

CALGARY MASTERS SWIM CLUB

August 25th, 2012



2012 Summer Review



Hello Everyone! It is hard to believe that our summer is coming to an end so quickly.

We have seen some variety in swimming activities this summer. In addition to our training sessions at Talisman, CMSC Members have been seen swimming in Lake Bonavista with our friends from Rocky Mountain Masters, and swimming and lounging at Bowview Pool over the lunch hour. The competitors among us have been taking part in numerous open water races as well as triathlon and Ironman competitions, including the Across the Lake Swim in Kelowna, the Kelowna Apple Open Water Swim, the Long Bridge Swim in Sandpoint, Idaho and the upcoming Subaru Ironman Canada, just to name a few.

CMSC Members volunteered their time this summer to help out with the Age Group Nationals competition at Talisman as well as the Transplant Games, which were held in Calgary this year, and the Alberta 55 Plus fun meet.

This was our first year holding Sunday Outdoor Swimming and Snack Club at Bowview pool. The weather cooperated well and the treats afterwards brought back fond memories of Snack Clubs past.

For those of you who will not be returning for the next season, we wish you well in your future endeavors.

We are looking forward to an enjoyable new season.



[Photos](#) from Bowview



The Bowview Beauties

TEAM AQUATIC SUPPLIES LTD
JOIN US FOR OUR ANNUAL
BARBECUE & SALE
Saturday, September 15, 2012
10:00 am to 4:00 pm

CALGARY MASTERS SWIM CLUB



This 2 kilometer race is held each year for swimmers of all ages and abilities. It began in 1949 as part of the Kelowna Regatta and has been held each year since then.

Once again, CMSC had an impressive showing at the 17th annual Interior Savings Across the Lake Swim on July 14th in Kelowna, BC with 9 of our Members competing in various age groups. Natalie Tardif, Jeff Welechuck, Rob Davis, Jeanne Carlsen and Glenn Carlsen won their age groups. Gaelen Andrews, Erica Davis, Laurie Wallace and Erin Corrigan all had strong finishes. Congratulations!

Some great photos were taken by Angelique Duffield from Bright Spark Media. If you would like to get a feel for the atmosphere in Kelowna and see some of our Members in action, click [HERE](#).



And, for results click [HERE](#).

KELOWNA APPLE OPEN WATER SWIM



An excerpt from the Media Release from the Okanagan Masters Swim Club:

KELOWNA, BC.- About 50 swimmers ranging in age from 13 to 68 competed in the Kelowna Apple Open Water Swim Invitational this weekend hosted by Okanagan Masters Swim Club (OMSC). Participants from British Columbia, Alberta and the United States competed in a 500 metre, 1.5 kilometre and a 5 kilometre event in ideal swimming conditions at Tugboat Beach in Okanagan Lake. The water temperature was a balmy 24 degrees Celsius.

Leading for most of the race, Glenn Carlsen (55) of Calgary claimed the overall title in the strenuous 5 kilometre swim in a time of 1:09:21.92, a half minute ahead of his wife Jeanne Carlsen (54) who took second place overall. The indisputable queen of the "Apple Open Water", Jeanne captured the women's crown in a time of 1:09:52.14



Glenn, Jeanne and the other winners

people to train with and one of the toughest people to race against!" Jeanne commented, " Glenn was just better than me on the turns and markers - and that's how he got me."

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THE IRON MEN AND WOMEN OF CMSC



Three of our Members will be participating in one of the most grueling events in the world of sport. Rob Shypitka, Ryan Schellenberg and the Ironwoman of CMSC, Jordan Hons, will be in Penticton this weekend taking part in Subaru Ironman Canada, which is the oldest Ironman race held in continental North America.

You can follow along live on the Subaru Ironman Canada website on their exclusive race day coverage page by clicking [HERE](#). Good luck to all!

Jordan competed in the 2012 Ironman Calgary 70.3 on July 29th and finished 3rd out of 17 in her age group with a time of 5:22.08. She swam the chilly 1.9 kilometer swim in Ghost Lake in 29:30, which is a great result and for which she wants to give a shout out to her lane mates for! The Penticton Ironman will be Jordan's first full Ironman.

Wayde Bymoer also competed in the Ironman Calgary, finishing 6th out of 72 competitors in his age group with a time of 4:41.30. His swim was an impressive 25:52.

Jim Fry and Rob Davis competed in the Long Bridge Swim in Sandpoint, Idaho on August 4th. Jim finished first in his age group with a time of :55.22 for the 1.76 mile swim. Rob Davis came in with a time of :41.56, finishing 2nd. Congratulations!



Jordan

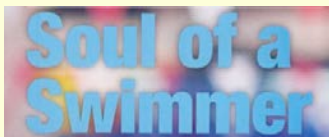


Ryan



Rob

AN INSPIRATIONAL ARTICLE FROM TRIATHLON MAGAZINE



World-record holder and Canadian Masters swimmer Lynn Marshall, from Carleton University Masters, is the subject of a feature in the July/August 2012 issue of Triathlon Magazine Canada. In 1993 Lynn was involved in a serious accident, breaking her neck. She fought her way back to health and remains one of the top 10 Masters swimmers in the world. Click [HERE](#) to read the article, Soul of a Swimmer, written by Theresa Wallace (Carleton University Masters.)

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EDDY LANG



Many of you are already familiar with CMSC Member Dr. Eddy Lang who is a regular columnist for the Calgary Herald. He is an emergency physician with special interest in explaining medical research to the public, and he does a great job at that.

Eddy's recent article, "When low back pain strikes", might be of interest to some of you and can be found [HERE](#).

In addition to his position as Senior Researcher in the Division of Emergency Medicine at the University of Calgary, as well as being a columnist for the Herald, Eddy has taken on a new role as Coach of the Canadian Swim Team, including a Masters contingent, at the 19th Maccabiah Games in Israel, which are taking place in July 2013.



Eddy is also hoping to compete in 2013. He did so in 2009 and brought home some bronze medals!

Information about the Maccabiah Games can be found at the Maccabi Canada website: [HERE](#)

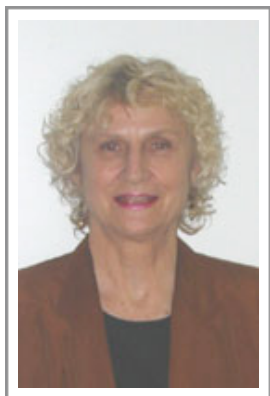


KEITH SHAW

After a successful performance at the 2010 Canada Senior Games in Brockville and the 2011 National Seniors Games in Houston last year, Keith was encouraged to soldier on. He had a busy summer this year, attending 2 US State Senior Games, which are qualifying meets for the 2013 National Senior Games in Cleveland next summer. In Montana in July he qualified for 3 breaststroke events, 50 yd free and fly and 100 yd fly; in Idaho he qualified for 5 more events.



MONIKA SCHLODER



CMSC Associate Member, Dr. Monika Schloder, a coach and former member of the Faculty of Kinesiology at the University of Calgary has extensive experience in coaching and teaching in her specialty areas of curriculum design, teaching/coaching foundation, sport pedagogy, sociology of sport, and philosophy of sport.

Monika has had numerous publications and audiovisual productions relating to swimming and coaching, which can be found on her website [Coaching Best](#). She has recently produced another training DVD called "Ballet for Swimmers. Modified Exercises for Cross-training". The DVD consists of demonstrations of exercises and a .pdf file book, which includes among other things, the importance of posture, incorrect posture and performance, remedial exercises to correct posture, exercise descriptions, post training recovery, nutrition, snacks, importance of sleep, warm-up and cool-down exercises, an eating and snack log and a weekly wellness log.

Monika has volunteered to do several workshops or training sessions for interested CMSC Members this upcoming season.

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SWIM CAMP POSSIBILITY

Clint Stevens, the Head Coach from the Red Deer Masters Swim Club, and also the proprietor for Competitive Swim Camps, is currently working to secure swim camps for Masters Swimmers across North America. He has one location on board, St. Petersburg, Florida, which may happen as early as November. For more information or to contact Clint check out the website at www.competitiveswimcamps.com.

SOME SAD NEWS: THE PASSING OF VINUS VAN BALEN

by Dave Dickson



I was saddened to hear of the passing at 74 years of our friend from Edmonton, Vinus van Baalen, on August 21st, 2012. He is one of my top Canadian swimming heroes.

Vinus was the Dutch champion and represented The Netherlands in the 1964 Olympics in Tokyo, Japan (100 free LC – :56.8 in prelims). He was a terrific sprint freestyler and backstroker. Vinus possessed a very slow and efficient turnover freestyle stroke which appeared almost effortless. He has held, and still holds, numerous backstroke and freestyle Canadian and World Records.

In May at our Canadian National Masters Championships in Kelowna, Vinus was in terrific form resulting in 6 first place finishes, 3 of which were Canadian Records: 50 free @ :28.23 ([WATCH](#)), 50 back @ :34.15 & 100 back @ 1:20.02. I know that Vinus was very excited to be aging up to the 75-79 age category in January, specifically to challenge the

World Records in the backstroke and freestyle events.

In November 2011, Shaw TV's Tammy Karatchuk did a feature on Vinus who spoke about swimming, aging and competing (you can watch it [HERE](#))

Vinus was quite a character and insisted on driving to most swim meets. It didn't matter if the meet was in Texas, California, Quebec or British Columbia. His vehicle was his sleeping quarters for many out-of-town swim meets as well. Vinus' love of swimming and racing was obvious to all who knew him.

Vinus, we will all miss your positive attitude, uniqueness and competitive spirit at swim meets. Rest in peace my friend.

Dave

“The older you get, the more applause you get when you are finished”

Levinus Willem “Vinus” van Baalen

CALGARY MASTERS SWIM CLUB

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