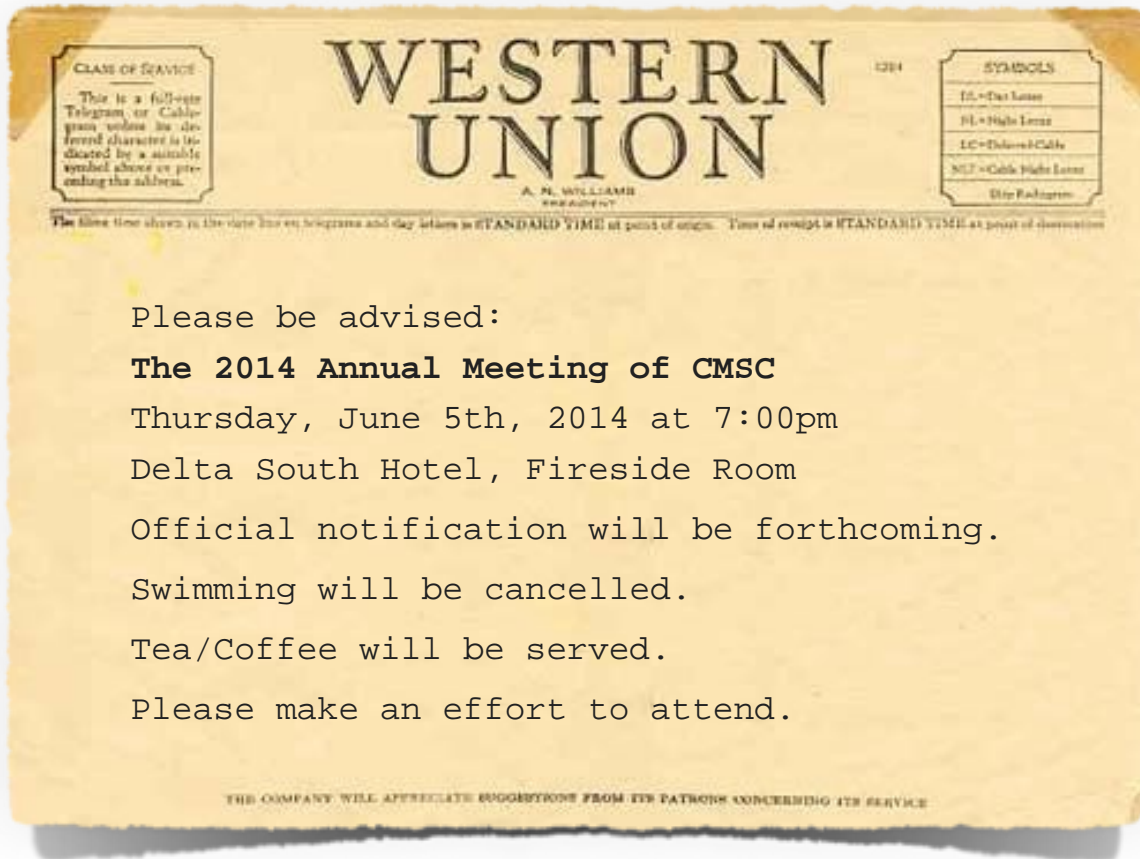


CALGARY MASTERS SWIM CLUB

May 1st, 2014



MAY 2014 UPDATE



Nominations Update:

The CMSC Executive is currently accepting nominations for the 2-year term positions of Vice President, Treasurer and Communications Officer. The position of Member at Large will be vacated, effective June 5th, so we will also be accepting nominations for this position, which will be a 1-year term.

To date, the Executive has received written nominations for the following positions:

Vice President: Leigh Edmonds
Treasurer: George Colbert
Communications Officer: Dave Amundrud

Member at Large:



CALGARY MASTERS SWIM CLUB

SUMMER SWIMMING AND SNACK CLUB AT BOWVIEW POOL

After an especially long winter, we are all looking forward to summer and for CMSC this includes Sunday Outdoor Swimming and Snack Club at Bowview Pool. This nice change of scenery and pace has become a highlight for many of our Members over the past few years. We have reserved Bowview on Sundays for our Club again this summer:

June 22nd to August 31st from 10:30am - 12:00

Coach Kevin will be keeping these sessions fun and informal, mostly working on technique. Bring along a snack to share with your team mates on deck after practice.

Bowview Pool is located in the Hillhurst/Sunnyside community: 1910 6th Avenue NW (Click [HERE](#) for a map). It is one of 7 outdoor swimming pools in Calgary that is run by the Calgary Outdoor Swimming Pools Association, who manages and maintains the pools on behalf of The City of Calgary. CMSC is happy to support this organization through our regular summer booking, in its efforts to keep the City's outdoor pools open.



YEAR-ROUND TRAINING FOR ALL SESSIONS:

Full schedule, year-round training was agreed to at the 2012 Annual Meeting, and CMSC has been running the regular training schedule throughout the summer months since then. With the flood last year, which resulted in scheduling chaos, with time changes and relocation to other pools, it was difficult to know for sure how many lanes were required for the early-morning and mid-morning sessions this summer. We have opted for a full 8 lanes for early-morning to start with, and 4 lanes for mid-morning, since quite a few mid-morning swimmers switch over to lake swimming in the summer months.

SUMMER LONG-COURSE TRAINING:

The long course training season at Talisman continues until the end of July. Tuesday and Thursday evenings and Saturday mornings will continue to be in a 50m pool. We were able to secure a few early-morning long course sessions when the water polo players are away. Keep an eye on the training plan - we will label the sessions "LC" when we know in advance.

CALGARY MASTERS SWIM CLUB

A MESSAGE FROM THE HEAD COACH



Swimmers,

It has been another really good year so far. I am seeing a lot of new swimmers at practice and this is adding a shot of vitality to the workouts.

We are getting right into competition season and I had the distinct pleasure of joining the team in Medicine Hat for the 2014 Provincial Championships. CMSC won the Large Team Provincial Championship Award for the second year in a row, and our swimmers seemed to be on the winning end of most of the heats.

There were big performances from **Lori Wylie** who bested some national records and seemed to improve as the meet went on. **Mike Hogan** was the breakout men's performer, with a thrilling 100 IM to start things off. Other good swims came from **Laurie Wallace** in 200 IM and **Brent Harvey** in the 200 fly, where he shattered the tough 2:30 barrier.

We still have Nationals from May 16th to 19th in Windsor, as well as the 2014 FINA World Masters Championships in Montreal from July 27th to August 10th, so ... send the kids to the parents' place and come out for one of the meets. It's an enjoyable experience, no matter how the swimming is going.

Starting again at the end of June we are going to have our practices outdoors on Sundays at Bowview Pool. I believe swimming is meant to be outdoors and I am looking forward to these practices. We will be doing technical workouts on those Sundays focusing on some new skills and keeping things pretty light and fun.

See you at the pool.

Kevin Column

Head Coach, CMSC

*Dave Amundrud, Dave Dickson, Coach
Kevin Coulman, Laurie Wallace and
Mark Hlady accept the 2014 Large
Team Provincial Championship Banner*



CALGARY MASTERS SWIM CLUB

REPORT FROM PROVINCIALS

By Dave Dickson

We enjoyed a terrific Calgary Masters Member turn-out at the Alberta Provincial Swimming Championships in Medicine Hat on April 5th and 6th. It was great to see the 17 members who made the long but scenic (!) drive to Medicine Hat. Calgary Masters had the largest presence and certainly dominated the pool with top 5 finishes. The Alberta Cup and Large Team Banner were awarded to Calgary Masters for highest total points.

Congratulations to the host Swim Club, the Alberta Marlins Aquatic Club, for their well organized and efficiently run Provincial Swim Meet. Many swimmers agreed with me that the meal at the Saturday social was one of the tastiest of any Awards Banquet in recent memory. Good food and entertaining games ensured a fun and relaxing time for all swimmers. Great job!

For your interest, the following is a brief recap of the results.

Drew Agnew	1 st - 50 free, 100 back, 50 back; 2 nd - 100 free, 200 back,
David Amundrud	3 rd - 1500 free; 6 th - 400, 100, 800 & 200 free
Marnie Anderson	1 st - 1500, 50 & 100 free
George Colbert	1 st - 1500, 800, 400 free, 50 & 100 fly, 200 & 400 IM, 50 back; 2 nd - 200 fly
Quincy Chiang	1 st - 100 IM, 50, 100 & 200 free, 50, 100 & 200 back, 100 breast
Dave Dickson	1 st - 1500, 50, 400, 100, 800 & 200 free
Rob Davis	1 st - 50 breast & 50 fly; 2 nd - 100 breast; 3 rd - 100 IM,
Brent Harvey	1 st - 100 fly; 2 nd - 50, 100, 200, 400 free & 50 fly
Mark Hlady	1 st -1500; 3 rd - 50&200 free, 50 fly; 4 th - 50 br, 100 IM, 800, 400 & 100 free
Mike Hogan	1 st - 100 IM, 50 & 100 back; 2 nd - 50 breast, 50 fly; 3 rd - 100 breast
Martina Kinder	4 th - 50, 100 & 400 free; 5 th - 100 back,
Albert Samson	1 st - 50 & 200 breast; 2 nd - 200 back, 100 breast; 3 rd - 100 free
Keith Shaw	1 st - 1500, 200 breast, 200 IM, 50 breast, 400 IM & 100 breast
Alicia Slade	1 st - 50 free, 100 free; 2 nd - 50 fly
Laurie Wallace	1 st - 100 IM, 200 IM, 200 fly; 2 nd - 100 fly; 3 rd - 50 fly
Jeff Welechuk	1 st - 100, 200 & 400 free, 50, 100 & 200 back
Lori Wylie	1 st - 200, 400, 800 & 1500 free, 100 & 200 IM, 100 breast

New Alberta Provincial AND Canadian National records were set:

Marnie Anderson	Provincial Record in the 1500 free
George Colbert	Provincial Record in the 400 IM
Dave Dickson	Provincial Records in the 400, 800 & 1500 free
Lori Wylie	Provincial Records in the 100 br., 100 & 200 IM, 200, 400, 800, 1500 free

*** Lori's 800 & 1500 free swims were Canadian Records as well ***



Thanks to **Albert Samson** for taking many great pictures of Calgary Masters swimmers in action. Albert's photos can be viewed [HERE](#).

CALGARY MASTERS SWIM CLUB



15TH FINA WORLD
MASTERS CHAMPIONSHIPS
JULY 27TH TO AUGUST 10TH

15^E CHAMPIONNATS DU MONDE
FINA DES MAÎTRES
DU 27 JUILLET AU 10 AOÛT



Join Marjorie, and CMSC, in Montreal this August!

Marjorie Obee has been a Member of CMSC since 1999, but started with Masters swimming in 1983 in Montreal. She trains regularly with the mid-morning group and on her own, to fit in extra long course training. She has obtained Alberta provincial records in all the freestyle events, her longest standing record dates back to the year 2000. She currently holds an impressive 16 Alberta records over 3 age groups.

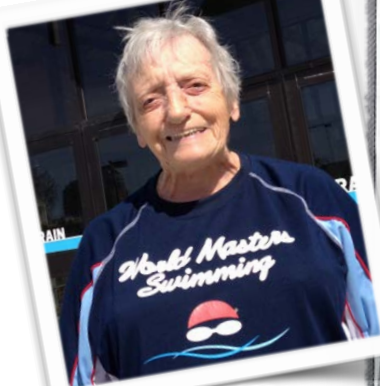
Beginning in 1985, Marjorie has been to an awe-inspiring 5 World Masters Games and 4 FINA World Masters Championships, with Montreal in 1994, followed by Sheffield, Great Britain in 1996, Stanford USA in 2006, Perth, Australia in 2008 and is gearing up for her 5th in Montreal this summer. She frequently places in the top 10 in these major international events.

Marjorie is "aging up" to the 85-89 age group next year and no-doubt has her sight set on the next batch of Alberta records. She has been training especially hard in the long course pool before mid-morning swim, preparing for the competition in Montreal to see if she can improve on the records she already has.

Join Marjorie in Montreal this August! **The registration deadline for the 15th FINA World Masters Championships is June 1, 2014.**

Please let our Meet Manager, Quincy, know if you intend to attend this event: meetmanager@cmsc.ab.ca

Marjorie Obee



The excitement kicked the moment I decided to participate in the IV World Master Games in Melbourne Australia October 5 - 13, 2002.

- Sending the registration form for the swimming events, making travel and accommodation reservations early 2002.
- Months of training sessions in the pool with cross-training, free-weights and cardio workouts.
- Departure date came soon and with encouragement from my local team, the Calgary master Swim Club and some friends of the Home Table-Tennis Club
- "Custa", we set out and arrived safely down-under
- Settling down in the accommodation, familiarizing with location and resting
- First day was getting registered in a downtown facility where one already sensed the magnitude of this International event and at the opening ceremony in a huge stadium
- Being part of the 26,000 Masters of many sports is an unforgettable and lasting experience
- The 800 Canadians present, showing our maple leaf in all sorts of forms, funny hats, pins, flags and stickers
- The pool inside the sports and recreation complex is flooded with daylight. The competition basin was filled with sparkling cool blue water.

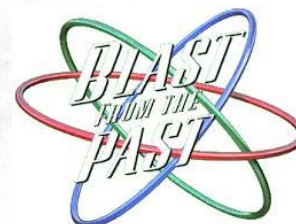
- The first time when one meets the other swimmers in the marshalling room, where one lines up for the heat in which one is registered. In Master's swimming all heats are finals.
- The results of the consistent work and dedication paid off in the form of second placing in the 400M, bringing home a silver medal and 4th places in the 50M, 100M, 200M and 800M events, with a total of 5 Alberta Provincial records on the Long-Course (50M) in the 70-74 age category.

All together, the entire effort was very enjoyable and of course, we look forward to hosting and again participating in the V World Masters Games at Edmonton, 2005. After all there are some provincial records waiting to be altered.



Melbourne
through my eyes

By Marjorie Obee



From 2002 Newsletter

CALGARY MASTERS SWIM CLUB



Last year, Calgary Masters Swim Club created a Facebook group for use by its members. At the moment there are 48 members of the group.

The group was set up to provide an informal gathering place where people can share swimming and club related information which, may (or may not) be of interest to the other members.

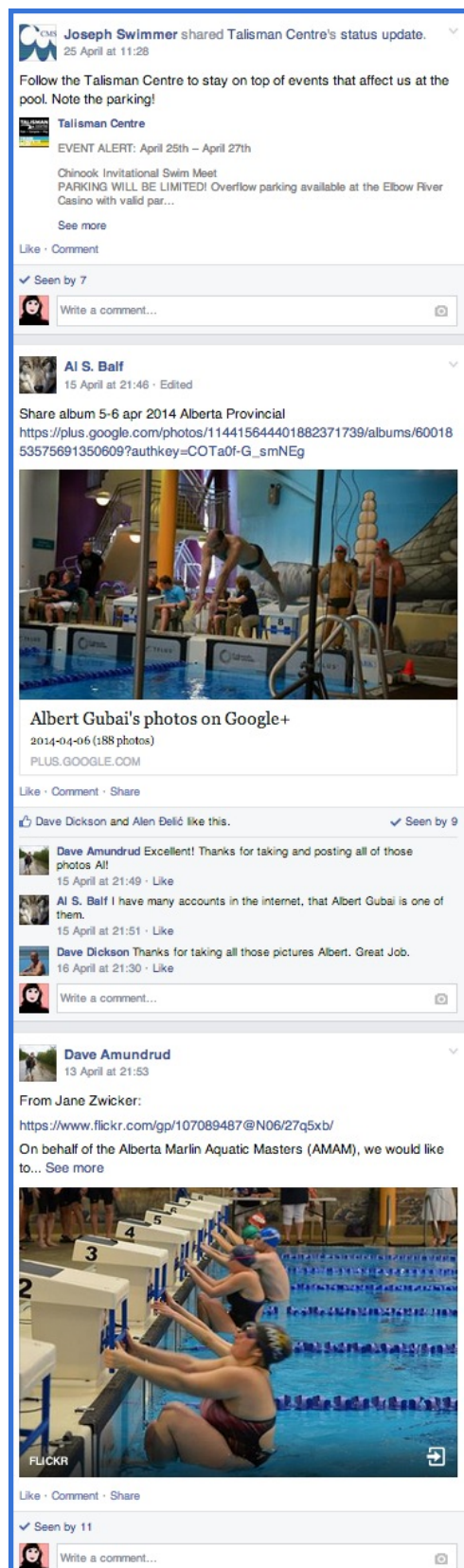
The primary, and official, methods of communication are still the CMSC website (www.cmsc.ab.ca) and the email list, both which are maintained by the Communications Officer, but the Facebook group can also be used to keep you informed, connected and, hopefully, entertained without cluttering up your email inbox.

Some items that you can find in the group are:

- Notifications of swim meets from outside of Alberta Masters, such as the Across the Lake Swim in Kelowna [HERE](#)
- Links to training ideas from around the web such as Effortless Swimming [HERE](#) or Feel For the Water [HERE](#)
- Photos from swim meets
- Notices about informal social gatherings
- Coaching tips like the recommended meet warmup; and
- Occasional hilarious video clips, for example you can watch a guy in Croatia doing butterfly through the snow on his driveway! Seriously, it is a great clip.... watch it [HERE!](#)

It is also the perfect place to arrange car pooling for travel to out of town meets or to trade/swap/sell the swim suit or fins that you bought but didn't quite fit.

To become a member of the group you will need to be invited into the group by an existing member and then the group administrator (me, currently) will need to approve your membership. If you need an invite to the group just add me as a friend using either my personal account (search for daveamun / Dave Amundrud on Facebook) or our generic account, which goes by the name Joseph Swimmer and uses facebook@cmsc.ab.ca as the contact address.



CALGARY MASTERS SWIM CLUB

MASTERS SWIMMING CANADA'S MILLION METRE CHALLENGE

This year's CMSC participants:

Rob Harris 380,800m
Bob Robinson 344,950
David Carlson 222,400
David Amundrud 199,750
Kathryn Ruhland 171,600
Alex Mirkovic 153,900m
Rob Davis 144,800m
Bernie Brouillet 99,900
Donna Aggarwal 92,300m
Christine Adams 58,275m
Denise Logan 36,050m

All-Time Totals for CMSC Swimmers:

Kathryn Ruhland 1,570,300
Alex Mirkovic 1,275,200m
Jeanne Carlsen 1,140,250m
Rob Harris 752,500m
David Amundrud 661,300m
Bob Robinson 662,800m
David Carlson 493,100m
Denise Logan 416,280
Donna Aggarwal 162,400m
Rob Davis 144,800m
Kjersti Bysting 105,000m
Bernie Brouillet 99,900m
Alanna Dunwald 60,660m
Christine Adams 58,275m



Masters Swimming Canada's **Million Metre Challenge** continues on. This year, the battle of CMSC Members has been fierce between Rob Harris, Bob Robinson and David Carlson, with Rob edging his way ahead of the others, for the time being anyway. The race is on for those coveted swim caps.

For more information about the Million Metre Challenge, or to register, click [HERE](#).

Also from the MSC website:



MSC jackets, pants and swim caps can be ordered from the MSC Website: [HERE](#)

2014 Canadian Masters Swimming Championships in Windsor, ON

The registration deadline for the 2014 Canadian Masters Swimming Championships in Windsor has been extended to Sunday May 4th.

CALGARY MASTERS SWIM CLUB

IMPORTANCE OF REST AND SLEEP

Submitted by CMSC Associate Member, Monika Schloder, PhD, Arête Sports, Calgary



Sleep may be athletes' best performance booster! Lack of sleep is a negative factor in sport performance since it can slow down recovery and compromise the immune system. Chronic sleep deprivation may increase the risk of injuries and may even cause the body to store extra fat. Part of post-training recovery and regeneration is to establish and maintain a pattern for adequate rest and sleep. Tired bodies cannot respond to the athletic demands and cannot avoid acute injuries. Researchers of a 2009 Stanford University study report that athletes getting up to 10 hours of sleep ran faster sprints, had more accurate tennis shots, swimmers and basketball players improved their performance, mood, and alertness. The results seem to indicate that sleep is indeed a significant factor in achieving peak performance. However, constant computer or other electronic access, All-night TV programs, and late night socializing frequently interfere with establishing and maintaining healthy sleeping patterns at home and during travel to competition.

Swimmers and teams (including elites) whose travel schedule includes time zone changes should adhere to such time changes at least one week prior to departure. The underlying reason is the essential adjustment by the body. Otherwise, insomnia upon arrival at the travel destination becomes a common problem.

Signs and Symptoms of Sleep Deprivation:



- Early fatigue during training
- Unexpected emotional responses
- Negativism, pessimism, sadness, mood change, stress, anxiety, anger, frustration
- Inability to solve problems, lack critical thinking or decision-making
- Decrease alertness and focus during training or competition/match
- Slower recovery from injury

Suggested Strategies:

- Develop and maintain regular sleeping habits
- Go to bed and get up at the same time
- Get 8-10 hours of sleep per night
- 'Catching up' on missed sleep on weekends is not a healthy practice
- Sleep more when training
- Take occasional 10-minute naps
- Get two consecutive 'good night' sleep before competition or a match
- Monitor social activities that tend to interfere with getting enough sleep (parties, etc.)
- Adapt to the travel schedule prior to departure
- Use a training log to monitor training and recovery



CALGARY MASTERS SWIM CLUB

CONTACT INFORMATION:

www.cmssc.ab.ca



CMSC 2013-2014 Executive Committee

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Lori Wylie treasurer@cmssc.ab.ca

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