

# CALGARY MASTERS SWIM CLUB

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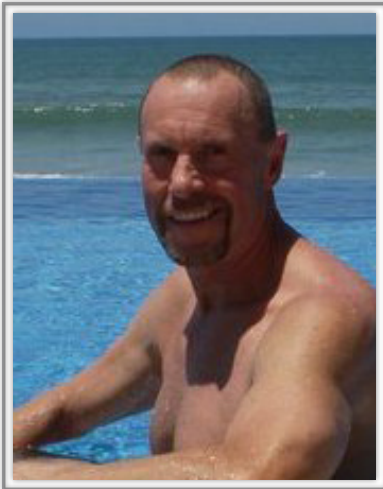
October 3, 2012



## OCTOBER UPDATE

### A WORD OF **WELCOME** FROM THE VP/REGISTRAR

*by Dave Dickson*



I would like to welcome back 133 returning Calgary Masters Swim Club Members and offer a very sincere welcome to 24 new Members who have registered to date. To those who have been with CMSC for some time, I ask that you please give a hearty welcome to any new faces you may meet on the deck or in the pool this fall. We've all been a "new Member" at one time and know how good it feels to be embraced by the larger group and to meet people who seem to have answers to all the little questions that pop up at the beginning of the season.

Numbers in each training session are provided below and give you an indication of where we could potentially add a few more members.

Associate Members	15
Early Bird Members	30 (5 new)
Mid-morning Members	39 (12 new)
Evening Members	38 (7 new)
Flex Members	35

The coaches and I will continue to monitor each training session to ensure that we maintain a comfortable balance in the lanes before we will be bringing in new Members from our wait list of 105 people.

Please make an effort to show up to practice on time and make the appropriate lane adjustments to help everyone fit in where they belong. Arriving on time allows the coaching staff to explain the workout once, at the beginning of the session, and then not have to spend time reviewing it again for stragglers.

The CMSC Executive is thrilled to offer our members a full 12-month training program for the 2012-2013 season.

Have a great year and I'll see you at the pool.

*Dave Dickson*

Vice President / Registrar

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## CMSC LONG TERM PLANNING COMMITTEE: MISSION, VISION AND VALUES

*by Kevin Korpi, Member at Large*

CMSC has come a long way since it was formed in 1976. The Club has grown to be one of the largest Masters swim clubs in Canada.

This year's Executive has identified a need to come up with a **Long Term Plan** to help guide its decision making process going forward.

Some questions to consider:

- How large do we want the CMSC to become?
- What new programs would we want to consider to improve our Member experience?
- Do we want to attract more competitive or more recreational swimmers?
- Do we want CMSC to be a leader in Masters Swimming in Alberta; in Canada? If so,
- What would that mean; and
- What would we have to do to establish or re-establish such a reputation?

The Long Term Planning Committee would also work to develop a formal set of values and a Mission Statement for the Club.

Please consider volunteering to sit as a Committee Member, for this very important endeavour, this swim season.

To volunteer, please contact Kevin Korpi, Member at Large, and Chair of the Long Term Planning Committee at: [memberatlarge@cmsc.ab.ca](mailto:memberatlarge@cmsc.ab.ca), by October 21st, 2012.

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**Masters Swimming Canada**  
Better swimming for all adults

Masters Swimming is about so much more than what happens in the water. Watch this inspirational video containing interviews with Masters swimmers from across the country, including a couple from CMSC, who attended Nationals in Kelowna this past May.

Click [HERE](#)



WHAT MOVES YOU CANADA?



As part of **Sports Day in Canada**, CMSC participated in the Masters Swimming Canada 1K Challenge during practice on September 29th.

22 CMSC Members came out on a beautiful fall day to take the challenge. After a 30 minute warm-up, Coach Kevin ran 2 heats and swimmers took turns swimming and timing and recording results.

You can check out the 1K Challenge on the Masters Swimming Canada website. It is nice to see some CMSC Members there among other Masters swimmers from right across the country:

<http://mymsc.ca/OneKmChallenge.jsp>

**Congratulations to everyone who participated!**



**INTERESTED IN ANOTHER CHALLENGE ?**

Check out the **Million Metre Challenge** on the Masters Swimming Canada website. This program was designed to promote swimming for health and fitness.

For more information or to register, click [HERE](#)

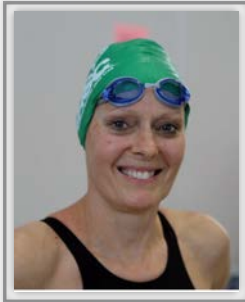
Name	Event	Time
Drew Agnew	Free	22:24
Dave Amundrud	Free	16:29
Shauna Biddulph	Pull	17:30
Heather Boychuck	Free	15:21
David Carlson	Free	15:18
Quincy Chiang	Free	14:06
George Colbert	Free	12:25
Rob Davis	Free	13:28
Tom Duncan	Pull	17:03
Curtis Edmunds	Free	13:46
Louise Giannoccaro	Free	14:24
Colleen Houston	Free	15:08
Kevin Korpi	Free	14:57
Denise Logan	Free	19:54
Trevor Onishenko	Free	14:04
Cheryl Starr	Fins	16:43
Erin Sullivan	Free	15:23
Brad Tomlinson	Pull	14:56
Jeff Welechuck	Pull	12:20
Rob Wiebe	Pull	12:54
Michelle Wortley	Kick	19:14
Lori Wylie	Pull	14:16

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## A MESSAGE FROM THE MEET MANAGER

*Jeanne Carlsen.*



With the start of the Fall swimming session, Open Water Swimming is also winding down. Congratulations to all those that participated for the first time in an open water swim and also to those who continue to look for new adventures.

Looking forward to next summer, swimmers that would like to give open water a try might want to consider and plan for the Kelowna 1.5km or 5km swim. There is even talk that they may consider the world class distance of a 10km. The swim is held in an “enclosed” area with log booms, so it is safe and in relatively flat water. It is a looped swim, so also spectator friendly. A great way to try your skills at open water swimming!!

Meet dates for the upcoming year have been published on the AB Masters website, although many have not yet been confirmed. We will continue to update our website as information comes in.

### **The BIG NEWS is that CMSC has been successful in our bid to host 2013 Provincials**

Mark these tentative dates on your calendar:

- November 3rd: Different Strokes, Calgary
- November 10th: Okotoks Swim Club, Okotoks
- November 17th: Penguins, Edmonton
- December 15th: Grand Prairie
- November 30th - December 2nd: SPMA Championships, Long Beach, California
- January 26th: FMSC/CWC, Calgary
- February 3rd: Making Waves, Edmonton
- March 16th: Medicine Hat
- April 6th - 7th: AB Provincials, CALGARY MASTERS SWIM CLUB, Calgary
- May 9th - 12th: USMS SC Nationals, Indianapolis, Indiana
- May 17th - 20th: Canadian Masters Nationals, Ottawa.
- June 5th - 13th: Pan Americas, Sarasota, Florida
- Summer 2014: FINA Masters World Championships, Montreal, Quebec

So...there are lots of opportunities to set goals for and swim towards them!! There are also meets listed on the BC Masters site at: [www.msabc.ca](http://www.msabc.ca). If you are traveling and would like to swim with a team, as a registered Member of CMSC and MSC, you may be able to swim with a club either free of charge or for a nominal amount. Check out <http://www.usms.org/placswim/>

If you have any questions regarding any of the above meets or require any further information, please do not hesitate to contact me at [meetmanager@cmsc.ab.ca](mailto:meetmanager@cmsc.ab.ca)

I can be found at early morning and evening workouts.

*Jeanne*

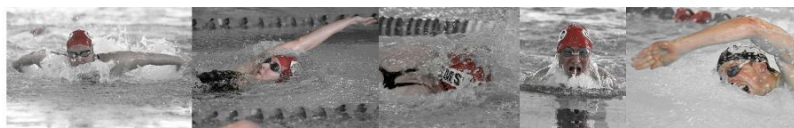
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## STAYING INFORMED, AND STAYING CONNECTED

Although we will continue to send out Newsletters and regular email updates, we encourage you to refer to the CMSC website [www.cmsc.ab.ca](http://www.cmsc.ab.ca) on a regular basis for current information. Practice and schedule changes are updated on the website first, before the emails go out. The training plan, on the main page, is a very helpful tool to plan out your week. In addition, the tentative 2012-2013 meet schedule has been posted with meet information packages as soon as they are available.



### Calgary Masters Swim Club



For Training Plan, click [HERE](#)

For Web Workouts, click [HERE](#)

Home  
About Us  
Membership/  
Wait List  
Coaches/  
Training Plan  
Swim Meets/  
Social Events  
Practice Schedule/  
Changes  
Newsletter/  
Media  
Team Photos  
**Members Only**  
Links  
Equipment  
Records  
Contact

The **Members Only** section of the website was added last year to provide another way for Members to easily stay informed.

You can log in with a single username (CMSC) and password, that will be updated each year and as needed.

Username:  Password:

In the Members Only section you will find:

- Approved minutes from General Meetings;
- Approved minutes from Executive Meetings, posted monthly;
- CMSC Bylaws;
- CMSC Policies;
- Swimming Etiquette Guidelines; and
- The Club Membership List

We encourage all our Members, new and old, to familiarize yourselves with the documents in this section.

If you have forgotten the password, contact Louise Giannoccaro at [communications@cmsc.ab.ca](mailto:communications@cmsc.ab.ca)



facebook

join our group +

Also new last year was the official CMSC **Facebook Group**. We thought this would be a good way for interested Members to connect with each other and to share information and/or photos. Dave Amundrud from our Mid-Morning group has volunteered to be the administrator. If you would like to join the Facebook Group, contact Dave at [facebook@cmsc.ab.ca](mailto:facebook@cmsc.ab.ca)

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## CONTACT INFORMATION:

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

### CMSC 2012-2013 Executive Committee

#### PRESIDENT:

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

#### VICE PRESIDENT/REGISTRAR:

Dave Dickson [vicepresident@cmssc.ab.ca](mailto:vicepresident@cmssc.ab.ca)

#### SECRETARY:

David Smith [secretary@cmssc.ab.ca](mailto:secretary@cmssc.ab.ca)

#### TREASURER:

Lori Wylie [treasurer@cmssc.ab.ca](mailto:treasurer@cmssc.ab.ca)

#### MEET MANAGER:

Jeanne Carlsen [meetmanager@cmssc.ab.ca](mailto:meetmanager@cmssc.ab.ca)

#### MEMBER AT LARGE:

Kevin Korpi [memberatlarge@cmssc.ab.ca](mailto:memberatlarge@cmssc.ab.ca)

#### COMMUNICATIONS OFFICER:

Louise Giannoccaro [communications@cmssc.ab.ca](mailto:communications@cmssc.ab.ca)

#### PAST PRESIDENT:

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

