

# CALGARY MASTERS SWIM CLUB

May 2nd, 2013



## MAY 2013 UPDATE

### *Take Notice*

*that the*

### *2013 Annual Meeting of CMSC*

*will take place on*

*Thursday, June 6th at 7:00pm*

*Delta South Hotel, Fireside Room*

The 2013 Annual Meeting of CMSC will be held this year on Thursday, June 6th, 2013 at 7:00pm at the Delta South Hotel (135 Southland Drive SE) in the Fireside Room. Official notification will be forthcoming.

Swimming will be cancelled. Tea/Coffee will be served.

CMSC is accepting Nominations for the following positions:

- President;
- Secretary;
- Meet Manager; and
- Member at Large

Written nominations must include the signed, written consent of the Nominee and the names of the Nominator and Seconder. In order to have your nomination included in the Official Notice to Members, please have them in by May 12th. You may refer to the CMSC Bylaws for further details.

If you think you might be interested in serving on the Executive, or would like some more information, speak with anyone on the current, or former Executives. It is a great way to give back to your Club, learn some new skills, share your ideas, meet some new people and have some FUN!

### **Nominations**



# CALGARY MASTERS SWIM CLUB

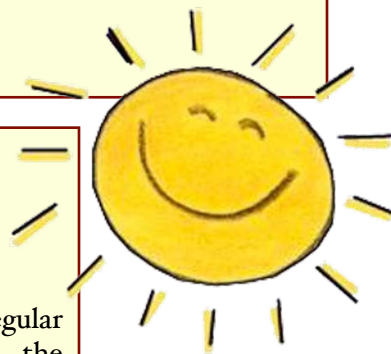
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## SUMMER SWIMMING AND SNACK CLUB AT BOWVIEW POOL

It is hard to believe that June is just around the corner. Back by popular demand this summer is Sunday Outdoor Swimming and Snack Club at Bowview Pool. Beginning on June 23rd and running until September 1st, Sunday swimming will be held, rain or shine, from 10:30 am - 12:00 noon outdoors at Bowview Pool.

Slather on some sunblock, dig out those dark goggles and bring along a snack to share with your team mates after practice.

Bowview Pool is located in the Hillhurst/Sunnyside community: 1910 6th Avenue NW  
click [HERE](#) for a map.



## NEW THIS YEAR: YEAR-ROUND TRAINING FOR ALL SESSIONS

As was agreed at the 2012 Annual Meeting, CMSC will be running the regular training schedule throughout the summer months. Over the past few years, the summer schedule included Tuesday/Thursday evenings, Saturdays and Sundays.

To allow all Members to continue their weekday training throughout the summer months, we opted to include early-morning and mid-morning sessions this year.

We will continue to monitor attendance and may choose to reduce the lanes if it seems appropriate to do so.

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## LONG TERM PLANNING COMMITTEE UPDATE

*by Kevin Korpi, Member at Large and Chair of the LTP Committee*



The Long Term Planning Committee has been working all swim season on a long term direction strategy for the Club. The idea is to develop a Mission Statement and a direction strategy that will take the Club over the medium to long term, ensuring the long term development of the Club as well as the sport of Masters swimming in Calgary.

CMSC Members can look forward to receiving a draft version of the plan shortly, allowing time for you to provide input prior to, and at, the Club's Annual Meeting on June 6th.

I would like to thank the Committee Members: Heather Manning, Rob Weibe, Cheryl Starr, Jeanne Carlsen, Glenn Carlsen, Keith Shaw and Jamie Connors. Please feel free to discuss the draft plan with myself or any of the Committee Members.

*Kevin.*

# CALGARY MASTERS SWIM CLUB

## MASTERS SWIMMING CANADA'S MILLION METRE CHALLENGE

*by CMSC Evening Member, David Carlson.*



I have been registered in the Million Metre Challenge online at the mymsc.ca website since October 2012. This is the Masters Swimming Canada web site, and it's the same group that promotes the 1K challenge a few of us did on Sports Day in Canada in the Fall. As a CMSC Member, it's free to sign up, and there are awards when you reach various achievement levels. Although I first signed up mainly because I wanted the free bathing cap at 100,000 metres (yes, I'm that cheap), I am now seeing other benefits too.

After registration, you enter your completed workout into the mymsc.ca website after every swim. This can be as simple as entering in the total metres swum each day, or as detailed as providing how many metres you swam in each of the major strokes, plus kick.

The site totals your workouts and keeps your swimming history for you. So I can tell you that I've been to 51 practices since October 1, 2012 and swam about 215,000 metres in total. My average has been increasing each month from 4100 to 4400m per workout. Sounds impressive? I should point out that all CMSC swimmers in the middle lanes of the pool swim that much – perhaps you just never realized it because you have never kept track.

But then it gets interesting... Mymisc tracks metres swum by Club Members and compares it to clubs from across Canada. There are only a small handful of CMSC swimmers that have registered so CMSC ranks somewhere between 20th and 30th in Canada. If we all registered, I think we'd be at the top. Mymisc also compares your distance against all other registered masters swimmers in CMSC and also in Canada, by age group and overall. If I swim the normal hour and a half workouts on Tuesday/Thursday evenings and weekends, I would usually be in the top 20 across Canada on a monthly basis. But if I miss a practice or three, I slip off that list. Now I see that after missing swimming the whole month of April, due to work and home commitments, that scurvy dog **Rob Harris**, who joined the challenge after I did, swam harder than I did, and has now passed me! Time for me to get back in the pool! If you're even slightly competitive, the top 20 list is one more incentive to show up at practice on those days when you just don't want to.

The Million Metre Challenge has been available for a while, but unfortunately you can't backdate your swimming. There are a many who have achieved the million metre mark, including a few from CMSC, and some people have gone over 5,000,000 metres. At my rate of swimming, I figure it'll take about 2 years to get to the million mark.

So, if you'd like to track your swimming, compare your individual swimming to others, move the CMSC total up higher as compared to other clubs, I'd recommend you check it out. Did I mention the free bathing caps too? For more information or to register, click [HERE](#)

*David*



### Other CMSC Million Metre Challenge Participants:

Jeanne Carlsen	1,140,250 m
Alex Mirkovic	1,073,900 m
Dave Amundrud	392,350 m
Denise Logan	362,200 m
Rob Harris	270,600 m
David Carlson	214,600 m
Bob Robinson	154,550 m
Kjersti Bysting	66,990 m
Alana Dunwald	60,660 m
Donna Aggarwal	45,950 m

# CALGARY MASTERS SWIM CLUB

## 2013 ALBERTA MASTERS PROVINCIAL CHAMPIONSHIPS

CMSC hosted a successful 2013 Alberta Masters Provincial Championships on April 6-7th at the Talisman Centre. Over 160 swimmers from across the Province, as well as from BC and Saskatchewan, registered in this 2 day meet.

A big thank you to our Meet Manager, **Jeanne Carlsen**. You did a great job! CMSC also relied on the expertise and assistance with officiating from our friends at **Cascade Swim Club** and found crucial last minute support from the **University of Calgary Swim Club**.

We could not have done it without the help of some dedicated CMSC Members. We would like to acknowledge and extend our gratitude to the following Members and families:

Chris Adams	Tom Duncan	Pat Lata	Elaine Sampson
Drew Agnew	Curtis Edmunds	Heather Manning	Paige Sampson
David Amundrud	Bronson Ha	Kelli McAllister	Harry Schaepsmeier
Nancy Anderson	Kristi Hallett	Frank McGrath	Keith Shaw
Don Berry	Sue Hill	Greg McLeod	David Smith
Bernie Brouillet	Garth Jacques	Mike Morrow	René Starratt
Christine Dickson	Ken Jacques	Trevor Onishenko	Andrew Sullivan
Marilyn Dickson	Dianna Klaassen	Kathryn Ruhland	Lori Wylie

### NEW ALBERTA AND CANADIAN RECORDS FOR CMSC SWIMMERS AT PROVINCIALS !!

Congratulations to Calgary Masters Swim Club. We had 38 swimmers participating in numerous individual events and lots and lots of relays. CMSC won the Large Team Top Points award, bringing the Banner back to Calgary. Look for the banner hanging in the rafters at Talisman.

**Jeanne Carlsen**, while managing the swim meet, also managed to take 2 new Canadian records in 800 m free and 1500 m free and an Alberta record in the 200 m breast stroke in the W55-59 age group;

**René Starratt** earned a new Alberta record in the 50 m back in W55-59 age group;

**Dave Dickson** claimed 2 Alberta records in the 100 m free and 100 m fly in M60-64;

**Pat Malcolmson**, one of our Founding Members, competed in the 100m back stroke and captured the Alberta records for M80-84 age group; and

One relay team surprised everyone, and themselves, by breaking a Canadian Record from 2009 they didn't know that they were going for! **Louise Giannoccaro, Jeanne Carlsen, Marnie Andersen and Colleen Houston** took the National Records in the W160+ 800 free relay.



**Well done everyone!**

# CALGARY MASTERS SWIM CLUB

## RELAYS, RELAYS AND MORE RELAYS

Thanks to everyone who participated in the relay extravaganza at Provincials. The “ambush and assign” strategy did not always go over well, but it paid off in the end, with the relay results contributing significantly to CMSC’s total points. Although many of you were exhausted and barely recovered from your previous race, you rose to the occasion, often swimming back-to-back events, and gave it your all with smiles and grimaces. It really was a lot of fun and very entertaining.

To view the complete slide show from the meet, click [HERE](#)



*Coaches Chad and Kevin*



*Erik, Quincy, Rob and Travis*



*Melissa, Laurie, Shauna and Anne*



*René, Melissa, Natalie and Colleen*

# CALGARY MASTERS SWIM CLUB



*Peter, Neil, Bernie and Simon*



*Colleen, Rob D., Rob H. and Erin*



*John, Rob H., Jonathan and Rob W.*



*Quincy, Melissa, Erik and Shikira*



*Glenn, Jeanne, Louise and Jeff*



*Laurie, Anne, Simon and Peter*

# CALGARY MASTERS SWIM CLUB

## JEFF BRINGS HIS OWN FAN CLUB



## COACH ERIC'S MASTERS DEBUT



## A FEW OF OUR WONDERFUL VOLUNTEERS



CALGARY MASTERS SWIM CLUB

# Thank you to all our Sponsors



Thanks!



2013 Alberta Provincial Championships

April 6-7, 2013

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CONTACT INFORMATION:

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

CMSC 2012-2013 Executive Committee

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