

CMSC Newsletter

May, 2010

The Calgary Masters Swim Club has a long and storied history these past 34 years. It's only fitting that with the inception of a new Executive, our team heading to Nationals and summer registration on the horizon, we rekindle the tradition of our Newsletter.

It's been over a year since we last issued a Newsletter; you can expect design changes and a variety of topics as we move forward. When considering what the content should entail in the first edition, I can't think of a better place to start then with celebrating our tradition and honoring a program that so many have invested in over the years. We have a well established core of veterans and we are continually integrating new members each season.

The CMSC has evolved into one of the most enviable programs in Canada. Our competitors are continually improving, and not exclusively to the podium but with personal bests. We are the proud holders of several World Records, National Records and Provincial Records.

What makes our program unique is the ability to unify a training program that can meet and exceed the needs of such a diverse group of swimmers. The majority of us are here for individual goals, the chance to train, and enjoy the social aspect of the club. Competition may not be at the forefront today, but we can all work towards representing our club at meets down the road.

We are privileged to call the Talisman Centre our home pool, we enjoy some of the best workout times in the country and we feature 10 dynamic workouts a week. Embrace the companionship of your lane, your session and be proud to represent this club. For all of us, the common pursuit of improving is what keeps us coming back.

*Master's Swimming Canada's Motto
Fun, Fitness, Friendship and Participation*



From the Oval Office:



PRESIDENT'S MESSAGE (Mike Morrow)

The seasons go round and round, and springtime is here. Two annual springtime. Events are the Masters National Championship and our Annual General Meeting.

Thank you to all members who support my presidency. My ambitions for the upcoming year is:

- To continue shepherding the club through the trials and tribulations of the Talisman Centre roof replacement

- To support our coaching staff in providing opportunities for us to achieve our goals in high performance swimming
- To foster an environment where the membership can enjoy each others' companionship as we pursue our individual goals.

Several members have spoken to me of how much Calgary Masters Swim Club means to them. You yourself will admit it as well. Remember that we are all here to have a couple of hours away from the routine of everyday life and we must find it within ourselves to make those minutes memorable.

The Talisman roof replacement seems to be proceeding with no serious problems. I receive periodic reports from the staff, and there is no mention of delays. Removal of the roof panels should start in a few days, something we have all been looking forward to. We can then count on the rains to come. Thanks to various members for the impromptu ecdysiasm. Sunday attendance has picked up remarkably!

We have about a dozen members participating in the National Championship in Nanaimo on the May long weekend. On behalf of the other attendees, I would like to thank the regulars of Lanes One and Two for giving up your space so we can swim short, slow workouts with lots of rest. If you go to Nationals, you, too, can enjoy this one week of the year!

In the upcoming season, I will be assisted by an executive comprising a balance of hardened veterans and bright-eyed novices. We are all enthusiastic about the opportunities ahead of us. If you have any comments about the operation of the club, please feel free to talk to any of us. Thanks for your support, and thanks for your support of CMSC.

Your new 2010-2011 Executive Team

Mike Morrow – President
Susan Rockafellow – Vice President/Registrar
Kathy Burns - Treasurer
Rene Starratt – Meet Manager
Martine Skulsky – Facilities Coordinator
Laurie Wallace – Secretary/Equipment
Kelly O'Toole – Social Coordinator
Mike Desrochers – Newsletter/Media
Nancy Davis – Member at Large
Erin Corrigan – Member at Large
Natalie Tardiff – Member at Large
Peter O'Brien – Member at Large

Coaches Corner



1961 New York Yankees

.....message from the Head Coach, Matt Carruthers

"When you're playing, especially if you were alone or if you'd struck out a couple times, you'd say, 'What the h--s it all for, anyway?' But if you hit a home run and your teammates jumped all over you, you knew what it's all for." -- Mickey Mantle

No one knew the meaning of being a great teammate like Mickey Mantle. For a man who many still consider to be the greatest natural baseball player of his time--if not for all times--Mantle was remarkably humble, considerate, and team-oriented. Unlike many athletes today, who some believe are overpaid and egocentric, Mantle personified the meaning of teammate; and those who knew him and played beside him attest to all the stories.

The Calgary Masters Swim Club is more than just the stopping place for swimmers who have joined for fitness, its more than the next step for ex age group swimmers or university swimmers looking to continue on the pursuit of excellence in the water. It is the next chapter of making something good, great. Making a team stronger, and making an experience for others beneficial.

As we start to see the season roll into the summer months, we can look back and discover that each person made the season what it is. And with that comes the anticipation of what next season can become.

The 2009-2010 season brought a lot of challenges to the club from the addition of new members to the club, time changes to a regular schedule that most have gotten used to, and moving the early morning crew around to find pool time outside the Talisman Centre. But we have all done it with a great deal of dignity and have managed and adjusted well to the changes.

I want to thank the outgoing board for all their hard work and sacrifice over the last 11 months. They all should be thanked for doing a great job and maintaining the “ship” during these difficult times we have had with the construction of the roof at Talisman Centre.

I also want to welcome and thank the new board for stepping up and taking over the reins for the upcoming season. This is a undertaking that means a lot to the coaching staff and I know it means a lot to all of you. The volunteer time that is put in makes this club the great club we have right now. And this board will continue to push it in the right direction so that you can be proud of something that you have invested your time into.

I also want to thank the coaching staff that is on board for the summer and the next season. Randi, Adam, and Ashley have been absolutely pivotal in making the program the success it is. They are all great coaches, they all have great ideas for the program and they all do it for the love of the sport and for the success of the program. They are all very loyal coaches to this team and have been big supporters of me, and I cannot thank them enough for the job they have done not only this year but over the last two years. It has been a staff that I am very honored to have the opportunity to work with and be a part of.

As we look into the summer months, we will be looking at addition to our membership for those who have joined us in the past for the summer season. We will be looking for alternatives and problem solving the early morning sessions for those members to have somewhere to swim in the fall. We will be supporting those swimmers looking at swimming some of the open water races and other races as the season plan provides some distance workouts, as we did last year for some. The new plan is up on the web site that will take us up to the end of June. And I speak for all the coaches when I say how impressive it has been to see all of the swimmers take on some of the challenges of the workouts and we have been very happy with the feedback and the talks of direction that you have gotten out of the water to share with us.

EQUIPMENT



For all of your training and equipment needs shop at TEAM AQUATIC
All CMSC Members receive a 10% discount by showing your card

www.team-aquatic.com/store/

Our Athletes

- Approximately 10% of our membership attended meets in Western Canada, USA and Australia this season. We currently own;
 - 30% of all Alberta Masters Swimming Records
 - 15% of all Canadian Masters Swimming Records

- New Records September 2009-April 2010:
 - 2 World Records
 - 18 National Records
 - 34 Provincial Records

- World Records:
 - Jeanne Carlsen (1500m free, 800m medley relay)
 - Glenn Carlsen (800m medley relay)
 - Janie McCall (800m medley relay)
 - Simon Garside (800m medley relay)

- Canadian Records:
 - Above list of world record breakers plus....
 - Jeff Welechuck
 - Mike Morrow
 - Peter O'Brien
 - Dave Dickson
 -

- Alberta Provincial Records:
 - List of national record breakers plus...
 - Louise Giannoccaro
 - Kelly O'Toole
 - Rene Starratt
 - Keith Shaw

Check out Swim Alberta for a list of all National and Provincial Records
<http://www.albertamasters.ca/>

RACE PREPARATION

Mind Training Tips for Swimmers by Craig Townsend

#69 - Handling Psychological Warfare

Races are often won and lost *before they even begin*. Some swimmers who know this often try playing subtle mental tricks on their competitors - designed to give them a mental advantage without you even knowing it is happening. Occasionally these can backfire on the swimmer by taking their focus off their own race, but it is also important to be ready to handle these unexpected 'attacks'.

These tactics can only affect you if a) you allow them to, and b) if you do not realize what these swimmers are trying to do. Of course, mental energy should never be wasted upon worrying about anything these swimmers say or do, as that is exactly what they want you to do - focus upon problems instead of the race! But you must be on the lookout to ensure you are not being mentally 'influenced' without your knowledge.

So what kind of subtle tricks should you watch out for? First of all, there's the swimmer who tells you they "haven't trained much at all and they don't expect to do well". They may even follow this statement by saying "but *you* should do well, you've been training heaps lately!". This is a subtle way of taking *all* the pressure off themselves, whilst placing it firmly upon *your own* shoulders! Never fall for this one - either ignore the comment completely or put the pressure back onto them somehow (ex. "But you *always* do well in this event, I think you'll be tough to beat today!").

Body language is another subtle way of psyching others out. Some swimmers strut around as if they 'own the pool', and this outward display is designed to place a small amount of fear into their competitors' minds, making them wonder *why they* don't possess the same level of confidence as this swimmer seems to have. Any swimmers who may be low in confidence would then *feed that fear* with their own negative thoughts, until they eventually become mental monsters! By this stage, they would be out of the race before it even began.

Body language is one of the most powerful mental influences, and if you find that a swimmer's body language is somewhat *psyching you out*, then simply refuse to look at them - in fact, you can then mentally reverse the situation, and imagine the swimmer actually being intimidated by *you*. Or otherwise you might wish to display some strong body language of your own - as not only does this affect *other* swimmers, it also mentally *boosts up* the swimmer who uses it.

Then there's the more obvious approach - a swimmer who says to you right before the race 'you're going down!'. Your response *mentally* should be to *totally ignore* these comments and continue to focus upon your own swim.

However your *outward* response might vary, according to how you feel at the time. You might choose to ignore them completely with a totally expressionless face, as if you didn't hear them - and I think this is a powerful response as it makes the swimmer wonder whether you heard them or not, or whether you are simply ignoring them!

Alternatively you might choose to retaliate with a very *short* comment such as 'no, I'm on the way up' - and then pay them no more attention. Always keep it short though so it doesn't get your emotions involved - very important.

Then there is the 'reverse psychology' tactic to the swimmer who tells you you're 'going down'. This approach means you might respond with 'yes, I probably will' - as this can take the pressure off yourself and put it right back onto *them!* It also stops them in their tracks, as there is really nothing they can say in response to that. But beware, if you use this approach, make sure that you mentally *re-affirm* to yourself that you don't really *believe* what you said at all, but in fact you are going to swim powerfully and brilliantly.

Many races are won and lost even before the race starts, never forget this. The key is to ensure your mind always remains focused upon the goal, not the obstacle. As long as you do this, you will never allow anyone to psych you out.

Nutrition and Performance

Swimming performance depends upon a number of factors including genetics, training, diet and motivation. Many of these factors are difficult to control, however, nutrition and diet can be controlled. Like all athletes, swimmers require a nutritionally balanced diet than contains nutrients to sustain normal daily activities as well as those associated with training and racing. Making wise food choices can provide the muscles with the proper fuel and allow swimmers to train longer and harder.

NUTRITION NEEDS FOR SWIMMERS

CARBOHYDRATES

Carbohydrate foods are used first and most efficiently by the body as fuel to perform exercise activity. A general guideline is to have the greatest amount (55-60%) of daily calories coming from carbohydrate rich foods, which include, rice, dairy products.

PROTEIN

Protein is needed for the building and maintenance of muscle tissue, enzymes, hormones, antibodies and other important bodily functions. Recommended daily protein intake is 15- 20% of total calories. Consuming more protein than what the body can use does not build more muscle, but is converted to fat. Protein sources include meat, fish, poultry, dried beans and peas, and lowfat dairy products.

FAT

Fat is important in every cell in the body and acts as a carrier for vitamins throughout the body. However, the typical swimmer consumes too much fat. It is widely accepted that swimmers should consume no more than 30% of total calories should come from fat. Limiting high fat foods, such as salad dressings, chips, doughnuts butter and margarine will help keep fat consumption within a desirable range.

The key to meeting the nutritional needs of swimmers is to apply variety, moderation and balance when choosing a high carbohydrate, moderate protein, lower fat diet. The Food Guide Pyramid System provides an easy tool for meeting such needs.

SNACKING:

Snacking is a way of life for most swimmers. Choose healthy snacks to keep fit and provide energy for training.

TRY:

| | |
|----------------------------|---------------------------|
| lowfat yogurt | fresh or dried fruit |
| cereal and lowfat milk | fruit or vegetable juices |
| bagels | crackers |
| pretzels | fig bars |
| oatmeal and raisin cookies | lowfat granola bars |
| nutrigrain bars | |