

# CALGARY MASTERS SWIM CLUB

December 3rd, 2012



## DECEMBER UPDATE

AN EXCITING EVENT ON DECEMBER 15<sup>TH</sup>, 2012

For the second year in a row, the Calgary Patriots have invited CMSC Members to join them and participate in an afternoon Time Trial Event that will be held in conjunction with their Club's Team Championships. This fun, free event is an excellent opportunity for our Members to give racing a try in our home pool and a relaxed environment. You will be able to race against the youngsters and each other.

Those of you who participated last year will remember the enthusiasm in the air and the looks on the kids' faces when they got up on the blocks next to some "old" folks. The word on the street is that they are looking forward to doing it again and showing us what they have got!

More importantly, this is a great opportunity to see swimmers of all ages and all abilities enjoying the sport that we all love.

The Meet Package is available on our website, or by clicking [HERE](#).

Enter the meet online by clicking [HERE](#). **\*\*The deadline for entry is December 7th at 6:00pm\*\***

If you have any questions you can speak to any of our coaches or contact our Meet Manager,

Jeanne Carlsen, at [meetmanager@cmsc.ab.ca](mailto:meetmanager@cmsc.ab.ca)



Have you been thinking about racing ?

Here is your chance to give it a try !



### The Calgary Masters Swim Club Time Trial Event

For the second year in a row, in conjunction with the Calgary Patriots Team Champs

Saturday, December 15th, at Talisman Centre, 1:00pm - 4:30pm



Coach Chad and "Assistant Coach" Dave watch CMSC rock the **Big Rock 350** Meet in Okotoks on November 10th.



Big Rock 350 Meet Results are [HERE](#)



# CALGARY MASTERS SWIM CLUB

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## CALGARY MASTERS SWIMMERS DOMINATE IN LONG BEACH

A small but determined group of Calgary Masters swimmers attended the Southern Pacific Masters Swimming Short Course Championships in Long Beach, California this past weekend.

Jeanne and Glenn Carlsen, Laurie Wallace and Jeff Welechuck made their annual trip south and, once again, put on a strong performance.

Glenn achieved new CANADIAN RECORDS in the 400m freestyle, 800 freestyle, 400 IM and 200 fly. He narrowly missed breaking his own record in the 1500 free and Dave Dickson's 2008 record in the 200IM. Congratulations Glenn on these well deserved achievements.



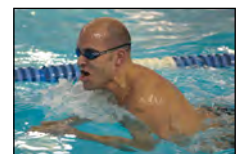
Jeanne is getting ready to "age up" in January but still managed to dominate her current age group in Long Beach, finishing first in the 200, 400, 800 and 1500m freestyle events as well as the 400 IM. She came second in the 200 fly. There are numerous Canadian Records just around the corner for Jeanne in January 2013.



Laurie Wallace also had a great meet in Long Beach. She finished first in the 100 fly, third in 50 back and 4th in 50 fly, 100 back and 200 IM.



Last, but not least, Jeff Welechuck also performed well. He finished first in all his events, including the 100, 200, 400 and 800m freestyle, 100 back and 200 IM and achieved a new ALBERTA RECORD in the 800 freestyle.



Great job everyone! CMSC is proud of you!

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

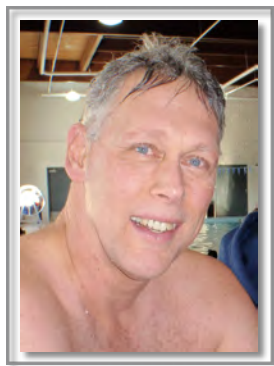
Masters Swimming Canada would like to share a new promotional video that they believe will not only help clubs recruit more swimmers (CMSC certainly doesn't need any help there), but also to motivate the swimmers we already have. MSC would like you to watch it - share it, and tell them what you think!



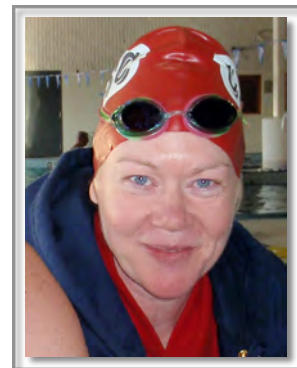
Click [HERE](#) to watch the video.  
Watch closely.... you might see a few CMSC Members.

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## CONGRATULATIONS!!



*Dave Amundrud*



*Denise Logan*

Mid-Morning swimmer, **Alexandra Mirkovic**, reached the 1,000,000m milestone in the MSC Million Metre Challenge last month. Not far behind are **Dave Amundrud** and **Denise Logan** who both achieved the 250,000m mark. Congratulations to all of you. If anyone else would like to take on the challenge you can sign up on the Masters Swimming Canada website by clicking [HERE](#).

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## COACH KEVIN'S SWIM MEET WARM-UP

*Kevin Coulman, Head Coach*



The bulk of the swim meet season is just around the corner so I wanted to share some information about meet warm-ups. All meet warm-ups should have 3 components to them: **Distance**, **Technique** and **Speed**. Here are 2 examples:

### Meet Warm-up #1

300 Choice, smooth  
300 Free Build  
4 x 100: 1 k/sw, 1 dr/sw  
8 x 50: 1 blast/dps, 1 dps/build  
2 dives

### Meet Warm-up #2

3 x 200: 1 free, 1 IM, 1 free  
12 x 50: 1 k/sw, 1 drill 1 dps  
12 x 25: 1 blast, 1 build, 1 dps  
(Blast from a dive)

The goal should be to get your heart rate pretty high by the end of warm-up while working on your "hold" on the water. You should feel a little tired afterwards. You can replace the speed component for a pace component if you are doing longer races, such as the 800m or 1500m.

Try to get in about 1200 - 2000m, which is relative to how much you train. I have been seeing a lot of great swims in workout after some pretty intense sets, so don't be afraid to push the warm-up more than you think.

After your race, don't forget to get in a good recovery as soon as possible. Do a simple 200m to loosen, or 10 x 50s choice: 4 easy, 3 descending 1-3, 3 ascending 1-3 @ 10 seconds rest.

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## 15th FINA World Masters Championships - Montréal 2014



FINA officially began supporting the Masters movement over 25 years ago. Since then, the FINA World Masters Championships has been held every 2 years and in August 2014 it will be held in our own backyard, in the beautiful city of **Montréal**. The swimming events in the pool will take place between August 3rd and 9th, with the 3km open water event taking place on August 10th.

With the bulk of the meet season just around the corner and the Time Trial Event in a few weeks, it might be worth while to look way ahead to Montreal, start thinking about plans and start setting some goals.

The qualifying time standards were approved by FINA on October 29th, 2012 and are now posted on the FINA Masters 2014 website. You might be surprised to find out that you have the times to qualify! Check it out for yourself on the link below.

**Check out FINA Masters 2014 by clicking [HERE](#).**

**The link to the qualifying time standards for swimming is [HERE](#).**

# CALGARY MASTERS SWIM CLUB



2013 ALBERTA 55 PLUS WINTER GAMES

Looking for a great way to get involved?

The Calgary 2013 Alberta 55 Plus Winter Games are looking for keen and energetic volunteers in a number of positions including: Food Services, Opening & Closing Ceremonies, Culture & Community, Hosting & Protocol and Transportation.

The Games will be located at the new Markin MacPhail Centre at WinSport's Canada Olympic Park and the Calgary Winter Club. Volunteers will be given a meal for every shift they work as well as an invitation to the Volunteer Appreciation at the conclusion of the Games. Volunteers who are able to commit 12 hours of their time over a minimum of two days will be rewarded with a 2013 Alberta 55 Plus Games branded vest!

The Games take place from February 13<sup>th</sup> – 16<sup>th</sup> and feature 13 events and over 1100 participants and 350 volunteers. It also marks to the day, the 25<sup>th</sup> Anniversary of the 1988 Olympic Winter Games in Calgary!

## Calling all CMSC Members

CMSC Mid-morning Member, Claire Buffone-Blair, Chair of Volunteer Registration & Recruitment for the games, is asking for 20 CMSC Members to volunteer for the Thursday, February 14<sup>th</sup> lunch (11:00am to 2:00pm) and Saturday, February 16<sup>th</sup> breakfast (6:00am – 9:30am). Please consider volunteering alongside your team mates.

## GET INVOLVED TODAY!

For more information and to register online please visit:

<http://www.calgary2013games.ca/volunteer/>

Or email:

Claire Buffone-Blair at [claire@calgary2013games.ca](mailto:claire@calgary2013games.ca) or

David Saengsatit at [david@calgary2013games.ca](mailto:david@calgary2013games.ca)



*Claire Buffone-Blair*



# CALGARY MASTERS SWIM CLUB

## GIVE THE GIFT OF WATER THIS HOLIDAY SEASON



Shauna Curry

As swimmers, all of us experience an intimate joy of clear, clean water. CMSC Early Bird Member, Shauna Curry, has made water her life passion - dedicated on getting safe drinking water to those most in need. Shauna has been to over 14 of the world's poorest countries, where 2000 children die every day and many more are sick due to unsafe water.

Shauna is the CEO of CAWST, the Centre for Affordable Water and Sanitation Technology here in Calgary. CAWST trains local organizations and individuals in developing countries on how to treat their water and protect it, reaching 6 million people to date with safe water or sanitation. Your "gift of water" will help CAWST reach 20 million people by 2020.

This holiday season, please consider giving the gift of water on behalf of your family and friends:

Go to [www.cawst.org/giftwater](http://www.cawst.org/giftwater)



## ORDERING MERCHANDISE FROM TEAM AQUATIC SUPPLIES



Team Aquatic Supplies will no longer be processing individual orders, with the Team 2 discount, under the CMSC team account. Going forward, Members will receive 20% off regular priced merchandise throughout the year at the store.

We will be distributing TAS "Shark Club Program" cards to all CMSC Members. Your card must be presented in the TAS store in order to get the discount. Please put your name and Calgary Masters on your card. The expiry date is August 31st, 2012.

The 2013 Team Aquatic Supplies catalogue is now available and is posted on the CMSC website on the "Equipment" page, or you can click [HERE](#) to view.

If you have not received your card please contact [communications@cmsc.ab.ca](mailto:communications@cmsc.ab.ca) and we will make arrangements for you to pick it up at your earliest convenience.

## CMSC CAPS AND TEMPORARY TATTOOS ARE STILL AVAILABLE



We still have lots of CMSC swim caps and temporary tattoos available for purchase. The silicone caps are \$7.50 and tattoos are 3 for \$1.00.

To purchase, contact [communications@cmsc.ab.ca](mailto:communications@cmsc.ab.ca).

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## A MESSAGE FROM TALISMAN CENTRE TO THE SPORT PARTNERS

### **Thank you**

Talisman Centre would like to thank all of the Sport Partners for their understanding through the partial shutdown a few weeks ago due to the electrical problem.

### **Access through the back gate:**



In an effort to improve the flow of access through the gates at Customer Service desk during peak times, we are offering our Sport Partners the additional option to access their training sites through the back gate, allowing for self-service pass entry. The back gate is located behind the Customer Service desk.

**IMPORTANT!** This access point will be available to Talisman Centre Access Card holders only!

Should one of your athletes forget their cards, they are required to come back around, wait in line if necessary and speak to a customer service representative to give their information to be let in.

### **A list of reminders to pass along to all of the Sport Partner athletes:**

- Family and caregiver change rooms are just for those clients. Please respect others and use the appropriate change room;
- Please do not remove tape that is marking aquatic equipment;
- A Talisman Centre Access Card is mandatory to get into the facility;
- Access is permitted only 30 minutes prior to the booking;
- Appropriate attire (shoes, shorts and shirts) is required to be in the Team Training Area;
- Restricted Internet Access: Some sites and actions have been restricted on our main TC wifi network. One way to get around this is to access the Shaw Go Wifi Network (formerly Shaw EXO) via any Shaw customer account, at no extra cost to the customer.

### **2013 FINA World Championships Qualification Event**

Talisman Centre has been chosen to host the 2013 World Championship Qualification Event for the Americas, running from January 28th to February 3rd, 2013. The Americas are awarded 2 berths into the World Championships (2 for men; 2 for women). We will be expecting teams from Canada, USA, Brazil, Argentina and Cuba (TBC).



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 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)