant in the Games, and this exciting event. Excuses, that I have heard on deck for not participating:

- #1. It is too expensive!
- #2. I'm not fast enough!

Let me say this about excuse #1,

Your money is not for just you competing; it is also contributing to a Great Social Event.

Everything in life costs money, and you are getting a World Class Experience, at a bargain price. Not only do you get to compete but also there are so many other events to attend and cheer on.

Master Athletes have broken down the stereotypical dogma of Age - of getting old and weak.

Master Athletes have forced science and society to reevaluate the subject of aging with positive results.

When you attend an event like this, your money is going to support a true Worldwide Movement toward Positive Living.

You will also become a role model for future generations, as they look at our Clubs history in photographs and word. You will be documented and ranked a World Class Athlete.

Excuse #2. You're not fast enough if you hadn't entered!

You are #1,2,3, gold, silver and bronze. Your voice will join others and be with the winners of races.

There is no victory in winning without fan support. There are no events without cheers and fanfare. There is no thrill without the experience.

For all the laps and hours that you have trained with one of the top 10 clubs in Canada. You owe it to your self.

The recognition that you train at a World Class Facility with a World Class Club and that you are a World Class Athlete.

This will be the first time in our club's history that we are sending a team to the World Master's Games - Be a part of it!

-Rick Walker-Dade



CMSC Social Events

Thank you Justin for drawing our attention to the poor response for the snack club. We encourage our member's active and full participation in the snack club experience. We can use the newsletter to create an awareness for the snack club and offer suggestions on what to bring, quantity, and price range.



CMSC New Arrivals

Congratulations to Sharla Stoffman

Jani Dorken, she is due at the end of Feb.

Also, Val Pacini is due at the beginning of Feb.

I'll keep you updated on the new arrivals.

-- Laurie Wallace



Our Club is hosting the 2005 Alberta Masters Provincial Swim Championships.

We are asking for volunteers to help officiate as timers and stroke and turn judges. Other volunteers are needed to help organize this meet.

Please refer to the Masters Provincials Swim Meet package for more information.

Contact René Starratt for any inquiries or additional information.



Volunteers are also needed to help feed the 2005 Alberta Masters Provincial Swim Meet officials.

Saturday after the meet finishes we are having pizza for the officials and swimmers.

We need Volunteers to help organize and maybe get donations of food etc.

Contact René Starratt for any inquiries or additional information.



Calgary Masters Swim Club

2005 World Masters Games Edmonton Alberta Canada

July 22-31, 2005

www.2005worldmasters.com



Who is Going?

On Deck wants an article of who is going to the games, and the events you are participating in. Contact Rick Walker-Dade with your information.



CMSC Logo

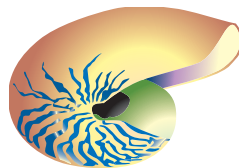
Design Contest

2005 World Master Games.

Don't forget to enter.

Deadline for submissions is

May 1 2005.



Masters Games Clothing decision

The Executive looked at samples of clothing and colours and made the following recommendations: blue swimsuits and blue tracksuits. The Games logo on the cap and t-shirts with the Club logo on the swimsuit and track suits.



Accommodations in Edmonton

Please take note, accommodations in Edmonton are going to be very tight. The truly international folk are booking far, far in advance, leaving us more 'local' people, scrambling for rooms. I highly recommend arranging accommodations NOW to avoid disappointment.

- Justin Welbourn



CMSC World Masters & Canadian Record Holders

We have a number of people who hold or at one time have held World Masters and /or Canadian Records.

World Masters Record holders are: Lori Wylie, Mike Morrow, and the CMSC relay of: Jeff Welechuk, Russell Patrick, Mark Jessee and Peter Henry.

Canadian Record Holders are: Jeff Welechuk, Mike Morrow, Dave Dickson, Peter O'Brian, Justin Welbourn, Jeanne Carlsen, Rene Starratt, and Lori Wylie.



2005 World Masters Games CMSC Participants

I have started a page on CMSC info about attendance at the games at <http://cmsc.ab.ca/meets/2005/wmg/> Contact me if you are participating, and your events.
- Mike Morrow

CMSC Logo Design Contest 2005 World Masters Games

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.
5. Winner of CMSC voting will need to sign release forms and submit artwork in specific formats.
6. All entries become the property of CMSC. The winning logo will be used for all CMSC promotional materials, starting with 2005 World Games
8. All entrants will receive a ribbon or button recognizing their contribution, the 4 finalists will receive ribbons, and the final winner will receive a commemorative plaque with the logo, and the date

The Art:

Entries should be ART that

- a) Will easily recognizable.
- b) Is reproducible 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.

The small image on the entry form is so that entries and forms are easily matched up.



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Canada- Rankings by club - 2004 - 25m

Christian Berger is big on statistics. He keeps numbers for everything and then massages, orders, and lists them, for all to enjoy.

All of your questions, and a whole lot more, can be answered on this website

<http://www.mastersswimmingcanada.ca/> under MSC Results and Records.

If you have any specific questions, I suggest you email Christian himself.

<http://www3.sympatico.ca/chberger/index3.html>.

- Justin Welbourn



Coaches Corner

Welcome back to the pool after the Christmas holidays. Hopefully everyone had a restful and indulgent few days.

January included four weeks of hard training. Great job to those who maintained their consistent schedule of coming to workout through the ever-changing weather. We had eighteen members participate in the Foothills meet mid-month. Unfortunately, I could not make it, but I heard people were content with their swims.

In the evening we have been focussing on speed work as of late. This focus will continue, as well as more challenging longer sets, until we begin to taper for provincials. One piece of advice to help you remain focussed through these tough sets is to concentrate on the task at hand.

Do your best job with the set you've been given, and then move on and refocus on the next set when the first one is complete.

We have been doing an excellent job thus far with the workload. Keep it up and have fun!

- Kathy K Monar



Club Meetings

Here is the summary of events at our meetings for the last three months:

December 2004

Mike Blondal of UCSC made a presentation on sponsorship of University of meeting Calgary Swimmers.

People on the CMSC waiting list will be notified about opportunities with the Talisman Masters.

Two new members were okayed.

There was a discussion of subsidizing travel to out of town meets.

January 2005

Three members were added to the early morning session.

It was decided to allocate potential travel subsidy funds to T shirts or caps for those attending the World Masters Games in Edmonton.

February 2005

The meet package for the Provincials was reviewed.

Team colours at the World Masters Games will be blue with silver trim.

- Mike Morrow



March Changes

Mar. 17, 19, 25 & 27 - cancelled

Mar. 18 - only MM is cancelled
- EB is still on!

Mar. 20 - new time! 4-5:30pm
(6 lanes SC)

- Jodie Wall



Exercise ferments the humors, casts them into their proper channels, throws off redundancies, and helps nature in those secret distributions, without which the body cannot subsist in its vigor, nor the soul act with cheerfulness. Joseph Addison, *The Spectator*, July 12, 1711
English essayist, poet, & politician (1672 - 1719)