

CALGARY MASTERS SWIM CLUB

November 12th, 2013



NOVEMBER UPDATE

A WORD OF WELCOME FROM PRESIDENT

Kevin Korpi



Hi Everyone,

Welcome back to our regular swim season, and a special “**Welcome to the club!**” to all our new Members.

After an extended time away from Talisman Centre for flood damage repairs, and even more time managing with only one pool operational, we are finally back and fully returned to our regular schedule. I would like to take this opportunity to thank all club Members for their patience and understanding during the summer and fall, as we struggled to find pool space for the club. Thank you as well to your Executive members, Claire and Nicole, who scoured the city all summer to arrange pool space. Hopefully we won't have to go through that again anytime soon.

As we start a new season, please make an extra effort to show up to practice on time and make the appropriate lane adjustments, which may involve moving up or down a lane, to help everyone fit in where they belong. I hope you all have a successful season, whatever your ambitions are as a Masters Swimmer.

See you at the pool!

THE REGISTRAR'S REPORT

Dave Dickson

This is my third and final season as your Calgary Masters Swim Club Vice President and Registrar. It has been an honour to serve Calgary Masters in this capacity.

I have always enjoyed this time of year, registering our returning members and sharing in the excitement of inviting and then welcoming new Members to the Club. We are on our way to another full roster of swimmers very soon.

I have included some club statistics to date and general information for your interest.

Happy Swimming!



Total CMSC Members	152	
	84 (55%) Female	
	68 (45%) Male	
Associate Members	7	(5 Female, 2 Male)
Early Bird Members	38	(16 Female, 22 Male)
Mid-morning Members	35	(23 Female, 12 Male)
Evening Members	38	(24 Female, 14 Male)
Flex Members	34	(16 Female, 18 Male)
40	Members <u>did not</u> re-register with the Club this season.	
22	New Members have joined us this season.	
4	Former Members have re-joined us this season.	
30%	Members are 50 years or older, including 8 that are 70 years or older. Our oldest member is 83.	
49%	Members are 35 to 49 years.	
21%	Members are under 35 years, including 2 of our youngest at 22 years.	
76%	Members live in South Calgary (SW 85 / SE 31)	
24%	Members live in North Calgary (NW 32 / NE 4)	

CALGARY MASTERS SWIM CLUB

WELCOME FROM THE HEAD COACH

Kevin Coulman



I would like to extend a warm welcome to our new Masters swimmers and welcome all of you to a new year with the Calgary Masters Swim Club. Some of you are new to the club and some of you are returning Members. We look forward to helping each of you improve your swimming.

This is a very exciting year for Masters Swimming in Calgary and Canada as Montreal is set to host the 15th FINA World Masters Championships in early August 2014. We hope to put together a strong and enthusiastic contingent from CMSC to represent our Club in Montreal. This international event deserves our training focus and we will be building throughout this season with this in mind. Everyone will benefit from this strategy.

Your coaching team of myself, Chad and Eric, will endeavor to help each of you achieve the goals that you are setting for yourself on a day-to-day basis and throughout the year. Let us know if you have any concerns or any specific goals in mind.

Each day will have an element of technique as well as conditioning through all the energy groups. You can find all our workout themes online in the Training Plan. Do check the website regularly to see what we have planned for the day. It will also allow you to see any workout changes. I encourage all swimmers to try and show up on time so the coach can explain the workout in detail and let you know what to focus on before the workout starts.

I hope everyone will try a few meets this year as there are plenty in and around Calgary. Anticipating a competition creates a solid time frame in which to set a goal to work towards. Prepare to be pleasantly surprised in what you can achieve.

If you have any questions for the coaches feel free to talk to any of the coaches after workout or send me an email at headcoach@cmsc.ab.ca

Kevin Coulman



FINA World Masters Championships

Website is [HERE](#)

Not sure if you can qualify?

It is not as hard as you might think!

Check out the Qualification Standard Times

[HERE](#)

CALGARY MASTERS SWIM CLUB

CMSC MEMBER **SANDY FERRIS** WINS COACHING AWARD

Long-time CMSC Member and Cascade Swim Club coach **Sandy Ferris** won the 2012-2013 **Larry Neilson Outstanding Contribution to Coaching Award** at the Swim Alberta Annual Awards Banquet, held on September 20th.

This prestigious award is determined by the Alberta Coaches Executive from letters of nomination received from the ACC general membership. Winners are determined by a vote by the Alberta Coaches Executive.

Sandy currently coaches with the Age Group Program at Cascade Swim Club after being at the helm of the 10&Under Program for several years. This will be Sandy's 20th year of bringing her swimming and life wisdom to young Cascade swimmers...and parents! She not only works with the Age Group Program swimmers but also helps in a mentoring capacity with the younger programs inside of Cascade. Sandy was a previous winner of the 2008-2009 Development Coach of the Year.

Sandy also brings her swimming and life wisdom to mid-morning swim with CMSC. In the early 1990s, she was found coaching and swimming with a small group of mid-morning swimmers at Talisman, some with babies in strollers on the deck. Sandy and her group were wooed by CMSC and before long joined our Club. To this day quite a few of Sandy's mid-morning swimmers, babies now grown, remain loyal mid-morning CMSC swimmers.



Congratulations Sandy!

LONG COURSE TRAINING AT TALISMAN

Loved by some, less-loved by others, the start of the Long Course Training Season at Talisman is dictated by the Age Groups Clubs' season. This year Talisman will be switching their pool over to 50m for Club training on March 1st, 2014. This usually affects our Evening Members, although on occasion Early Morning and Mid-Morning may also find themselves enjoying a longer lap.

For those of you who do enjoy training in the 50m pool, and can't wait until March, Talisman's public swim will be set up for long-course swimming on Mondays, Wednesdays and Friday mornings from 7:15am-9am - thanks to Marjorie for point this out. You can check out the daily schedule on the Talisman website: [HERE](#); however, please note that your CMSC access card may not be used for swimming outside of our regular schedule. Talisman Centre offers various membership options as well as pay-as-you go or drop in passes.

CALGARY MASTERS SWIM CLUB



As part of Sports Day in Canada, and
in conjunction with the Calgary Patriots Team Champs, the
Calgary Masters Swim Club Time Trial Event
Sunday, December 1st, 2013



For the third year in a row, the Calgary Patriots Swim Club has invited CMSC Members to join them, and participate in a **Time Trial Event**, that will be held in conjunction with their Club's Team Championships on Sunday, December 1st. Although we were hoping to host this on Sports Day in Canada, we will be participating this year one day late. It is an opportunity to see swimmers of all ages and all abilities enjoying the sport that we all love.

This fun, FREE event is a great way to give racing a try for the first time, for the first time in a long time, or even just to see how fast you can go.

Those of you who participated over the past 2 years 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 Meet Package and further details are now posted on our website. Entries must be emailed into meetmanager@cmsc.ab.ca by November 25th. If you have any questions you can speak to any of our coaches or contact our Meet Manager, Quincy Chiang.

For those of you not familiar with **Sports Day in Canada**, it is a national celebration of sport, from grassroots to high-performance. It is an opportunity for all Canadians to celebrate the power of sport, build community and national spirit and facilitate healthy, active living. More information about Sports Day in Canada can be found on their website: <http://sportsday.cbc.ca/home>

MSC RULE CHANGES - STROKES



FINA made minor changes to stroke rules at their July 2013 Barcelona Congress. The rules came into effect **September 26, 2013**. Any swimmer or relay team breaking a World Record, or eligible for the Top Ten World Rankings must comply with these new rules.

A number of other rule changes do not affect the swimming stroke. The MSC Rules Committee, chaired by Chris Smith, is currently finalizing its work on the 2013 MSC Rule Book and will be submit their proposed changes to the MSC Board of Directors. The updated MSC Rule Book 2013 will be posted to the website as soon as it is finalized and translated into French.

View the whole story and see the changes to strokes on the Masters Swimming Canada website: http://mymsc.ca/Rules_en.jsp

CALGARY MASTERS SWIM CLUB

SWIM MEET UPDATE FROM THE MEET MANAGER

Quincy Chiang

Welcome to another swim season, especially to the new members who joined recently! The swim meet season is just around the corner, the first meet is the Penguin Masters Cup on November 16th. If you missed the deadline or couldn't make this one, don't worry, they're plenty of meets coming up in the new year:

- January 25th, 2014 - FMSC/CWCC Invitational - Winter Club, Calgary
- February 1st, 2014 - Making Waves Invitational - Edmonton, AB
- February 9th, 2014 - [Calgary Masters Swim Club Invitational](#) - Talisman Centre, Calgary
- March 22nd, 2014 - RDSS Invitational - Red Deer, AB
- April 5-6, 2014 - Alberta Provincial Championships - Medicine Hat, AB
- May 16-19, 2014 - Canadian Masters Swimming Championships - Windsor, ON
- June 21, 2014 - Edmonton Summer Solstice LCM Swim Meet - Edmonton, AB
- July 27 - August 10, 2014 - 15th FINA World Masters Championships - Montreal, QC

Information will be posted on Alberta Masters Swimming website: [HERE](#). We will also post them on our CMSC website when the meet packages become available, and yours truly will email out the information as well. We'll do our best to ensure you don't miss out on these excellent opportunities to test yourself against others and the clock!

CMSC will be hosting a swim meet at Talisman Centre on Sunday, February 9th, 2014



We need your help! It's a half day meet from approximately 11:00am to 5:00pm, and I'm looking to fill the following positions:

- * Referee * Starter * Electronic timing system and scoreboard operators
- * Office Coordinator * Stroke & Turn Judges * Timers * Runner * Hospitality



If you're available to help, please drop me an email at meetmanager@cmsc.ab.ca. Your help will be very much appreciated by the entire Masters swimming community in Alberta. While our first priority is to have enough people to run the meet, we also need people to race for our club. So please feel free to ask your significant others, parents, children, aunts, uncles, friends and co-workers to help!

Lastly, please remember that anyone can participate in swim meets, it's a great and fun way to test yourself to see what you can do, and how you can improve yourself. If you have any questions about Masters swim meets, please do not hesitate to let me know. See you all on the pool deck!

Quincy

CALGARY MASTERS SWIM CLUB

RACING THE TURTLES IN BARBADOS

Laurie Wallace

Just when you think the open water swimming season is over, Laurie Wallace and Mike Morrow, decided to enter the Barbados Open Water Swim Festival and commit to a 5 km swim on Oct 27, 2013.

150 swimmers came from Canada, US, UK, Columbia, Venezuela, Finland, Trinidad, and Barbados and either had the choice to swim 1.5 or 5 km races.

So you ask why head South? Laurie grew up vacationing in Barbados, so this was the perfect opportunity to visit her family and get a race in at the same time. Mike was heading to the Caribbean around the same time for some R&R and thought this might be fun to do.

Two days before the race, a tropical depression was looming around the island and they were not sure if the race was still going to take place. On race day, the clouds parted and there was finally sun shine in Carlisle Bay, with unusually warm water temperatures of 29°C. Visibility was incredibly clear in the beautiful turquoise water and made for some great bonus snorkeling. Many starfish were easily seen on the white sandy bottom, as well, several large sea turtles were swimming the same loop as the competitors. It was truly paradise since Canadian open water swimmers usually only experience cold murky water conditions.

In the end, Laurie (35-44) and Mike (55+), both won their respective age groups and took home all-inclusive hotel prizes which made the event even more enjoyable! They say they will definitely return as it was a great experience and a very well organized event. It would be fun to have a larger CMSC group go together next year. Let's keep it in mind.

To learn more about this event, click [HERE](#)



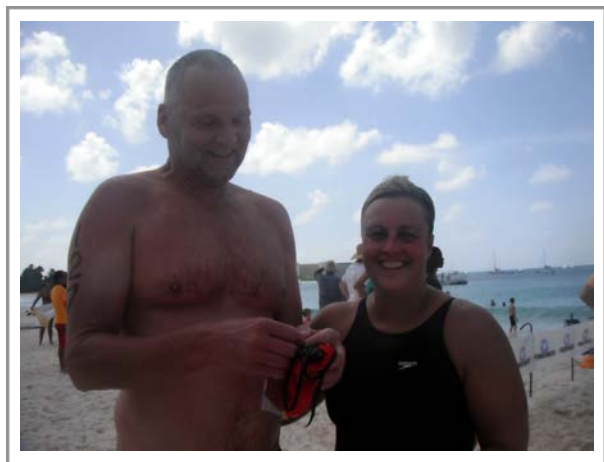
Ready, set ... GO!



The venue: Carlisle Bay, Barbados



Mike crosses the finish line



Mike and Laurie take 1st place

CALGARY MASTERS SWIM CLUB

A VOLUNTEER OPPORTUNITY FROM ARBI



The Association for the Rehabilitation of the Brain Injured is seeking volunteers

Do you like to swim? Why not have fun and support a brain injury survivor in the pool? ARBI's aquatics program has just started up again and volunteers are needed to assist the participants. The clients participating will experience freedom of movement and fun activities in the water...with your help! This program takes place on **Mondays at the Talisman Centre from 12:30 - 3:30pm.**

Volunteers will work one-on-one with an ARBI client in the shallow-end of the pool doing range of motion exercises under the supervision of an ARBI staff member. No qualifications are required; however volunteers must be comfortable in the water - something CMSC Members would be perfectly suited for.

About ARBI: We are a community-based, non-profit organization that strives to improve the lives of individuals with severe acquired brain injuries, including stroke. The ARBI approach blends science and compassion to create hope for survivors. The ARBI website will give you a good idea of what the organization is all about: www.arbi.ca

CMSC was approached by ARBI, thinking that we might have some people perfectly suited to this cause. If you think you might be interested in volunteering, or for more details, contact Wendy at wendy@arbi.ca

TALISMAN CENTRE AND JUMPSTART PROGRAM



Talisman Centre is a partner with Canadian Tire Jumpstart, helping kids in financial need participate in organized sport and recreation. If someone in your family, or anyone you know, might benefit from this program, application forms are available at the Talisman Centre Customer Service Desk.

Canadian Tire Jumpstart is a national charitable program launched by the family of Canadian Tire companies in 2005. The program helps financially disadvantaged kids (ages 4-18) participate in the organized sport and recreation by covering registration, equipment and/or transportation costs. More information can be found on the Jumpstart website:

<http://jumpstart.canadiantire.ca/en/> Note: Deadline for applying is Nov. 15

CALGARY MASTERS SWIM CLUB

CONTACT INFORMATION:

www.cmssc.ab.ca

CMSC 2013-2014 Executive Committee

PRESIDENT:

Kevin Korpi president@cmssc.ab.ca

VICE PRESIDENT/REGISTRAR:

Dave Dickson vicepresident@cmssc.ab.ca

SECRETARY:

Nicole Esau secretary@cmssc.ab.ca

TREASURER:

Lori Wylie treasurer@cmssc.ab.ca

MEET MANAGER:

Quincy Chiang meetmanager@cmssc.ab.ca

MEMBER AT LARGE:

Claire Buffone-Blair memberatlarge@cmssc.ab.ca

COMMUNICATIONS OFFICER:

Louise Giannoccaro communications@cmssc.ab.ca

PAST PRESIDENT:

John Starratt pastpresident@cmssc.ab.ca

