

# CALGARY MASTERS SWIM CLUB



## May 2012 NEWSLETTER

May 30th, 2012

### \*\*\* 2012 Annual General Meeting \*\*\* & Potluck Dinner Social

Friday June 22, 2012

Potluck starts at 6:30pm, Meeting to begin at 7:30pm

McDougall United Church, in the Hospitality Hall  
8516 Athabasca Street S.E. (Click [HERE](#) for map)

\*\* Door Prizes \*\*

Details on the Potluck Social to follow

To view the Letter from the President regarding the AGM and Nominations click [HERE](#)

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MSC Masters Swimming Canada MNC Maîtres Nageurs Canada

### Summer Pool Schedule \*

Begins July 2nd, 2012

Mondays: 9:30am - 10:30am

Tuesdays: 7:00 - 8:30pm

Wednesdays: 6:00am - 7:00am

Thursdays: 7:00pm - 8:30pm

Saturdays: 10:30am - 12:00pm

\* All sessions open to all Members



# CALGARY MASTERS SWIM CLUB

## A TRIBUTE TO OUR VOLUNTEERS

As many of you saw during the Long Course Meet CMSC hosted in March, we were fortunate to have a large number of enthusiastic volunteers. Members, their friends and family volunteered their time so that CMSC could host this event. The smiling faces during check-in, the words of encouragement before the start and copious amounts of praise as the competitors dragged themselves out of the water were wonderful to see and hear. We are extremely grateful and would like to extend a special thank you to everyone. It would simply not be possible to host a meet without our volunteers.



Dave brings out the whole family to help: Wife Marilyn (left), his daughter Christine (center, right) and his father, Doug.



Drew and Sandi share a laugh



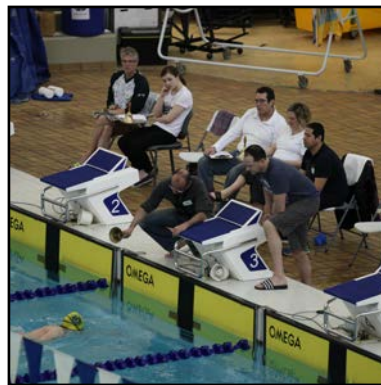
Marilyn and Tom keep a close eye on the finish.



Don makes sure all the numbers are adding up



Paige takes a well deserved break



It is a group effort. THANK YOU



Tom and Annette Gillis

# CALGARY MASTERS SWIM CLUB

(A popular treat from the CMSC Meet Volunteer Room)

## Elaine's Cranberry-Poppy Seed Loaf

Preheat oven to 350F  
In a large bowl, combine:  
6 C flour  
150g poppy seeds  
4 tsp baking powder  
3 tsp baking soda  
2 C sugar  
Rind from 2 lemons  
1 bag frozen cranberries

In a small bowl mix together:  
1 C oil  
4 beaten eggs  
750g plain or vanilla yogurt  
1 1/2 C milk  
Stir into dry ingredients.  
Do not over mix.  
Pour into 4 greased loaf pans,  
Bake for 45-55 minutes.

Cool for 5 minutes then turn onto a cooling rack to cool.  
Glaze:  
Juice from 2-3 lemons  
1 C sugar  
Microwave 1 minutes to dissolve sugar  
Spoon over top and bottom

\* Note: Recipe can be halved

## SOME OTHER VOLUNTEER OPPORTUNITIES



CMSC has been contacted by some other organizations who are looking for volunteers to assist with some non-Masters, unsanctioned swimming events.

One of our Flex Members, Keith Shaw, has been active in the [Alberta 55 Plus](#) organization for many years. He will be hosting a "Fun Meet" for swimmers aged 50 and over on Tuesday, June 5th, 2012 at the Talisman Centre. Keith is looking for volunteers to help run, and swimmers to participate in, this event. For more information please contact Keith at 403-252-9238.



In addition, the 6th [Canadian Transplant Games](#) is coming to Calgary this summer. The swim meet portion of the games will be held on Thursday, July 19th at the Foothills Pool. Brad Tomlinson (evenings) is assisting with this event and if you are able to help out in any way please contact him at [Brad.Tomlinson@gov.ab.ca](mailto:Brad.Tomlinson@gov.ab.ca). Alternatively you can contact Gail Nicholson, Transplant Coordinator at 403-813-8137, or by email at: [Gail.Nicholson@albertahealthservices.ca](mailto:Gail.Nicholson@albertahealthservices.ca). For more information about the Transplant Games please visit their website by clicking [HERE](#)

## FINA WORLD MASTERS CHAMPIONSHIPS

The [2012 Fina World Masters Championships](#) swimming competition begins on June 10th in Riccione, Italy.

CMSC would like to wish Jeanne and Glenn Carlsen GOOD LUCK.

Best wishes also go out to our friends from the Calgary Winter Club, the Calgary Aquamums and Calgarian Ivan Pivovarov who are also attending this event.

9700 swimmers from around the globe, ranging in ages from the 25+ to 95+ age groups, will be competing in the pool.

To learn more about this exciting event, check out the website [HERE](#)



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## PROVINCIALS RECAP

*by Eric Hogan, Coach*

Last April I was able to attend Alberta Masters Provincials in Edmonton, and hopefully contributed to the success of the Calgary Master Swim Club. The weekend was full of excitement, and fast racing. As a team I feel we made our presence known to the rest of the Province. We had a strong turnout with roughly 20 athletes representing our club. Unfortunately the poor weather kept a few people away. The team fared well and came second in total points to the host team, Edmonton Masters Swim Club.

### ***The CMSC Women:***

[Louise Giannoccaro](#) showed up to race with a positive attitude and it paid off. In the 50-54 age group she finished first in almost all of her events and set two new Provincial records in 100m and 200m fly at 1:11.32, and 2:42.12 respectively.

[Natalie Tardif's](#) hard work in practice has started to pay off. She made her presence known and continues to improve in the breaststroke events, finishing second in the 50m, 100m and 200m in the 35-39 age category. Natalie's focus on adjusting her technique has been her biggest obstacle but has paid off greatly this season.

[Melissa Giovanni](#) continued her sprint tour. She is always eager to cut loose and sprint. Melissa finished first in the 50m free as a 30-34 year old with a time of 0:29.75. She is determined to keep her 50m under the 30 second mark.

[Jeanne Carlsen](#), at the upper end of her age group, just missed beating her own Provincial record in the 200m free but dominated the 50-54 age group field of competition. She also had some great performances in the 200m breast, 100m back, and finished 1st in the 200m I.M. Jeanne's work ethic is unmatched and she spent a great deal of time and focus on reviewing her races. You are a great example for your team mates of how to learn from your race experiences.

[Denise Logan](#) stayed under the 2:00 barrier in her 100 I.M. and continues to improve in all her events. Denise was always ready to participate on relays whenever I need her and would always look for advice and feedback to better her racing abilities. She was a fantastic, supportive team mate throughout the weekend.

### ***The CMSC Men:***

[Jeff Welechuck](#) is no stranger to success. He placed first in the 50m, 100m, 200m and 400m free events as well as the 50m and 100m back. He was a close second in his 50m fly. Jeff is a strong competitor that not only excelled in his own personal events, but was an outstanding and supportive team mate on the relays.

[Gaelen Andrews](#) showed that the hard work and focus that he has been putting into his underwater technique is beginning to pay off. He finished 2nd in the 25-29 age group in the 50m free, 100m back, and 100m free.

[Colin Way](#) stepped it up as a 30-34 year old at this meet. He won the 50 and 100 FR, he also finished second in the 200 I.M. Colin is a great team mate that is willing to contribute to relays and perform whenever he is needed.

[Yiorgos Boudouris](#) continued to work on his splitting in his 400m I.M., and finished second in his 200m I.M. Yiorgos is always ready to work hard and it was a privilege for me to see it pay off and help him with his approaches to racing.

[Mike Morrow](#) is clearly a great competitor, I don't normally get a chance to work with Mike but quickly learned that he is an excellent athlete. To me, his most notable performances were the 100m fly where he almost broke his own Provincial record in the 60-64 age group, and set a new Provincial record at the end of the weekend in the 1500m free with a time of 21:26.48.

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[Glen Carlsen](#) is another amazing example of what you can achieve with hard work. Glen finished first in the 200m breast, 200m I.M, 200m fly and 800m free. He also set new Provincial records in the 200m fly and 800m free, going 2:39.59 and 9:37.66 respectively.

[Bob Robinson](#) brought out his charisma and sense of humor on deck. This great attitude transferred into his approach to racing. In the 45-49 age group, he came 2nd in the 50m free with a time of 31.39. Bob is now motivated to try and shatter the :30.00 barrier.

[David Amundrud](#) is finding a passion for distance events. He finished first in the 400m free in the 55-59 age group, and came in second in the 800m free. David is eager to continue to work on his pacing and will certainly continue to improve.

[Neil Topping](#) is always so eager to learn about technique and how he can improve any aspect of his swimming abilities. It was exciting to watch Neil take on a 1500m free. He was able to finish second in the 70-74 age group. Immediately after his race, Neil was already in the mindset of learning how he could improve his pacing and technique for his next attempt at the 1500m free at Nationals!

[Dave Dickson](#) showed a couple of standout performances. His 100m I.M earned him first place in his 55-59 age group. Dave also finished second in his 50m free with an impressive time of 28.34. It was great to have Dave on deck to help me organize relays and show me the ropes of how Masters swim meets function.

[Alen Djelic](#) made huge strides in taking time off his personal bests and really learning what it feels like to race fast. Alen finished third in the 35-39 50m free, and second in his 100m free. Alen approaches swimming with great intensity and demands much from himself. It is a pleasure to see someone with as much passion to improve, achieve their goals.

Photos from Provincials are [HERE](#)

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## NATIONALS IN KELOWNA

*by Kevin Coulman, Head Coach*



This year's Canadian Masters Swimming Championships Nationals was held in Kelowna over the May long weekend. This was the first time I have attended this event and I was quite impressed with the level of competition at this meet. The athletes competing were amped up and the excitement was contagious and to think that this meet can be even bigger when it is held in the east! The facility in Kelowna was excellent and the meet was well organized. We even had Swim Canada's Pierre Lafontaine out to encourage the swimmers. I would have liked to have seen more CMSC Members there but the 20



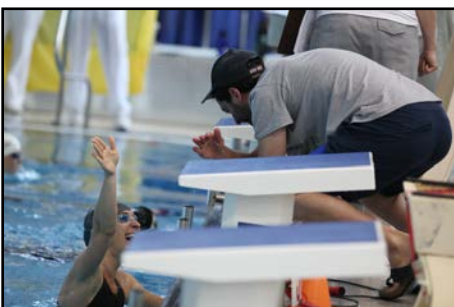
that did compete all swam very well. Some new Canadian and AB records were set by Glenn Carlsen, René Starratt, Mike Morrow and Jeff Welechuck and new AB records by Louise Giannoccaro. Importantly, many personal best times and personal goals were achieved: To name just a few, David Amundrud took off 1 minute from his 1500m freestyle time and Denise Logan removed seconds from all her events. Natalie Tardif dominated her age group in the breaststroke events and Jeanne Carlsen wowed the crowd with very strong performances in all her events. Jorge Aarnes and George Colbert had some of the closest and most exciting races at the meet. Yiorgos Boudouris performed very well in all his events and seemed to serve as head cheerleader. Congratulations also go out to Kristi Hallett, Laurie Wallace, Erin Sullivan, Sue Hill, Neil Topping, Keith Shaw, Nancy Davis and Peter O'Brien.

The quality of our program and the talent of our Members was evident in Kelowna. I hope that the coaching staff can continue to help all of you to reach your goals in the future.

# CALGARY MASTERS SWIM CLUB

## NATIONALS IN KELOWNA

*A few images that capture the mood ... action shots are coming soon.*



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## OPEN WATER SWIMMING SEASON

by *Jeanne Carlsen, Meet Manager*

With the “pool season” quickly coming to an end, many of you may want to venture into the open water.....literally.

There are several events that take place in BC over the summer as well as just south of the border. You can try anything from a 1km open water swim, all the way to a full 10km swim this summer. Registration for many events is well under way.



**Vancouver Open Water Swim Association** is a great site to find all sorts of races as well as other great information on open water swimming: <http://vowsa.bc.ca/>



In Kelowna, the **Across the Lake Swim** takes place this year on Saturday July 14. Details can be found on the following link: [www.acrossthelakeswim.com](http://www.acrossthelakeswim.com)



Next up in the sunny Okanagan is the **Rattlesnake Island Swim** in Peachland (no, there are not any rattlesnakes that I have seen in the swim!). There are two options at this race: A 3.1km one way swim, or a 7km out and back swim. You must supply your own paddler and kayak/canoe to participate. If you are doing the 3.1 swim, they do shuttle you out to the island to the start. This event will take place on Saturday, August 11th in Peachland. Check out the website for details:

<http://www.peachland.ca/cms.asp?wpID=45>



The final event in the Okanagan, to be held on August 17th and 18th, is the **Kelowna Apple Open Water Swim**. This event is held in conjunction with the Kelowna Apple Triathlon. There are several racing options here as well: 1.5km and 5km. It is a looped course that does have a boom around the course to lessen any boating waves.

<http://okmasters.com/events/2012-apple-open-water-swim-invitational>

Be aware that some events do allow wetsuits and others do not, check the information carefully before entering.

If you have any questions on the events noted above or others, please do not hesitate to contact me at [meetmanager@cmssc.ab.ca](mailto:meetmanager@cmssc.ab.ca) !

*Jeanne*

# CALGARY MASTERS SWIM CLUB

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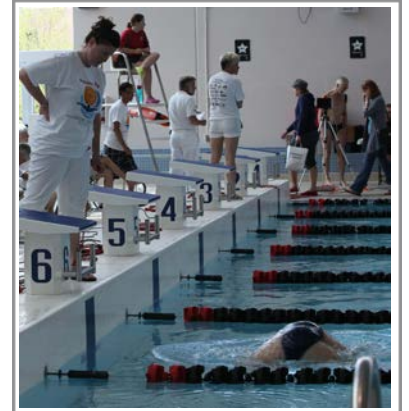
## COACH KEVIN'S CORNER

*Kevin Coulman, Head Coach*



**TURN:** In this feature, I decided I would address turns. I am aware that most of you are toning down your pool swims now that Provincials and Nationals have come and gone, and starting to shift your focus to open water swimming; However I have noticed in workout that your turns still need some improvement and the summer months are a great time to focus on this.

Executing a solid, proper turn will enable you to turn around faster with less work and energy used. You can use that extra energy to pick up your leg speed or stroke rate and increase your overall speed. Initially, developing your turn will be difficult but once the movement is controlled and the technique improved you will be able to use the turn repeatedly in workout.



The turn technique can be broken down into steps, from the approach to the wall to the first three strokes after the wall, which can be a total of 15 meters for the top swimmers.

**The Approach** - When coming into the wall many of you make the error of slowing your stroke rate down and gliding on or after the very last stroke before the turn. The turn should be as much a part of the rhythm of the stroke as the stroke itself. Keep your stroke at the same rate leading up to the turn, or even pick it up if you are swimming in a longer event. Your last stroke should be part of the start of the turn. Doing this will allow you to start your turn further from the wall as that last stroke will still pull you forward.

**The Throw** - Now that you have swam into the wall the goal here is to try and throw your feet from behind you to the wall as quickly as you can, but with enough control to give yourself the best push off the wall. We do not want to curl up into a tight little ball, instead we should start by bending from the hips into a 90 degree angle with your legs kicking behind you. Your hand should still be moving backwards. When you get to 90 degrees you should tuck your neck into your chest, then lift your feet out of the water slightly and throw them to the wall. Execute the throw quickly so that your hips do not drop. Your hands should be facing the opposite way and should be used as balance. They need to be positioned so that you can streamline right off the wall.

**The Push** - Make sure that your feet have touched the wall at the same time and at least 6 inches below the surface, with your toes pointing up at the ceiling. There should be a good bend in the knees but not too much or too little. As you push you should feel all of your big muscles through the core (shoulders to glutes) tighten and push. Resist the urge to rotate your body to the front during this push. Try to stay on your back.

**The Streamline** - Now that you have left the wall make sure that your arms are straight and connected at the hands and your body is perfectly straight and at least a foot underwater. Right before your speed begins to drop begin rotating onto your front while performing a few dolphin kicks (at least 2 but you should strive for more). The dolphin kick motion will help you rotate and keep your speed up a little longer before you surface. Start your flutter kick immediately after your dolphin kick and try to match the kick rates.

**The Breakout** - Now that you are on your front the first stroke should happen slightly underwater, the lift from that stroke will bring you out of the water. Do not breathe on the first or second stroke to make sure we don't interrupt the breakout. The first three strokes should be a little faster than your normal stroke rate just so you can get up to speed and then let the next few strokes settle back into actual pace.

Click [HERE](#) to watch this short demonstration video.

Please ask any of the coaches for feedback on your turns during practice and we will be happy to help you improve.

*Kevin*

# CALGARY MASTERS SWIM CLUB

## \*\* CMSC Website \*\*

[www.cmsc.ab.ca](http://www.cmsc.ab.ca)

*Louise Giannoccaro, Communications Officer*

After exploring some options regarding website redevelopment we have reconsidered starting from scratch. Most Members like the look and the feel of the Club's website and feel that the information it provides is adequate. The concern I had was that our long-serving Webmaster was the only person who could maintain it and keep it up to date. However, after words of encouragement and a few short lessons, I am happy to report that I am now able to take on this task.

We feel that as long as there is at least one person, other than Mike, who has this ability there is no need to invest the time or money in redevelopment at this time. Mike has confirmed that he will continue to provide assistance with the website for the foreseeable future and will train future Communications Officers as the need arises.



I spent some time over the past few months going through the comments Members gave in the last survey and have been able to incorporate some of the suggestions:

- Posting the Training Schedule on the main page for ease of access
- Current meet information and deadlines have been posted on the main page
- Practice schedule changes are updated regularly, stale dates are removed
- Web workouts are now available and will be changed on occasion or upon request
- The home page has been kept current and old information has been archived
- Two new features, a "Contact" page and "Records" page have been added

The *Members Only* section is an area with single username and password access. We will be changing the password each year (if you have forgotten the login ID or password please let me know). In this area you will find various documents including:

- Approved Executive Meeting Minutes
- Draft Minutes from the 2011 AGM and General Meeting held on April 24th 2012.
- CMSC Bylaws
- CMSC Draft Policies

If you have any suggestions on ways to further improve the website please send them to either Mike Morrow at [webmaster@cmsc.ab.ca](mailto:webmaster@cmsc.ab.ca) or to me, Louise Giannoccaro at [communications@cmsc.ab.ca](mailto:communications@cmsc.ab.ca)

Let us celebrate the accomplishments of your team mates. Contact [communications@cmsc.ab.ca](mailto:communications@cmsc.ab.ca) if you have something to share.

# CALGARY MASTERS SWIM CLUB

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## CONTACT INFORMATION:

[www.cmssc.ab.ca](http://www.cmssc.ab.ca)

### CMSC Executive

#### PRESIDENT:

John Starratt [president@cmssc.ab.ca](mailto:president@cmssc.ab.ca)

#### VICE PRESIDENT/REGISTRAR:

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#### SECRETARY:

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#### TREASURER:

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#### MEET MANAGER:

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#### COMMUNICATIONS OFFICER:

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#### PAST PRESIDENT:

Mike Morrow [pastpresident@cmssc.ab.ca](mailto:pastpresident@cmssc.ab.ca)

