

CALGARY MASTERS SWIM CLUB



FEBRUARY NEWSLETTER

February 22nd, 2012

Challenge yourself.....

The CMSC Long Course Invitational Swim Meet

Sunday, March 25th at the Talisman Centre

CMSC is excited to be hosting our first meet since 2009.

Volunteers are needed to help with putting on this event.

- Timers (no experience necessary)
- Stroke and turn judges

If you are able to help, or for more information, please contact Jeanne Carlsen at meetmanager@cmsc.ab.ca



2012 Alberta Masters Provincial Swimming Championships

April 14th - 15th, 2012 at the Kinsman Sports Centre

Hosted by our friends in Edmonton: The Edmonton Masters Swim Club and Making Waves Swim Club

The meet package is available by clicking [HERE](#)



*** DON'T FORGET ***

The **2012 Canadian Masters Swimming Championships** will be held in Kelowna, BC on May 18th - 21st, 2012.

Registration is limited to 500 swimmers and accommodation on the long-weekend is limited so make your arrangements soon.

www.cmsc2012.ca



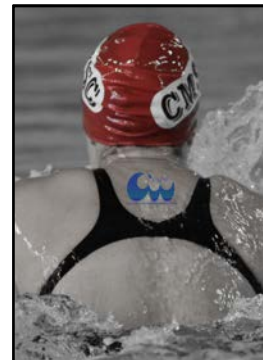
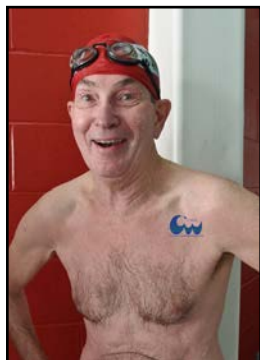
A CMSC Social Event is coming soon.

CALGARY MASTERS SWIM CLUB

CMSC TATTOOS



Release your inner Bad Ass at the next swim meet. We have ordered CMSC temporary tattoos, which will be arriving in the next few weeks. The cost is expected to be 3 for \$1.00.



CMSC latex swim caps are still available for \$7.50. See Louise Giannoccaro or Diana Klaassen during training sessions or contact Diana at dimark39@gmail.com

LONG COURSE TRAINING

Tuesday and Thursday evening training sessions will be long course (50m) until the end of June due to the Age Group Clubs' training schedules. To help spread out and accommodate the diverse abilities of our swimmers, we have opted to acquire an extra lane for one hour during these evening sessions, which tend to be the busiest. This additional cost is within our approved pool rental budget for the current season. Attendance at the evening sessions will be monitored and if the additional lane is not warranted on a consistent basis it will be cancelled.

We hope to be able to provide long course training to the other sessions, and have a request in to swim long-course when it is available to a maximum of once per week. There may be times when it is more or less frequent than this due to the Age Group Club schedules and/or special events at Talisman.

Please keep in mind:

- We are fortunate to have a wonderful facility which offers us the possibility for this different swimming experience, from which we can all benefit. We are the only Masters Club in Calgary that can offer this opportunity to its Members.
- Our swim meet on March 25th is long course
- Approximately 50% of those answering the recent survey agreed with the Executive's decision to offer long course training to early-morning and mid-morning swimmers. We are aware that some people do not enjoy swimming in a 50m pool, however, there are others who really do enjoy this and we would like to give everyone this opportunity and challenge.

An article discussing some of the advantages of training long course can be found [HERE](#)

CALGARY MASTERS SWIM CLUB

** Bylaws and Policies Update **

The CMSC draft bylaws and policies have been emailed to all Members and the most recent versions have been posted on the website, in the “Members Only” tab, for all to see.

(If you have forgotten your login ID and password, contact communications@cmsc.ab.ca)

Please do have a close look at these important documents and forward any input to bylaws@cmsc.ab.ca

We will be holding another open forum soon to allow for discussion and exchange of ideas.

A brief history: CMSC’s current bylaws date back to 1982 and are now deficient in many areas:

- We currently are not able to implement or enforce any polices due to the fact that they are not referred to in our bylaws;
- We are not allowed to spend more than \$200 without going to the Membership for a vote;
- Notification of meetings must be sent out by regular mail;
- and the list goes on.....

Swim Alberta rewrote their bylaws earlier this year, with the assistance of legal experts in this area, and we have had the great advantage of being able to refer to these as we have rewritten our own. We were also able to use some excellent templates for club policies provided by an expert in the legal aspects of sport.

What we need to do now: After Members have had the chance to give feedback at the next forum, we will have the draft reviewed by a representative at Alberta Registries to ensure that they comply with all government requirements. A **General Meeting** will then be called to vote on a Special Resolution to rescind and replace our bylaws. Our new Club Policies can then be voted on at our next AGM as is required in the proposed new bylaws.

*** Please make every effort to attend the forum and even more of an effort to attend the General Meeting when called. It is imperative that we reach quorum of 25% of our members at this meeting in order to pass the Special Resolution ***

** Let’s get this done everyone, and move our Club forward **

CALGARY MASTERS SWIM CLUB

COACH KEVIN'S CORNER

Kevin Coulman, Head Coach



Over the past five months, I have had a chance to watch most of you and have identified a few problems that it seems everyone can work on. I am sure most of you are aware of the biggest problem, even if you would prefer not to acknowledge it. The issue of course is kick.

I have been doing a few more kick workouts over the last little while and there is a reason. Kick doesn't just provide us with speed, but it also provides a swimmer with balance in the water. As a coach, if you give me a swimmer who can just kick well, and can't do anything else, I can do great things with that swimmer.

Kicking with a board is certainly one way to improve, so is doing streamline kick on your front, back and side, using dolphin kick and flutter kick, as well as breaststroke kick in certain circumstances. Importantly however, there are plenty of drills to help with improving your kick and I will be addressing freestyle drills with flutter kick today.

All these drills use flutter kick a great deal and will help improve the balance and timing of your freestyle. I have not been able to find online videos of exactly what I am looking for, but I have included an example of Alexander Popov's freestyle, which I feel is the epitome of freestyle skill. To watch Popov's freestyle click [HERE](#)

FREESTYLE DRILLS: The flutter kick in freestyle has the least impact on propulsion of all the strokes, but it is still very effective at maintaining balance. Three important points to remember are:

- It is important to avoid crossing the legs when you roll through the water.
- Maintaining a consistent and small kick will enable you to transition well through the arms
- It should be no less than a three beat kick.

Drill #1 SIDE KICKING: You can do this drill alternating arms every 6 or 10 kicks, or you can just remain on your side and kick. You want your head to look down, but your body rolled right onto the side, holding your arm right out in front of you. This will teach you to kick on the side, which is where most of the force and hold on the water is generated.

Drill#2 SWEET SPOT: This drill is all about body position and head independence. Arms are at your side and you will kick with your body on the side and your head looking down. After about 6 kicks you will turn your head 180 degrees, so it is facing the ceiling. You will do this while keeping your body still. After another 6 kicks move your body 180 degrees to the other side and then repeat. This should be done at first with fins.

Drill #3 OVERKICK: This drill is more of a swimming exercise. While swimming, you will gradually increase your kick rate while keeping your arms at the normal rate. Eventually, you will exceed a 6-beat kick and will really learn what it is like to kick during your stroke. This will help you finish races and teach you to maintain a solid kick rate.

In summary, the main thing to think about while kicking is to continually move the legs. This will provide you with balance all the time, and will aid in generating propulsion.

A lot of other good teaching videos can be found on <http://www.goswim.tv/>

Keep on kicking folks !!

Kevin

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CMSC TIME TRIAL EVENT

CMSC would like to extend a special thank you to the Calgary Patriots Swim Club for hosting CMSC in this event. Calgary Masters had 24 members participate, swimming side-by-side with the kids. There were some exciting races, none more so than Jeff Welechuk's 100m back stroke event, where he out-touched a speedy young super star to win the race by 1/100th sec. Congratulations to everyone, with an extra cheer for those who competed for the first time in years.



Some good natured trash talking



The coaches cheering on the competition



For more photos from the TT
Event click [HERE](#)

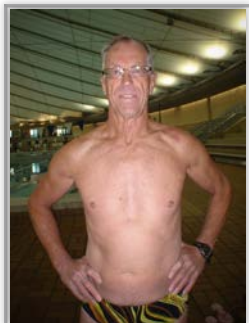


Neil sizes up the competition

CALGARY MASTERS SWIM CLUB

CMSC SWIMMER OF THE MONTH FEATURE:

Meet Jim Fry



We would like to share Jim's story with you....

As many of you know, Jim has been training hard and competing in Ironman Competitions since well before he joined CMSC in 2007, including the Ironman World Championships in Kona last fall. He has been ranked in the top 10 in the world in his age group for a number of years. What many of you don't know, is that Jim has been doing this recently with an artificial hip.

THE EARLY YEARS: Jim grew up in Red Deer playing all kinds of sports and eventually landed at the University of Calgary where he played water polo and rugby. He began running regularly in 1978, at the age of 37, while teaching Phys. Ed. at Forest Lawn High School. Jim and a buddy decided to start jogging over the lunch hour, just to stay fit, and after only few months they both decided, on a whim, to enter in a 10K run. Jim finished this first race in just over 40 minutes, and

as a result of this early success he decided to push himself and enter in a marathon the following spring. Again, Jim finished strong, at 3:15 and said "that is when I got the bug".

In 1983, at age 43, he decided that, since he could already swim from his early years playing water polo, and he could already run, he may as well give triathlon a try. How hard could it be? So he borrowed a friend's rusty old bike and entered in his first triathlon. "I just struggled through the bike section of that race", Jim recalls, but he managed to finish the race and was hooked. Since then, training for and competing in Ironman competitions has been a driving force and focus in his life.

Jim was Provincial Champion and Canadian Champion in numerous Olympic distance and half Ironman competitions from 1987 - 2003. He also ran in the 100th Anniversary of the Boston Marathon in 1996 with an impressive time of 3:08.

THE ACCIDENT: Jim retired in 2006 at the age of 65, and was looking forward to dedicating more time to his training and competing. While out for a bike ride near Lake Chestermere, a Calgary Transit bus took an unexpected turn directly in front of Jim, forcing him to make a tough decision to bail or be hit by the bus. He quickly decided to bail and avoid the inevitable collision, fracturing his right femur in the fall. Surgery was required, followed by a long, slow recovery that did not progress well. The following year he required a total hip replacement and endured another slow rehabilitation process. One of Jim's biggest concerns was that he lost 2 years of his training.

THE BIG COMEBACK: Throughout his recovery and rehabilitation Jim continued to train his upper body and decided to get back into the pool early. He entered in the Long Bridge Swim in Idaho while still on crutches. His wife had to help him into the water and at the end of the race "I dragged myself out of the water, crawling to the finish line on hands and knees to win my age group".

It was shortly after this race that we met Jim, hobbling into the Talisman Centre with a cane, for mid-morning swim with CMSC and he has been a regular at our workouts ever since.

Jim has come a long way since his accident over 5 years ago. He competed in the Half Ironman World Championships in November 2010 winning his 64-69 age group. He also competed in the Ironman World Championships in Kona Hawaii. His doctors are not sure how much pounding and abuse his "modified Birmingham" hip joint can take. They have never seen someone doing what Jim has done with a total hip replacement. Discretion being the better part of valour, Jim, with great disappointment, withdrew from the running section of the Kona Ironman due to an infection in his toe and concerns over his hip. "I don't want to end up in a wheel chair".

Jim will focus on the shorter Olympic distance Ironman competitions from now on, and also start going in some more Masters swim meets when they fit into his busy schedule. Keep an eye on Jim, he will continue to be a force to contend with.



Jim competes in the CMSC Time Trial Event

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**CMSC Website **

Many of you indicated in the survey that you are very happy with the current CMSC website and are wondering why we need to update it at all.

The website design dates back to about 1997 and requires some technical knowledge of websites to maintain. The problem is that currently only our webmaster has this technical ability to make changes. Mike Morrow, our Past President, has been CMSC's long-serving and dedicated Webmaster and we hope that he will continue in this role, however we would like to develop a website that allows for a person with moderate computer skills to update the website content.

People seem to really like the look and the feel of our current website and are generally happy with the information provided. One of the most important requests is that it be kept up to date. Some excellent suggestions were made with respect to how to improve things and we look forward to incorporating these ideas into the new site.

We are in the early stages of looking into a redesign and will hopefully have some information and costs available at our next AGM.

If you have any expertise or interest in this area and would like to help please contact Mike Morrow at webmaster@cmsc.ab.ca

FOR THE FASHION FORWARD SWIMMER



Let us celebrate the accomplishments of your team mates. Contact communications@cmsc.ab.ca if you have something to share.

CALGARY MASTERS SWIM CLUB

CONTACT INFORMATION:

www.cmssc.ab.ca

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