

GREAT LENGTHS



NEWS OF THE MASTERS SWIMMING ASSOCIATION OF BC

Volume 17, Number 1

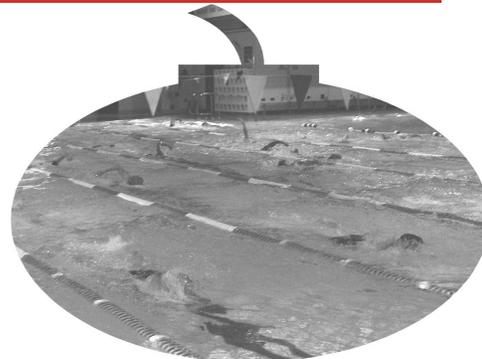
Nov-Dec 2003



Merry Christmas & Happy New Year

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Stephen

Captain's Table - by Aart Looye



Just look at what happens after you are back in the pool for a couple of months. The aging body is already protesting against the coach's workouts. The knees, back and shoulders require TLC every night after practice, your bathing suit does not fit, and there's a new kid in your lane who actually makes the intervals that the Coach has posted. The good news is that you sleep and eat well – you have a lot more energy – you have made new friends- and you are actually looking forward to the first meet of the year. My wife however still complains about the chlorine smell if I try to get up close and friendly after a practice. Can't win them all.

Besides trying to stay in shape, I have had to deal with a number of Administrative issues since the Board's meeting in September. Brian Rodger, our hard working Registrar, and I went to Whistler a couple of weeks ago for the Swim BC annual meeting. At this meeting we got the low down on a new registration system that is being used throughout Canada. The new system allows and requires Clubs to do their own registration on line. It has all kinds of features – keeping track of swimmers- results of meets can be entered and compared to other swimmers – PB's for each swimmer and a security system that will only allow clubs to deal with their own information. It's very exciting and will make Brian's life a lot easier. Insurance is an important part of the Master's package and Mike Hambrook our Treasurer has been reviewing this to ensure that we are adequately covered in and out of the pool. Getting competitive quotes and dealing with brokers is very time consuming.

One of my tasks that I find very rewarding is getting new swimmers in the water, I'm happy to report that we have the makings of a club in Powell River –Nancy Lalonde is the contact, the Blackfish swim club on the Sunshine coast is back up and running and a further club in Kamloops is in the works. Welcome!!

As I indicated in my last article Masters Swimming Canada has caused me considerable frustration on a number of issues. This frustration coupled with my fight with Cancer really was not doing MSABC or myself any good. The solution was to appoint John Bell – a Board Director to attend MSC meetings and have a new voice to air BC's concerns.

Planning for the Provincials hosted by the Delta Retreads is underway – it is shaping up to be a great event. Let's see if we can get a record attendance at this meet.

Hope to see you at one of the upcoming swim meets in the lower mainland or on the island.

CALENDAR of MASTERS Meets

2003

- Saturday Nov 29****Nanaimo Ebdtides, SC** - Nanaimo Aquatic Centre Nanaimo - Steve Ricketts (250) 751-1506 stephengayler@shaw.ca
- December 6-7****SCM Grass Valley Aquatic Center** - Camas WA - Bert Petersen petersen@exchange.net entry form available at <http://www.swimoregon.org/CurrentMeetForms/CamasEntry.pdf>

2004

- Sunday Jan 25****Cowichan Aquannis Masters, SC** - Cowichan Aquannis Pool , Duncan - Diane Ruffell (250) 746-9804 e-mail: kdruffell@yahoo.ca (entry form in Aug-Oct GL)
- Sunday Feb 15****Bellevue Club Washington, SCM**
- Saturday Mar 13****Victoria Masters, LC** - Sannich Commonwealth Pool, Victoria - Shaun Cownden (250) 727-3097
- Saturday Mar 27****Winskill Otters, SC** - Cheryl Miniato (604) 948-0682
- April 23-25****2004 MSABC Provincials, SC** - Watermania Pool, Richmond - Alex Muir muiradams@shaw.ca
- May 21-24****Canadian Masters Championships, LC** - Kinsmen Sport Centre, Edmonton, Alberta James Hood (780) 415-1780 jameshood@swimalberta.ca site of the World Masters Games in 2005
- June 3 - 13****10th World Masters Swimming Championships** - Riccione, Italy www.fina.org or www.masters2004.it

2005

- July 15-24****6th World Masters Games - Edmonton, AB** - www.2005worldmasters.com/

All meets listed here are sanctioned or recognized by Masters Swimming Association of British Columbia. Times swum at these meets are eligible for BC and Canadian records and Top 10/20 times. Sanctioned meets are also covered by MSABC liability insurance.

The Purposes of the Masters Swimming Association of British Columbia are:

- ♦ *to promote fun, fitness, health, fellowship and participation among adult swimmers*
- ♦ *to give guidance and leadership in the direction development and execution of programs for non-competitive and competitive adult swimmers in British Columbia*
- ♦ *to encourage the development and use of facilities for swimming, in general, and for Masters swimming, in particular*

MSABC & TEAM AQUATICS SUPPLIES CONTEST

The winner is: Julie Jones who had the most correct names. Julie wins a \$50 gift Supplies & a free season. Congratulations Julie!



certificate from Team Aquatics MSABC membership for the 2003-4

For your information the people in the picture were, from left to right, front row then back row: Bonnie Pronk, Joan Parnell, Norma Powell, Judy Baker Davidson, Sylvia Dockerill, back row (inset) Linda MacPherson, Brian Johnston, Graham Welbourn, Peter Bell, Ryan Laurin, Bill Sawchuck and Sarah MacDonald (inset).

PHOTO CONTEST

John Hallett receives a \$25 Team Aquatics gift certificate from MSABC. This is for submitting many great pictures for *Great Lengths* over the past year. Thanks John.

Lane Etiquette for Practices and Meets

With Input from Joan Parnell & the editors

Workouts

- ❖ Flags - need backstroke flags at all workouts
- ❖ Determining which lane to swim in - Ability - can do repeats or tag along on end
- ❖ Late arrivals - should fit in with workout in progress, or warm up in public lane.
- ❖ Early arrivals - can warm up early - but should stop and restart with others in lane.
- ❖ Interval between swimmers - 5 sec. usually (don't cheat!).
- ❖ Positioning for turns - if possible turn should be where you plan to swim next. (Cut diagonally to return lane just before the turn when it is clear so that you go straight in for the last stroke of the turn)
- ❖ Stopping or Sitting out - if sitting out a repeat stand opposite side of lane from where others are turning.
- ❖ Lane Leader - must watch clock to follow workout.
- ❖ Leave jewelery at home
- ❖ When you finish your repeat get out of the way so the next swimmer can actually touch the wall to finish
- ❖ When you need to pass in your lane, generally you touch the swimmers foot so that he/she moves over and lets you pass or stops at the end allowing you to pass
- ❖ Keep 'lip laps' to a minimum. It is disruptive and you can socialize after practice
- ❖ Be extra aware when doing fly. If necessary, do 1 A fly when passing or time your strokes to avoid lane mates.

I (Joan) personally like alternating lanes - 1st. lane keeps left (clockwise circle)
 2nd lane keeps right (counterclockwise circle)
 3rd. lane keeps left
 4th. lane keeps right

Swim Meets

Warm ups at swim meets -

- ❖ Stopped swimmers should not block turns of others.
- ❖ Remember the use of kickboards, hand paddles, pull buoys & fins are not allowed during warm ups
- ❖ Do not dive into the pool, slip in feet first. Dive only in designated sprint lanes, usually opened up ½ hour into warm ups
- ❖ Swim in a lane that is conducive to the speed you at which you wish to swim
- ❖ Be ready to lend a helping hand if the swimmer on the block in the heat before yours is unsteady.
- ❖ When your race is finished be sure ALL other swimmers are also finished before going across their lane to the side unless requested to do so by the officials
- ❖ In relays if you cannot get out hold onto the lane slightly away from the end to prevent hitting the touchpads.

Editor's Lane

In this Xmas issue, we have added colour to the cover and last page and added a matte paper thanks to Team Aquatics. Read about interesting developments in swim technology on the back cover..

The theme of kinesthetic sense is addressed by psychologist Craig Townsend from Aussie and by our own Jack Kelso.

We have added a new column this issue titled, **Down but Not Out**. If you have a story, please e-mail us your interest. We need your story. It could be coping with a hip or knee

replacement, arthritis, or other debilitating illnesses.

Steve Jorgensen, a physiotherapist & Masters swimmer has done a follow up article on shoulders, about injury prevention. This will be a three part series continuing in the next two issues. Swimmers' Dialogue continues with Jennifer Kobi addressing serious training and Gilles Beaudin comments on the breaststroke turn. Tom Rushton discusses the backstroke start from the coaches perspective. Behind the Scenes continues with an interview with Ivan Szasz from UBC.

Bobbi Driscoll, our nutritionist, talks

about energy bars. If you have other questions for her, let us know.

Barry brings us Victim Profiles once again. Who wants to be the next victim? Contact Barry at barry.davis@crcn.net

We are looking for advertisers that might be of interest to Masters swimmers. If you know of someone please contact us.

We need your input, whether you are a fitness swimmer, triathlete, competition swimmer or open water swimmer, to make this magazine successful.



WET SPOTS

A Column by a swimmer in the sticks-Bonnie Pronk
COMMENTS & FEEDBACK WELCOME
bpronk@island.net



DEVELOPING GOOD TECHNIQUE

Masters come in all ages and shapes, with different backgrounds, work ethics and experiences in swimming, and varying reasons and motivation for swimming. But, with all this diversity there is one thing that is truly important and beneficial to all no matter what and that is good swimming technique. Many parents like to get their children involved in competitive swimming, if only because they will end up being good solid swimmers, safely at home in the water with good looking strokes. Because competitive swimmers want to be fast, they are most concerned with efficiency and teach strokes this way. Other programs often fail in this respect. Because Masters has a competitive aspect, here too you will find emphasis on good efficient strokes.

Everyone likes to look good in the water. Masters swim training can hopefully improve ones shape too, but even more importantly how efficient ones strokes are. This means concentrating on technique. As you start to train more and get in some laps, you improve your fitness. As you do this though, it is important to never forget about technique. Technique is important all the time for all swimmers.

How do you develop good technique? If you have a coach, she/he is there to help you. The coach can point out more efficient ways to swim. If your coach does not do much stroke correction start asking about this. It is also up to the swimmer to learn about strokes and what are the latest thoughts on the best way to do each stroke. You can access articles on the web, get books at the library, borrow videos

from MSABC, go to clinics, watch better swimmers swim etc. Once you know what should be done, practice your strokes by looking in a mirror. You can get a buddy in the pool to look for certain things. It is better to ask a swimmer, lifeguard or even possibly the coach if you are, for example, keeping your elbows high on your free pull or bending your arms on the backstroke pull. Work on one thing at a time, be it for a length, a set, or a practice. Next, the use of drills to get a better feel for some technique point is very important. Know why you are doing drills so that you can focus on that technique and get something out of them. How many times have you just done a drill in a mindless fashion because it is a drill you have learned and is supposed to be good for you. Is it what you need or is there some better drill? Be knowledgeable.

As with all teaching, various different drills work better for some individuals than others. Find out which work for you and try new ones. However, give the drills a chance and be sure you know why you are doing them. Drills, once learned, can be done at a faster pace that simulates the stroke more. As you do drills it is a good idea to follow them up with the full stroke that the drill is meant to help. I like to start every practice with a 400 I.M. with 2 or 3 lengths drill and one swim for all the strokes. This warms up all the muscles for all the strokes and gets me thinking about stroke form or areas where I need practice.

As one flows through the age groups, it is even more important to work on technique. If you have better technique and are efficient in the water it takes less effort (YES!) and you can go faster! As you

become more efficient, you can get more done and you look better in the water too. No one is perfect so there is always lots to work on. As we have been emphasizing in the magazine, starts and turns need technique work too.

Because swimming takes place in a different medium, the feel for the water is a very elusive thing that needs to be developed and honed. We are often surprised when we see ourselves swim on a video because we may have felt like 'it was right'. This elusive feel is so important. To feel the pressure of the water against your hand as you swim and sense the flow of the water past the body is something that continually needs to be developed. We can focus our senses more on each part of our strokes. We can watch our arm as it passes by and see what it is doing and try to attach the feel to the visualization. We can practice the stroke in the shallow water bending over at the waist to watch our arm pull and feel what we are doing at the same time. Our coach can tell us when we hit it right and it is up to us to remember how that felt. Instant replay from videos are very useful here too especially if you can watch the underwater action.

Lastly, that precision of movement is essential in synchronized swimming. How do they develop this feel? Maybe we should ask them? (Look for this in your next Great Lengths.)



Meanwhile, ***Go with the flow!***

COACHES COLUMN

Enhancing Your Technique & Stroke Improvements

By
Craig Townsend



Craig has kindly submitted this article specifically for *Great Lengths* for our theme on *kinesthetic sense*.

Are you trying to master a new stroking technique? By using your mind (as well as your body), you can be master new stroking techniques 3-4 times quicker than swimmers who only work on the physical side!

This is because your body gets all its instructions directly from your subconscious mind - the control centre of all movement. So to master a new technique, all you have to do is 'program' it into your subconscious, as well as continue to practice the technique in the pool, until have it perfected - and the results may arrive much quicker and easier than you ever imagined.

The most effective way to do this is using regular visualization. This allows you to insert a new 'program' into your current stroking technique (or if you are completely changing your technique, completely replacing the old with the new), just like using software for your computer.

You do this by quietening your mind, closing your eyes and mentally imagining yourself *already using* the new technique you desire (as if this was the way you have *always* swum). This needs to be done as *realistically* as possible to be truly effective, so that you can virtually *feel* the new stroking rhythm working perfectly - and eventually this *feel* will transfer to the pool as well.

When it comes to technique, the *feeling* is even more important than the *seeing* it in your visualization (just as it is in the pool), though using both of these together are very potent indeed.

Depending upon how ingrained the old technique is, the visualization exercise must be done regularly to successfully replace the *old program* already running in your subconscious

Remember not to visualize the old technique at all (*that you are trying to leave behind*), as this only reinforces the current program and makes it more difficult to change to a new one. (If you accidentally do this, simply put a mental 'cross' through the image, and start over again).

The most effective way is to visualize your new technique at least five minutes a day whilst continuing your normal daily pool training. Each time you train at the pool, more and more you will begin to *feel* this new technique slowly clicking into place, as the visualization *heightens* your kinaesthetic (feeling) senses so that each time you perform the technique correctly, it will mentally remind you that you've successfully achieved the new stroke (almost like a bell going off each time you do it correctly).

This continues until eventually you'll just *know* when you have it mastered - and of course, the results will tell you this as well.

Affirmations or mantras can also be helpful to reinforce new technique and stroking rhythm - and these can be used while you are actually training in the pool.

You can create a mantra that corresponds to your own particular (new) stroking technique (e.g. 'Smooth and easy', 'cup the hands', 'head down, then breathe' etc), and even better, you can repeat it over and over in your mind to *exactly the same rhythm* as your swimming strokes, so that it *reinforces both the*

action, and the rhythm, you are looking for in the pool.

Of course, every swimmer being different, there are different paths to success - some will experience immediate and very rapid improvement, whereas others will experience slower improvement, but usually later followed by a more sudden (and unexpected) successful training session.

To summarise, ensure you visualize exactly what you want in the pool, and this will eventually implant a new 'blueprint' into your subconscious for your body to follow in the pool, plus you can reinforce this blueprint with the affirmations while you are training.

Success comes through using both your mental and physical capabilities to make new changes, as there is no quicker or more effective way than to go directly to the control centre of your swimming - your subconscious.

Craig Townsend is a mental trainer and clinical hypnotherapist from Sydney Australia, whose training program and articles have been used by the official Journal of the Australian Swimming Coaches and Teachers Association, National and State swimming and coaching Associations, national coaches, international swimming medalists and an Italian swim magazine. His website SwimPsychology.com currently has over 7000 swimmers and coaches subscribing to his monthly tips.

COACHES COLUMN (cont.)

Kinesthetic Sense

Great Lengths posed these questions to Jack Kelso regarding kinesthetic sense (feel) in the water.

Many coaches talk about the importance of feel in the water. What does the coach mean by this? How can a Masters swimmer develop this feel for the water? For the more experienced swimmer who feels there is something amiss in his/her stroke but just can't feel what is wrong,

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what would you suggest to the swimmer to recapture the correct feel?

Coach Jack Kelso



Your questions on "feel for the water" are somewhat challenging in that this subject has never been covered well in research information. There are two authors who have dealt with this important facet of our sport and I will give you the books they have written which covers the topic quite well, although they have two entirely different approaches to the problem of teaching this "feel for the water".

1. Cecil M. Colwin, **Breakthrough Swimming**, Human Kinetics Publishers, 2002. ISBN 0-7360-3777-2. (Chapter Six deals with the subject very well.) Any good sports library should be able to get you this book.

2. Terry Laughlin, **Total Immersion** - The Revolutionary Way to Swim Better, Faster, and Easier. Fireside, Rockefeller Center, New York, N.Y. 1996. (Chapter 7 deals with the subject in a unique way.) ISBN 0-684-81885-X

Many of the other books I have, and I have an extensive and current listing, do not deal with this subject at all. It is a rather difficult concept to convey to individual swimmers, and some coaches don't deal with it at all.

We are primarily dealing with one's natural ability to physically sense the flow of water around

hands, arms, feet, legs, and torso, in such a way as to develop efficient propulsive techniques. Water presents us with a very unnatural environment. The body's basic reaction to this is one of apprehension, lack of balance and orientation, and fear of obtaining enough air to sustain life! As we progress through the normal learning curves, we become more at ease with propulsion and manage to reduce resistance, and become fairly successful at moving from one end of the pool to the other without undue strain. However, what we often don't learn is how our complete body can sense the passage through this high-density substance (water is almost 900 times the density of air) in the least amount of disturbance to the surrounding and enveloping substance. It is a slippery and cumbersome medium, and one which takes quite a lot of work to fully appreciate and overcome. We spend an inordinate amount of time in training the energy systems and all of its complications, and we also spend a fair amount of time in what is commonly known as "skill drills". However, this training and skill work is curtailed by each swimmer's capacity to move efficiently through the water. If the swimmer demonstrates an inadequate ability to really get a sense of water flowing past body surfaces, then the skills take on a rather mechanical attitude. Top swimmers have an innate ability to fully sense this flowing motion much more positively, and thus their propulsive skills can be developed to demonstrate a mastery of efficiency, rhythm and balance

All swimmers can learn to develop this kinesthetic sense of water movement with proper skill development from rudimentary motions while standing in shallow water and discovering this water flow, for example, through fingers and hands in basic sculling actions. Progressions to floating on the front and back and using sculling motions for propulsion, then to actual part-whole stroke usage, continuing to concentrate fully on the water's

motion through each stroke phase, and then finally to full-stroke swimming using the standard catch-up drills, etc. will eventually lead to a better feel for the water. Efficient stroke mechanics will follow, with each swimmer concentrating on long, smooth, full pulling, in an attempt to reduce the number of strokes per length, and thus reduce amount of energy needed and therefore producing faster swimming. The key to all of this development is patience, and a sincere attitude towards being able to really feel the water as it flows past one's "non-amphibious" shape. We were not really meant to swim as the fish do, but we can swim very fast with what we have, as can be seen by any number of international swimming stars as they perform at exceptional speeds, all the while demonstrating very efficient stroke mechanics. The challenge for the coaches is to be able to relate to this rather complex problem of sensitivity to flowing water and to develop a progression of skill-drills which can assist the swimmers in actually feeling the flow and taking advantage of this important facet of propulsion. Once the swimmer can truly react to these new sensations of water flowing around limbs and torso, then they are on their way to developing better stroke efficiency. We are known as one of the top synchronized swimming nations in the world, and our synchro swimmers demonstrate amazing feel for the water - just watch them perform all of the complex propulsive skills necessary for a routine and know that you can learn these skills just as they did!

Jack is now a retired professor emeritus from the School of Human Kinetics, UBC, and currently holds 3 World Records and 20 Canadian Records in Masters Swimming. He is a retired university and club coach, after 35 years of coaching and teaching swimming. His educational background is a BA in English, MSc. in P.E. and Ph.D. in Sports Administration. Newly released is his 600 page, illustrated book on "The Complete History of Competitive Swimming in Canada, 1867-2002." Since Jack will be 65 in 2004, we should see him back at meets breaking records.

Backstroke Start By



Tom Rushton

GL: Tom, many Masters swimmers find it difficult to raise their buttocks above the water on the backstroke start, thus creating a plowing effect on the start thus severely slowing down their start and reducing their distance.

GL: Could you explain a) foot position b) hand position c) head position during the ready position.

TR: It's true that the best backstrokers in the world launch themselves clear out of the water, in my opinion Mark Versfeld, Ex-Canadian record holder in the 200 backstroke is one of the best starters in the world. I've included a link to a short video clip of his backstroke start. <http://www.swim.ee/videos/back/M-BackStart-Mark.mpg>

My feeling is that most masters swimmers lack the flexibility and perhaps the strength to launch themselves this high, but with correct technique they can certainly improve the power with which they leave the wall, and the angle with which they enter.

There are two major schools when it comes to foot position--feet together, or feet staggered. Swimmers should use whichever feels best--try a couple of starts with each technique--using staggered feet may provide more stability, while some people feel that both

feet together gives them more power. In either case the toes are of course not allowed to be above the water line. Hand position depends greatly on the blocks at any given pool. My personal favorite are blocks such as the ones at the Saanich Commonwealth games pool where you are able to hold the side bars instead of holding a horizontal bar. Some blocks have multiple places to hold on, in which case I would suggest weaker starters--those wishing to get in and start swimming right away use the lower bar, and those trying for a more acrobatic start use the higher bar. Head position is probably the most important of the positions I've



touched on so far--my feeling is that the head should be tucked and ready to 'explode' outwards at the sound of the gun. Whichever foot and hand position the swimmer choose to utilize the head should be tucked tightly in at the signal to "Take your marks" and should initiate movement after the sound of the gun.

Other points of note--I see many swimmers that are curled so tightly at the marks signal that they have to unfurl their limbs just to begin starting. Although some swimmers may not be able to hold the position and thus must discover a compromise somewhere along the lines, the knees should be bent at an angle of about 90 degrees in anticipation of the start.

GL: Could you explain the procedure on take off and what body position you look for before submersion? (i.e. movement of

head, arms, drive from legs, back position in flight)

TR: I've mentioned the importance of head position in readying the body for the starting gun, and this is the part of the body that should initiate movement. At the sound of the gun the head should fly back, followed by a push from the arms and finally the legs should push the body out from the wall. These movements of course occur very quickly, indeed almost simultaneously. As the head comes back the back should arch, so that although the legs push the swimmer up and out, this angle is rounded by the head. Arms should be thrown back into a streamline position, and these should break the surface of the water.

Again, some masters swimmers seek only to begin swimming as soon as possible, in this case I would recommend a flatter angle, instead of driving high, and then returning to the water, push back and get swimming as soon as possible.

GL: What action do you use to facilitate streamlining on entry into the water as presumably you have a hollow back position in the air?

TR: The final motion above the water should be that of a single upsweep of a dolphin (butterfly) kick. As mentioned in the previous paragraph, the swimmer will want to round out the start, and enter hands first--thus forming a complete arch over the water (Illustrated very well by Mark in the video I mentioned earlier) This dolphin action will bring the legs up in order to slip through the same entry hole and also will begin the dolphin kick which will follow underwater.

GL: In the previous issue you discussed streamline and suggested having a buddy observe you. Many have not

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been schooled in that skill. Could you elaborate a bit as what the swim buddy should look for to help coach a better position on the glide and underwater kick off the start?

TR: Head should be between the arms, with the ears being squeezed by the biceps. I've included a picture of the 100 Metre Backstroke World Record holder, Lenny



Krazelburg to illustrate. In my opinion the head position is the most important aspect of the streamline, followed by the body--which should be straight, without any bends. The arms are useful, but only following proper alignment of the head and body.

Editors Note: Tom Rushton is now coaching in Surrey, with Surrey Knights, and also "Surrey Masters"--a fledgling masters organization run through the city. Watch him for pointers when he swims at the next Masters meet.

COACHES

If a person completes the NCCP Swimming Coaching Theory and Technical Level I courses and a minimum of 30 practical hours with a Masters team, the Board will reimburse that person the sum of \$150.00 towards the cost of the courses.

Huntsman World Senior Games

By Leon Politano

The Huntsman World Senior Games are held annually in October in St. George, Utah, a two hour drive from Las Vegas. In 1987 five hundred athletes participated. This past October approximately seven thousand athletes participated in over twenty sports. The Games take place over a two week period with swimming taking place over three days during the first week at the Sand Hollow Pool, fondly referred to as the Dolly Parton. When you see the complex, you immediately understand why the reference to this country western star.

the pool but not on the deck. Just one example of the friendship of the games was when a 60 year old female 23 minute 1500m freestyler took me into the warm up/cool down pool to give me stroke correction. Many swimmers were former Olympic, national and international competitors. Their times makes a mockery of the myth that getting older means getting slower. Events were seeded by age and gender except in the 800 and 1500 free style which were seeded by time. The day's events finished between noon and one each day which allowed time for more socializing or visiting the other events venues. At the conclusion of the meet a sport social in the evening was held where the awards were presented after a pasta dinner.



L to R Jane Katz (NYC) Rich Juhala (Oregon) Leon Politano (BC) Carolyn Lyman (Utah)

I would highly recommend the Huntsman Games to anyone over fifty because of the hospitality, organization, and the many new friends you make. Take extra

time to enjoy the scenery of the Grand Canyon, Zion National Park, Bryce Canyon, and of course Sin City, Las Vegas. Next year's Huntsman World Senior Games are October 4 to October 16, 2004.

At this year's meet, 140 swimmers representing the United States, Canada, Australia, Ukraine, and Russia ranging in age from 50 to over 90 competed in up to nine individual events plus relays that were made up on deck. The spirit of games demonstrated what masters swimming is all about; friendship, fitness, and the benefits of a healthy life style. Competition was fierce in



Fitness Swimmers NOT Recreational Swimmers

During a recent visit the Winskill Otter Masters, we talked to some of their fitness swimmers and asked the following questions of Judy Shaw (JS) and Patrick Cotter (PC):

1. How long have you been swimming with the Winskill Otters Masters group? How many times per week do you train, and what is the distance you average per workout?



JS: This is my 2nd year plus a few months. I try to swim all 3 practices each week, but work meetings sometimes get in the way. Why is

there only one Tues and one Thurs in a week? Concerts, and most meetings are scheduled for a Tues or Thurs!

Since I am not very fast, I swim over 1,000 metres each practice, I think. I really don't keep track - that is not too important to me at the moment.

(Editor's Note: If you write down you total yardage and continue it over the year, you can submit it for goodies in the Fitness Challenge..see elsewhere in this magazine).

PC: I joined the Winskill Otters at the invitation of a neighbour in June of 2003, and am mostly interested in fitness. Although I have had no history with competitive swimming, I did take lessons as a child and got to "seniors" level by age 12 then stopped swimming.

I currently swim 3 times per week, and average about 1800 – 2000 m per session.

2. What is your favourite stroke and workout?

JS: I swim only front crawl and back stroke for now. (I have been working with a physio).

My favorite workout? - lots of 25's and some 50's.

PC: I enjoy free and back, have had to re-learn the kick on breast stroke so that is a bit more tedious, and it has taken me about 3 months to learn how to put the fly stroke together. Free pull is my favourite so far.



3. What do you like most about Masters swimming?

JS: The people!!! The swimming feels good too - even when I wonder why I go, it always feels great when the hour is over, and I miss it when I miss the practice.

PC: I like the discipline of the organized practices, the stroke improvement advice from coaches, the encouragement of fellow club members.

4. What was your main reason for becoming part of the Masters group?

JS: I started swimming 10 years ago because of an injury (I couldn't swim before). When I moved to Ladner, I found that the 1 circle lane at the Ladner pool was impossible. Upon complaining to my son he

suggested trying the Masters, where he swims. So, here I am.

I swam 50 free at one whole minute! That is without a dive. Isn't that a hoot!!!

The people and social aspect of the club are great. It is rather great to have someone on deck actually suggesting changes in your stroke etc.

PC: The main reason for joining the club was to maintain my fitness level through commitment to an organized program, and to benefit from the support and encouragement of experienced coaches.

Ontario Masters Open Water Swim at St. Marys Quarry

By Joan Donaldson

The 7th of September was a perfect summer day for the Ontario Masters 5K open water swim at St. Marys, with air temperature at 28C and the water a balmy 23. This was the 22nd annual swim, run by the London Silver Dolphins and held in what's been called the biggest outdoor pool in Canadaan abandoned quarry in the historic town of St. Marys, near Stratford, Ontario.



Photo by Oliver Giesen

To make the 5K the 42 entrants had to swim 11 circuits of a triangular course around the quarry, and the best time was Lynn Marshall's (42) at 1:09:32. Seven new course records were set in the event. B.C.'s lone entrant was Russ Donaldson (64) who completed his 11 circuits in 1:41:28, the winning time in his age group.

Fitness Challenge Entries

MSABC Swim Cap – 100,000 metres

<i>Peter Haas</i>	101,900	<i>Gabrielle Bryd</i>	172,750
<i>Addie Hromadnik</i>	102,900	<i>Pelma Haffenden</i>	186,000
<i>Craig Weddell</i>	115,700	<i>Brent Rogers</i>	191,350
<i>Susan Costello</i>	117,900	<i>Shelly Cabico</i>	193,650
<i>Jennifer Bulcock</i>	118,100	<i>Brad Oliver</i>	196,350
<i>Gladys Hambrook</i>	122,684	<i>Ann McDowall</i>	200,125
<i>Pam Banser</i>	127,650	<i>Joyce Mulligan</i>	215,300
<i>Daryll Shaw</i>	132,100	<i>Louise Arkle</i>	222,050
<i>Leslie Manders</i>	137,300	<i>Judy Lloyd</i>	232,050
<i>Treavor McCarthy</i>	147,550	<i>Berniece Saunders</i>	391,900
<i>Brian Rodger</i>	153,700	<i>Jim Sparks</i>	407,450
<i>Chris Bryd</i>	168,650	<i>Katherine Town</i>	444,150
<i>Katherine Town</i>	168,950	<i>David Saunders</i>	474,650

MSABC pin – 500,000 metres

<i>James Ward</i>	520,950
<i>Alex Muir</i>	534,050
<i>Randy Yates</i>	557,700
<i>Judy Woodward</i>	711,950
<i>Sandra Burnham</i>	780,725
<i>Kathy MacNeil</i>	805,900
<i>Joan Parnell</i>	811,550
<i>Kelly Hafner</i>	854,225

✂

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Send entries to: as soon as you have swum 50,000 metres. Just keep track of your daily number of metres swum and you can enter.

• **Laura Harris**

• 2475 Seine Rd

• Duncan, BC V9L 3B3

• Email: clharris98@yahoo.com

• Phone: (250) 748-7071

Swim Log now available online:
www.mastersswimming.bc.ca

.....

✂

MSABC T-Shirt – 1,000,000 metres

<i>Deb Poland</i>	1,001,050	<i>Linda MacPherson</i>	1,148,525
<i>Tai Araki</i>	1,023,300	<i>Barry Davis</i>	1,162,650
<i>Carole Morinville</i>	1,035,450	<i>Sharon Kerr</i>	1,184,960
<i>Patrick Shea</i>	1,042,850	<i>Reid Hudson</i>	1,218,300
<i>Bonnie Pronk</i>	1,042,750	<i>Liz Farrell</i>	1,423,345
<i>Hugh McGregor</i>	1,044,050	<i>Murray Lunn</i>	1,513,401
<i>Russ Donaldson</i>	1,052,250	<i>Ivan Szasz</i>	1,870,450
<i>Jim Casselman</i>	1,061,126	<i>Debbie Mackenzie</i>	1,880,450
<i>Audrey Roberts</i>	1,067,614	<i>Jim Weidinger</i>	2,250,000
<i>Julie Jones</i>	1,119,875	<i>Deral McKeel</i>	2,751,500

New Swimmers!

With the start of a new season, why not decide to mark down the metres you swim each practice. You might even get someone in your club to compute totals. Your coach will always know how many metres you did in a practice. You can also count metres swum at a meet or in any body of water.

When you have swum your first 50,000 metres send in the information to Laura. You will receive a certificate on which there are space for stickers for every 50,000 metres your swim. There is no time limit. Prizes, as above, are received when you inform Laura.

Keep recording your mileage after 1 million metres as there may be another prize at 5 million!

Down but Not Out

After Cardiac Surgery

By Russ Donaldson

The first indication that something might be wrong was in the Nationals in Edmonton in 1998. Before the last relay they changed the cool-down pool from the shallow one to the dive tank. At the end of the relay swim I was so tired I was afraid to cool down in the dive tank as I didn't think I had enough energy to climb out.

A week later was the Triathlon for Healing in Victoria and I was doing an 800 swim leg for a relay team. It took me over 25 minutes, compared to the 12:18 I'd done it in a year earlier. Apparently I was quite blue (in colour) at the post-race prize-giving. After I got home, one of my club members called to see if I was all right. My wife, Joan, answered the phone and talked with her. We then had a short discussion about the situation.

On Monday when I went to see my family physician, he made an appointment with a cardiologist. The cardiologist initially thought I might have clogged arteries, until she put her stethoscope on my chest and discovered that the problem was with my aortic valve.

If the problem hadn't shown up while I was swimming, things would likely have taken their natural lethal ... course.

The open-heart surgery to replace the aortic valve followed about six months later. My faulty valve was replaced by one made of calf tissue, and two arteries that were found to be 50% blocked were by-passed. (They take pieces of veins out of the leg to by-pass the blocked arteries.)

About 3 weeks after the surgery I went for a cardiac checkup and found that, unknown to me (I'm

asymptomatic (i.e. I feel no indications of the problem) my heart was in *fibrillation*, which meant it was beating erratically. The treatment for that is to *defibrillate*, i.e. to 'zap' the heart with electric paddles, to put it into normal rhythm again. But they don't like to do that unless you've been on an anti-coagulant (coumadin) for a while as there's a risk of clots being sent through the system, possibly to the brain, when the heart gets going properly again. So it was 5 weeks before they would defibrillate my heart. After that I stopped the daily doses of coumadin, but started them again after another incident of fibrillation, and I've been on daily doses of coumadin ever since. This takes some monitoring, but it's been worthwhile.

Because anaerobic exercise might have been putting my heart into fibrillation it was decided that I would concentrate on distance (aerobic) events. I went back to training five mornings a week, and one of the changes I made was to start wearing a heart rate monitor, both at practice and for meets. It indicates average heart rate for a session and also the maximum level that I raise my heart to. And it provides an indication of fibrillation, as it reads 'zero' when it can't take a regular 5-second average. I can then manually check to see if there's a problem.

My first post-surgery meet was the Federal Way NW Zone meet at the end of July, 1999, where I was able to set BC Provincial records in the 400, 800 and 1500.

The next summer, since my focus had become endurance events rather than sprints, I became more active in swimming Open Water. I did the swim part in 3 triathlon teams plus the Thetis Lake 3K Open Water Swim.

Things continue to progress well despite a couple more bouts of fibrillation (easier to deal with now that I'm on coumadin regularly). But

in the fall of 2002 I was put on an *alpha blocker* for another medical condition and the following December I swam a 1500, only to find myself a minute and a quarter slower and my average heart rate 10 bps higher than the previous year, so I asked my doctor to be taken off the drug. For endurance athletes it apparently can stop the muscles from taking up oxygen. Whenever a new drug's added to your regime you have to be on the lookout for its side effects.

This past summer I've been involved in five OW swims, on the mainland and Vancouver Island, and in Ontario. I've been one of the lucky ones. I have a new spare part that has a life expectancy of 15 years. I've been able to resume swimming at my previous level, albeit in different events, and it has opened up a whole new challenge of OW swimming for me.

Checkpoints:

- * If you don't feel well, see your doctor. Delay could mean death.
- * Find a doctor who understands the requirements involved in your particular kind of swimming sprints or endurance swimming.
- * Help your doctor to monitor side effects of any drug you might need to take.

There *is* life after a major heart problem, although the road back may be a bit bumpy and circuitous.



Injury Prevention through Shoulder Stabilization

By Steve Jorgensen



Steve Jorgensen is a Registered Physiotherapist based in Victoria, and specializing in Sports and Orthopaedic Physiotherapy. For family and professional reasons, he is currently on hiatus from the Victoria Masters Swim Club, though he plans to return to the club in the not-too-distant future. You can reach him at physiost@telus.net with specific questions.

For the swimmer, the role of cross-training with specific dry-land exercises is to develop a level of conditioning that will optimize your practice in the water. A good dry-land programme should also help to prevent injury. Among the possible causes that can give rise to shoulder problems in the swimmer, muscle imbalance and/or insufficiency ranks as one that the individual has at least some ability to change. We can't change that we are getting older, and we can't change the shape of our bony prominences which, around the shoulder joint, may occasionally nip at our tendons. We *can* change the function of the shoulder region to make it a more efficient partner in our aquatic pursuits.

In this series of three installments, I will describe a few general exercises designed to improve the active stabilization of the shoulder girdle (defined as the shoulder blade, collarbone, and upper arm, and the associated muscles). The first article will introduce basic isolation exercises, the second will include progressions that integrate movements, and the third will introduce sports specific exercises. For an individually tailored programme, I would encourage you to visit a Physiotherapist. As with all exercise programmes, do not exercise to the point of pain, and begin with basic exercises first.

Basic Principles of This Approach

Go Deep and Then Surface

The method for these exercises is one I call the "Inside Out" approach. This approach targets the deep (or "inside") muscles responsible for stabilizing our joints, and then goes for the superficial muscles, which are the ones that move us around. Start with the deep and superficial muscles of the trunk (a previous *Great Lengths* article by Physiotherapist Sam Goski dealt with trunk stabilization using the Swiss Ball), go to the stabilizers and movers of the shoulder blade (scapula), then work the rotator cuff (deep muscles of the shoulder joint proper). When you are up and running with these pieces of the picture, then you will be ready for some of the more traditional exercises used for sports-specific strengthening.

Work From a Position of Stability To One of Instability

None of us wants to go out and put joints and muscles at risk. Yet the swimming strokes all require that we exert force through our shoulder joints when they are in anatomically unstable positions. The catch phase is often the point in the stroke at which a swimmer will begin to experience shoulder problems because in that position, with the arm over the head, there is less bony stability and more stress on the ligaments, tendons and muscles of the shoulder. So, especially for those with current niggles or previous injury, it is important to begin the exercises at the basic level with the arm lower. Once some strength-endurance has been attained here, you will be ready to move into the positions of shoulder elevation (i.e. arm overhead, or approaching that position).

Isolate, then Integrate

Isolation of muscle groups does not reproduce functional movements. All the same, isolation is an important first step in "waking up" some of those muscle groups that are prone to weakness from under-use. Once function in a position of isolation has been established, these muscles can be integrated into larger movement patterns that will train you for swimming-specific positions.

Aim For Correct Form

With all the exercises, try to keep your technique pure, and avoid cheat movements such as using momentum by swinging the weight. Having to cheat in order to perform an exercise may be an indication that you are using too much weight.

Build Endurance in Endurance Muscles, and Power in Power Muscles

The stabilizing muscles of the body are high-endurance muscles. They have good blood supply and are predominantly "slow-twitch" type muscle fibres because they are meant to work all day, everyday. Therefore, they respond best to slow-paced, high-repetition exercise. In the swimmer's shoulder, fatigue in these muscles can lead to joint, ligament and tendon injury. The focus of these articles is training these muscles for endurance. You can look to more traditional strength exercises for training the larger muscle groups for power.

Aim to Train for Function as Soon as Possible

Where cross-training is concerned, training for function includes approximating joint angles and performing some of the same movement patterns that are involved in your sport. In other words, it involves being as sports-specific as possible. Further specificity can be achieved by approximating speed and explosiveness. As noted, speed and power are not dealt with here. Rather, they are something to be added in the pool and/or the gym.

A note on specificity: motor control research

indicates that joint positions must be within about 20 degrees of the task for which the individual is training for optimal carry-over to that task. You *will* have to get into some of the same positions as you do when swimming to get the most from a shoulder stabilization programme.

What, When and How?

I have attempted to cater for a range of abilities and aspirations with the following exercises. The isolation exercises (this month's installment) are the most basic of each group, and the safest exercises in terms of low irritation to sore tendons and muscles stressed from mileage in the pool. The integration exercises are of greater difficulty, and include options to progress difficulty level. The swimming-specific exercises are not in every case more difficult than the integration exercises. Once again, I have included some progressions to add difficulty as needed. The basic exercises will be divided into "scapula on trunk" (moving or stabilizing the shoulder blade on the body) and "arm on scapula" (moving or stabilizing the arm in relation to the shoulder blade). This is a useful way to think about the shoulder girdle when beginning to train for stability. If you are in any doubt about your ability to perform any of these exercises, consult with a Physiotherapist to determine your capabilities.

A few ideas on how to integrate this programme with your training in the pool are probably in order.

Frequency per Week. Start with twice per week on non-swimming nights. Do *not* do them just prior to getting in the water. This will fatigue your stabilizers just when you need them most: for your swimming. Build to three times per week within four weeks. Where you go from there will depend on your time availability. I know how time-challenged many Masters swimmers are, with families and jobs to juggle as well.

How Many Exercises per Session? Do two to three of each of the scapula on trunk and arm on scapula group to begin with. That's four to six exercises per session. Because we are not aiming for eyeball-bulging intensity, this should lead to only minimal soreness in the involved muscle groups. As you progress with the exercises and build your abilities in these movements, you will be able to do eight to ten total. Do three to four sets of ten to fifteen repetitions per exercise.

Intensity. This describes how hard a given task is for you. It can be varied by the number of repetitions per set, the number of sets performed, the resistance used, and the amount of rest taken between sets. Start the exercises with low intensity and progress higher. Initially, increase the repetitions per set from ten to fifteen to twenty. Then increase the sets from three to four. Only last do you increase the weight. A slow cadence should be used for each of the shifts in intensity.

1. Side Lying Scapular Pullbacks.

- (a) Start position. Lie on your right side with the top arm resting along your trunk. Support your head so that it rests in the midline of your body, rather than being side-bent towards the floor. Your body should be in a straight line from head to feet when viewed from the front and the side.



- (b) Finish position. Pull the right shoulder blade "down and back" towards the left hip. Do not allow your body to twist while doing this movement. Hold five seconds.



Suggested sets/ reps: 3x10 each arm.

2. Prone Pullback and Arm Lift.

- (a) Start position. Lie on your front with your arms straight at your sides. You may find it comfortable to have a rolled hand towel or face cloth under your forehead to prevent your nose being mashed



into the floor.

- (b) Finish position. Pull the left shoulder blade back and down towards the right hip. Raise the left arm off the floor 30 cm (12 inches). Hold this for five seconds. Lower the arm to the floor and then release the shoulder blade.



Suggested sets/ reps: 3x10 each arm.

3. Long Reach.

- (a) Start position. Lie on your back with your legs straight. Raise your left arm so that the fingers point towards the ceiling, elbow straight. There should be a 90 degree angle between the arm and body when viewed from the side.



- (b) Finish position. Slide the shoulder blade around the body and up towards the ceiling so that the arm moves up towards the ceiling. Take care to avoid "shrugging" the shoulder towards the ear when doing this movement. Hold five seconds. Release slowly.

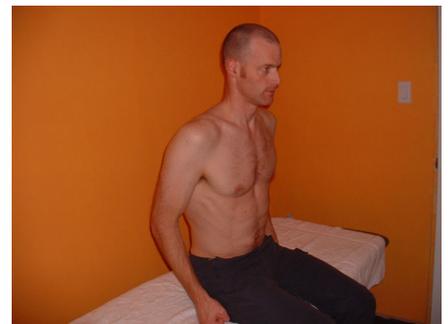


Close-up of long reach.

Suggested sets/ reps: 3x10 each arm.

4. Seated Pushups "plus".

- (a) Start position. Sit on the edge of a bench or a chair. The exercise is easier if your feet are touching the floor; harder if your feet are off the floor. Place your hands flat on the sitting surface. (I am using my fists in the picture). If you are in a chair with arms, you can use the arms of the chair to push from.



- (b) Finish position. By pushing down on the seat, lift your body slightly off the seat. Hold this position for three to five seconds. Lower slowly.



Suggested sets/ reps: 3x8

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5. Prone Shoulder Rotations.

(a) Start position. Lie on a firm mattress with your right arm out to your side, about 80 to 90 degrees at the shoulder. The forearm is hanging straight down towards the floor. Set the shoulder blade lightly by very *slightly* pulling it back and down towards the opposite hip.



(b) Finish positions.

#1. Spin the upper arm in the socket so that the hand travels backwards towards the feet as in a paddling motion. Try as much as possible to keep the shoulder blade still during this movement. Keep up a regular and slow cadence as you rotate the hand back towards the feet and return to the start position.



#2. Spin the upper arm in the socket so that the hand travels forwards towards the head. Try to keep the shoulder blade still during the



movement. Cadence should be slow and regular as with (a), above.

For both of the above directions, do not force the arm to move to end of range. Go only as far as you comfortably can with good exercise form.

Suggested sets/reps: 3x15 each arm, each direction.

6. Supine Dumbbell Rotations

(a) Start position. Lie on floor with your left arm out to the side, a 90 degree angle between the body and arm when seen from a front view. A light (I suggest you begin with 1 or 2lb) dumbbell is grasped in the hand. The forearm is straight up and down towards the ceiling. Perform a light set of the shoulder blade as for Exercise 5.



(b) Finish position. Spin the upper arm in the socket to slowly lower the dumbbell towards the floor. Do not be concerned that the dumbbell may not reach the floor; go only as far as your shoulder comfortably allows the movement to occur. Return to the start position slowly.



Suggested sets/reps: 3x10 each arm.

7. Side-Lying Dumbbell Rotations.

(a) Start position. Lie on your left side with the right arm resting along your trunk. Perform a light "set" of the right shoulder blade as in Exercise 1 "Side Lying Scapular Pullbacks".

Bend the right elbow to 90 degrees. A light (1 or 2lb to start with until you are familiar with the exercise) dumbbell is grasped in the right hand. The right hand is lightly touching the stomach. To provide a solid base for the right elbow on the body, use a rolled towel or facecloth under the elbow.



(b) Finish position. Slowly spin the right arm in the socket so that the dumbbell is raised towards the ceiling. Keep the right elbow resting on the rolled towel. At the top end of the movement, the forearm should be at a 45 degree angle relative to horizontal. Slowly lower the dumbbell to the start position.



Try as much as possible to maintain the shoulder blade set throughout the exercise.



(c) Rear view of finish position
Suggested sets/reps: 3 x 10 each arm

SWIMMERS' DIALOGUE

Serious Training for Serious Results with Jennifer Kobi



GL: *Preamble: Since '97, Jennifer Kobi has been getting progressively faster in the pool to a point now that she is flirting with Canadian records in various events and is becoming competitive at the international scene. (Jennifer had 1 first, four 2nd's and one third in the Long Course USMS Nationals at Rutgers University this past August.) This has been due to a change in training intensity and frequency coupled with additional dryland routines.*

Jennifer's Bio!

I wish I could get paid for swimming. I like it so much I would do it full time if I could make a living at it. Any wealthy sports philanthropists willing to take me on? No, anyone? OK. So pretty much it's just me and the water. I love swimming. I swam competitively from the ages of 11 to 15 but I was never very fast. In fact one of the things that got me hooked on Masters swimming (aside from the wonderful people I have met) was the first time I ever broke 30 seconds in the 50 free at Provincials in Cranbrook in '97. Since then I have beat all my times from my teen years. Not bad for an old gal, eh? I figure I'll be swimming for quite a while because I'd like a world record but I'll probably have to be 95+ to get one!

GL: *Could you give us an idea as to what you did when you first started out in the '96 season compared to getting ready for the 2003 Canadian Nationals and the U.S. Nationals in terms of frequency of training, duration, distance and intensity?*

JK: When I first started swimming with the Salmon Arm Masters our

Wednesday night swim consisted of a 15 minute hot tub "warm-up", followed by a 45-50 minute pool session of 2000m, then a 15 hot tub "cool-down", topped off by a beer at the local pub. Needless to say, the focus was mostly social.

Leading up to last season as my interest in and enjoyment of Masters increased, so too did the frequency and intensity of my workouts. I now do 5 pool sessions a week, each between an hour and half to two hours. My mileage varies quite a bit from workout to workout depending upon the focus of the session (i.e. big metres on aerobic days, less metres on sprint and technique days) but usually I swim around 25km per week. In the middle of last season, I added a weight program 2-3 days a week that focuses on core strength. I wish I could still have beer after each workout, however 8am is a little on the early side to start drinking...

GL: *As an IM swimmer you obviously train all strokes. What is (are) you favourite stroke(s) and which do you consider your weakest? Could you give us an indication as to what your weekly program or (bi-weekly) is in terms of being a freestyle, IM, breaststroke workout?*

JK: I love IM. I love the challenge of training and racing all of the strokes. As my coach kindly puts it, butterfly is my "least natural" stroke. My best stroke? Well, I used to think it was breaststroke. I say "used to" because after training breaststroke, breaststroke, breaststroke last year all of my other strokes improved more than breaststroke. Go figure. Good for the IM anyway! As for my training, with two major sets during each workout I try to keep a balance between the frequency of free, breast and IM sets. Hmm...maybe I need more work on back and fly...

GL: *You have now been at a number of Nationals and International meets. Would you*

give us an indication as to what you plans are for this season (Edmonton (Cdn), Riccione (worlds), Savannah (US) ??) and what goals have you set for yourself in the short term intermediate and long term?

JK: I am definitely planning on Worlds in Riccione as my main focus for this season. It will be a great excuse to train hard and spend some time traveling in Italy and Europe. Short course yards also intrigue me so I'm considering Indianapolis (US Short Course Nationals-fast pool). And of course looking forward to many of our great BC meets. As for my goals: this year will mark a shift in my emphasis from 200/400m events to 100/200m events. I will break one minute for the 100fr SCM. I also have time goals in mind for other events for this year and over the next three years (Worlds 2006!, when I move up to my new age group). In the short term tons of work on improving my power and flexibility. **(Ed note: Stanford U has put in a bid for Worlds 2006)**

GL: *You have alluded to the fact that you are doing core strength training regularly. Could you give an example of the frequency and duration of the workout and the type of routine you use? (i.e. work with ball ? etc)*

JK: For poor souls like me with weak core muscles it is a good idea to get some help from trained personnel (i.e. a physiotherapist or personal trainer) to make sure that you are indeed working the correct area. I spent a lot of time developing what I thought was my core which in fact later turned out to be the superficial abdominals. Looks good at the beach, but not a great help to my swimming. So in addition to trying to be aware of my core as often as possible throughout the day (walking, sitting, working, swimming) I do most of my weight room exercises with some body part of my

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(Continued from page 16)

body balancing on the ball. In a previous edition of GL Sam Goski described some excellent ball exercises that transfer well to swimming

GL: *Now that PB's are harder to come by, how do you motivate yourself to continue your improvement in times.*

JK: PB's are by far and away my biggest motivator and I still always try for them. I also write my goals down and post them on my fridge so I see them MANY times each day (yes, I eat frequently). Mental and physical breaks from training are important for motivation too. So I do open water swimming in the summer and lots of other sports like running, mountain biking, yoga and rock climbing. The one program that I really enjoy is the octodecathlon. The national records keeper, Christian Berger, keeps track of everyone's times in all 18 short course events (long course too) and assigns points based on chart. Each year I try to do all 18 events and beat my total from the previous year. Check out the website, you might be on there! <http://www3.sympatico.ca/chberger/index7.html>

GL: *Competing at the international level allows you to compete in your own age group. You actually go head to head with your competitors and can compare yourself with 8 or more top swimmers in your age group in that heat thus making the finish more meaningful. During the Canadian Nationals in Montreal, this was not the case. In one of your races which was extremely close on paper, your competition in your age group was in an entirely different heat! What is your opinion on this issue when competing at elite meets?*

JK: Before I answer that question let me say that I think the way we run BC meets is the most fun. I enjoy being seeded by speed only and having the men and women

mixed. It truly promotes friendly competition. For elite meets, I think the age grouping is great. It gives a clear picture of where one stands in relation to his peers and gives the opportunity for the best swimmers to have the fastest lanes. It is pretty inspiring to watch a heat of 80-84 year olds give it their all in the pool. It would be nice to see our Nationals go to this format.

Breaststroke Turn with Gilles Beaudin

Watching you swim breaststroke over the past few years you have always been one of the top



breaststrokers in your age group and we were impressed with your ability to do quick turns and a long streamlined underwater pullout.

GL: *A good breaststroke turn and underwater stroke requires fast and strong arms, a quick turn and a very powerful push-off. Would you give us an idea as to what dryland training you do to facilitate those skills?*

GB: Well .. I guess the only 'dryland' I do, specific to the turn, would probably be my arm work with rubber tubing. At the end of a gym workout, I set up a flat bench elevated at the front end and facing the wall where the rubber tubing is attached. Lying on the bench, I do several sets working on different aspects of both

my freestyle & breaststroke pull along with sets working specifically on the underwater pull. For these, I do 3 sets of 30 reps making sure to build speed and finish strongly at the completion of each pull. The bench helps keep the arms moving alongside the body as, in the underwater pull, unlike the freestyle pull, the hands never come under the body but, instead, continue in a straight line pushing water backwards.

GL: *Please explain how you set up your turn when coming into the wall and how might one increase the actual speed of the turn?*

GB: O.K. .. this may sound complicated at first but bear with me as I move you through a breaststroke turn ..

It's very important to time your last kick in such a way that it is driving you forward about a metre from the wall with your arms stretched out, head down, anticipating the turn. You will use this forward momentum to your advantage as your hands make contact with the wall. Upon contact (with both hands!) and pretty well simultaneously, you will ..

(1.) Use one hand (left or right depending on which is dominant) as your 'pivot' hand against the wall. This 'pivot' point is very important as it momentarily traps the forward momentum, like a gymnast's hand on the vault, creating a stable point that allows the next 2 movements to happen ..

(2.) With elbow first and then hand, lead the opposite arm underwater away from the wall in the opposite direction (other end of the pool) with the head following there after ..

Still following me here ..? O.K. .. now ..

(3.) Pull the 'pivot' hand away from the wall passing it closely over your ear enroute to join the first hand while simultaneously you curl your legs and, using the body's forward

(Continued on page 18)

(Continued from page 17)

momentum (suddenly stopped by the wall) swing the legs under the body allowing the feet to come in contact with the wall as you turn your body opposite your 'pivot' hand. You are in position now to push off into your underwater pull & kick phase.

Whew .. I hope I didn't lose too many of you there ..!

GL: Obviously streamlining after the turn is critical. What do you look for when streamlining on the push-off?

GB: First of all, you can't be too close to the surface if you want to maximize your push-off as the closer you are to the surface, the more drag your body will create and the more drag your body creates, the less speed you have. So .. make sure you push off hard from the wall at an angle that will put you about 2 to 3 feet underwater for your initial pull and kick and make sure to stretch! The stretch on the push-off is very important in breaststroke as it is with all the strokes. The tighter you are underwater, the less drag you create and the less drag you create the more speed you're capable of. To do this, I interlock my thumbs as I point my fingers forward, stretching my body out as much as I possibly can with my head sandwiched between my arms and my legs pointed all the way to the tip of my toes. I focus on this with every breaststroke turn I do in workout as the more you repeat it, the more it becomes second nature.

GL: How do you determine when to initiate the underwater stroke, after the streamlining phase and after the pull through, what is the timing on recovering the arms to the surface?

GB: The way I determine when to start my underwater pull & when to start my kick is at that moment when I sense my forward speed starting to decrease. That's the moment that you need another burst of forward momentum, first the strong pull and then the kick, that will bring you to your first arm pull out and into your

stroke. If you glide too long in between the underwater pull and kick, you'll kill any momentum your push off gave you and you'll be forced to expend additional energy to get your stroke back up to speed ..

GL: Could you go through your motion for the underwater stroke and break out? How frequently do you practise for this?

GB: I practice the underwater stroke and break out every time I do a breaststroke turn in workout .. as the saying goes ..'practice makes perfect!'. As for what I concentrate on .. well, as I was mentioning in response to the previous question, after the push off, I try to get maximum speed and distance by streamlining my body as much as possible .. my position should be arms extended, thumbs interlocked, fingers pointed, head tucked between the arms and legs pointed right to the toes. As soon as I sense the forward momentum of my glide starting to decrease, I start my underwater pull. I turn the palms of my hands outwards as I separate my hands, get a feel for the water and, keeping my elbows high, I push backwards along the side of my body to a full extension .. quite similar to the underwater arm movement in freestyle except that the hands push alongside the body. Once again, as I sense I've hit the peak momentum of my pull, I commence getting my legs in position for the kick as I bring my hands together close under my body and, trying to create as little resistance as possible, bring my arms up and position them in a ready position to take advantage of the thrust of my kick. My break out stroke should be like an explosion out of the water .. a 'jump start' action that gets me back to the surface and back into the race.

GL: Now that you are aging up in 2004 how is your motivation towards breaststroke times in your new age group?

GB: I am very motivated as I notch up an age group in January! I have become more confident in my

abilities over the years & smarter and it's paying off at the big meets. I know what I am capable of and I strive for it. I am also lucky to be surrounded by a number of top notch breaststrokers here at English Bay and we push one another to each other's benefit. But, I think what gets me going the most is that I thrive on goal setting .. not a year goes by that there isn't a major competition, a specific time or a record that I have my eyes set on. This upcoming year is no different. I'm stoked!!

Gilles' Bio

After having tried a number of sports throughout my childhood a friend of mine, just for the heck of it, suggested we go see a swim meet .. and this was after me having failed my Red Cross Beginners class 3 summers in a row!! .. I didn't know what to expect but for some reason though, the sight of these kids racing through the water hit a nerve and, at the age of 12, I started swimming for the Greenwood Dolphins at CFB Greenwood in Nova Scotia .. a team, by the way, that Bonnie & Gary Pronk went on to coach years after I had left. I continued swimming throughout High School & university (Acadia U. & later l'Universite de Laval) and have swum every year since. I think the reason that I continue to love this sport is that I was a decent swimmer but never an amazing swimmer and therefore never burnt out and that I'm thankful for!



English Bay breaststroker

DREAM MEETS – WORLDS IN RICCIONE, ITALY

Put this on your Xmas wish list for a dream meet, i.e. meets held in interesting exotic places. The 10th World Masters Swimming Championships will be held in Riccione, Italy in 2004. This Swimming event involves pool swimming from June 3rd to 9th and open water swimming on June 10th, along with diving and synchronized swimming at the same venue and water polo in the small independent country of San Marino.

Exotic Trips – Riccione, Italy for the 10th FINA World Championships

Riccione, is part of the Italian Riviera situated on the Adriatic. If you want to beat the crowds head there for the 10th FINA World Championship from June 3 to 9 with June 10 slated for the 3K open water swim off the north end of the beach at Riccione. Temperatures should be around 21-23 C.



Notes of interest:

- * Two 50m pools , 10 lanes, one indoors (being built and to be finished in Mar 2004 and now ahead of schedule), and one outdoors. Men will swim in one pool and the women in the other with alternating days inside and outside.
- * Two warm up and down pools, indoors, of 8 and 6 lanes by 25 m.
- * 10,000 swimmers expected (all disciplines) (unlike Munich, there will be 2 50 m pools in operation at once)
- * Water polo will be held in the smallest oldest independent democracy of San Marino (50 m pool) which is only 30K away and worth a visit
- * Qualifying times for all events...see, http://www.fina.org/mastersnews_riccione04_QTimes.html (Slightly tighter than Munich and much tighter than Christchurch.
- * It is hoped that the 400m and 800m freestyle can be swum one per lane
- * Format of the events is the same as it was for the Worlds in Christchurch, New Zealand in 2002.
- * Buses to the pool from many of the hotels will be provided
- * There are lots of hotels that are on or near the beach
- * Ocean water for open water swim appears clean and pollution free. It will be 3km swum over a rectangular course off the beach at the P. Le Azzarita in the Adriatic sea. Water temperature should be around 21-23 C
- * Daytime temperatures should be from 25 -27C
- * The sports complex where the pools are has been host to a number of important international events including The European Masters Swimming Championships and The World Military Championships of Swimming, Water Polo and Diving
- * The pools are surrounded by a park and cover will be provided at the outdoor site.
- * Detailed information at www.masters2004.it

Italy is one of the oldest countries in the world and should provide lots to see and do for all.



If you are thinking about going to Riccione, please let Ivan Szasz know and don't forget if you do enter to register your club as MSBC (Masters Swimming British Columbia). Ivan is working with Team Aquatics on some team apparel. Ivan can be reached at: iszasz@interchange.ubc.ca or (604) 734-4455

San Marino



Riccione Villa



Riccione Harbour

HOW MASTERS SWIMMING CAME TO VANCOUVER ISLAND

Submitted by Ethna Noble
(Crystal Silver Streaks)

In the 1960's, Jock Noble had four children registered with a new competitive swim club in Edmonton. This club was coached by two volunteers, a Church Minister and a Mounted Police Officer. Unfortunately, these two coaches were posted at the same time and left Edmonton. The club was in danger of folding so Jock, with his usual enthusiasm, said, "I'll take over" – a true example of the blind leading the blind!! However, he took every course or clinic offered and did indeed run a successful club. Mrs. Smith, mother of the successful swimming Smith family, knew of Jock's lack of knowledge and would phone frequently with advice – she was a godsend.

Being in the military, Jock was eventually posted and landed in Victoria in 1970. The children joined the Juan de Fuca Coho Swim Team and he taught the parents how to officiate so they could assist at swim meets. His children then moved to the "Y", where they were coached by Ian Black and Jock coached the newcomers and younger swimmers.

As the family grew older and moved onto other sports, Jock could see that there was no place for swimmers to go after 19 years of age, so he approached Bill Young, Manager of the Crystal Pool at that time, and they decided to bring Masters swimming to Victoria...thus the Victoria Masters Swim Club was born. They encouraged other cities on the island to organize

and register their swimmers with the end result being that Masters Swim Clubs were formed all over the island.

With the advent of the Senior Games, it became obvious that the older citizens needed some training also. Late night workouts were not suitable for the 'golden oldies', so the Crystal Pool offered daytime hours and Jock created "The Silver Steaks". The participants range from 60 years to 90 years and they do all the competitive strokes (slowly!!). Jock's approach has been to work for stamina, endurance and legal strokes. At the recent Seniors Games, with 19 swimmers from Zone One, the Seniors came away with 120 individual medals, 61 of them gold and 9 out of the 10 relays were also gold.

Jock is now 81 and has Parkinson's Disease, so he is slowing down, but he is still on the deck Monday, Wednesday &



Friday and cracks the whip, perhaps not as

energetically as before. Although he doesn't have the skip in his step he once did – the Silver

Streaks still want "the old body" on the deck for which his family is most appreciative.

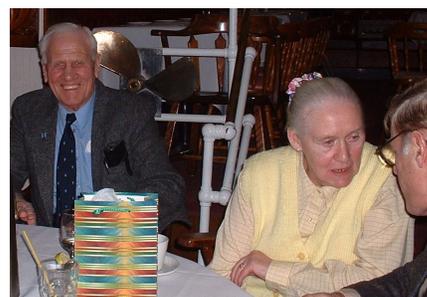
Editor's Note: Here is some additional historical information on coach Jock Noble's involvement in early Masters swimming that even his wife Ethna does not know about.

In July 1968, Jock and the (other) editor co-coached a Canadian adult swim team in an International competition consisting of 8 countries, Sweden, Finland,

Denmark, England, Iceland, Austria, Australia and Canada. Two other countries were there as well but did not participate as they were too busy pointing loaded guns at each other. They were Turkey and Greece. The meet itself took place in a 6 lane 25 yard outdoor pool at the Ledra Palace Hotel in Nicosia, Cyprus. The 12 member 1 PPCLI team trained for 3 weeks in saltwater when we were able to spring them from their Mountain outposts. We actually did quite well winning numerous races, probably due to good coaching or perhaps the opportunity for the swimmers to get away and visit a big city with its different lifestyle.

In those days the starter used an old fashion pistol. In our case it was a 9mm (army issue) gun with blanks, (bullets crimped of the cartridges). What made it somewhat interesting was that the pool was located 50 metres from the "Green Line" on which armed Turkish and Greek soldiers stared at each other. Obviously, the shots fired from our starting pistol did not sit well with those soldiers and after the first 6 races and a bit of panic from U.N. Headquarters, we were told to cease this firing (so much for initiative). The starter then used the age old way of starting the races by saying "Take your marks" and a verbal, "Go".

The moral of the story is that some of your older members' involvement in Masters swimming predated many or most of the so called first Canadian Masters meets including the Military CISM championships, by some 20 years.



Jock, Ethna & Gary

NUTRITION NOTES

Energy Bars

By Roberta Driscoll

Most of the energy bars and drinks used to contain mostly carbohydrates, which are substances formed from various types of sugar. Now, they are available at the grocery store, and many contain other ingredients such as protein and fat as well as many vitamin/minerals and other supplements.

During endurance exercise, such as track or swimming practice, carbohydrates help keep the blood sugar level up, making it easier to continue playing. Bars and drinks that contain mostly carbohydrates can help people stay energetic. If a person eats an energy bar, it's important that he or she drinks plenty of water so that the carbohydrates can be absorbed. Try choosing a bar that has less than 200-250 calories per serving, any more is a waste and 200 is generally enough to give you that extra energy that is needed. One thing to be watchful for, is that almost all energy bars will only give you quick energy. This is because the bars are made from simple forms of sugar, which makes it available to your blood quickly, but not for a long time. Grains, pastas and brown rices will give you long term energy (complex carbohydrates).

Energy bars are appealing because they're convenient — they need no refrigeration, they don't go stale, and they travel well. However, a bagel offers a similar amount of carbohydrate and typically costs much less.

Other supplements added to bars are really unnecessary. The protein that is in a bar is almost always incomplete (not all the amino acids needed and/

or not in the right mix). Labels on protein supplements (bars or drinks) are also misleading. Usually amounts are given in milligrams, which makes it look like a lot more and they claim to be balanced, but unfortunately this is not true. Protein bars can be used if a person does not get enough protein in their diets, but there are other better ways to improve protein intake, from food. Nuts, seeds, legumes, cheese, milk, fish and meats are all good sources of protein.

Vitamins and minerals that are added to bars are generally in small amounts, not enough to make up for not eating enough fruits, veggies and whole grains!

Sports drinks, too, can help athletes during practice if they contain the right things. Drinks that contain electrolytes — elements such as sodium and potassium — help replace the salts the body loses in sweat during activity. When the body loses too much of these salts, the muscles can't function as well and performance declines. Drinks that contain only sugars — ingredients such as sucrose, fructose and high fructose corn syrup — provide energy but don't replace salts lost in sweat. Unless the practice is longer than 60 minutes, sports drinks aren't necessary.

There is a time and a place for energy bars and drinks, they should be used to supplement a healthy, well balanced diet. When an extra boost is needed or it is hard to get 'real' food, just before practise, during, or right after to replenish your stores of energy. Remember to try these out in practise to see how your stomach will tolerate them!

What I think are good choices of energy bars for athletes to us are; Cliffe bars (with or without caffeine), regular

Power bars and Harvest Power bars (there are also no-name versions of these bars that are good too!). Protein bars should not be used as an energy source before, during or after a practise or sporting event because they contain too much protein which is not the energy source your body needs (remember it is carbohydrates that are needed as fuel and to replenish) as well as it could hurt your stomach.....

If you have any questions feel free to contact me, roberta_driscoll@hotmail.com



Bobbi

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Recovery From Hard Exercise

A study from the University of Birmingham in England shows that the quickest way to recover from hard exercise is to eat a high carbohydrate, high-protein meal as soon as possible after you finish exercising (Sports Medicine, Volume 33, Issue 2, 2003).

Athletes train by taking a hard workout on one day, feeling sore on the next day, and taking easy workouts daily until the soreness goes away. Most world-class athletes take two or three hard workouts a week, and spend the rest of the time recovering with easy workouts. Any maneuver that helps an athlete recover faster allows him or her to do more hard workouts and become a better athlete. Eating carbohydrates puts sugar for energy in muscles, and protein provides building blocks to repair muscles. The athlete should eat lots of protein and carbohydrate immediately after finishing a hard workout, go easy until the soreness goes away and then take another hard workout

BEHIND THE SCENES- with Ivan Szasz

GL: *How long were you on the MSABC Board and in what capacities?*

I was a board member for four years, two as treasurer and two as vice president

GL: *Although you are not on the board this year, we understand that you are still organizing clinics. Can you comment briefly on the clinics you have organized and what is in the plans for the next year?*

I organized two clinics at UBC in the past. The first one in 2002. Actually it was two clinics as due to overwhelming interest I had to repeat the clinic the following week. There were 46 or 47 participants in the two weekend clinics.

In 2003 we had a much smaller clinic with only 9 participants but feed-back was very favourable for this and the 2002 clinics.

I am hoping to have an other clinic in 2004 and perhaps one day clinics for individual strokes this season if I can get coaches and enough interest from swimmers.

GL: *How and why did you get involved in Masters swimming? 1000 words or less?*

I was playing squash about three times a day since 1971 or so. By 1994 I have developed a heel spur that gradually became too painful to continue playing. So in November 1994 I had to stop squash. I did nothing for two months and apparently became very difficult to live with. My

wife, Patricia told me to do something or else.....

Since I was involved in elite water polo in my younger years



and worked at UBC swimming seemed like the obvious activity. So I started swimming every morning before work. 300 meters at first, gradually up to 3000meters.

Then I heard about this Masters Swim team and I put my name on the waiting list and I got in September 1995. Since then I have been a member and competed in many swim meets.

GL: *You participated in the World Games in Melbourne in Oct/02. Did you enjoy this? What is the next international meet for you?*

The Melbourne Games were great fun and I enjoyed every minute of it. It was such a great experience to meet old "buddies" from Hungary and new friends from all over the world.

I am planning to go to Riccione, Italy to the World Aquatic

Championship, June 2004, The World Masters Games, Edmonton, 2005 and who knows, The World, 2006 (I shall be moving up an age group).

GL: *You were also responsible for organizing getting Canadian t-shirts and other items for BC swimmers going to International meets. Will you be doing this again? Can you explain what you will be trying to organize for Worlds in Italy?*

I am hoping to have "muscle shirts" with the Maple Leaf logo and 'MASTERS SWIMMIN' on them. I am also negotiating with Team Aquatics to have custom suits (Maple Leaf logo and 'MASTERS SWIMMIN').

I hope it will work out to everyone's' satisfaction. (see back cover for more information)

Editor's note: *Ivan was a member of the Hungarian water polo team, which at the time was a world powerhouse and still is.*

Patricia, Ivan's wife, has been designated the official MSABC Italian translator at the Riccione World Championships (we hope).



VICTIM PROFILE

By
Barry Davis



All of us can only wish that we will be able to dive off the blocks when we are 89. Actually, I bet most of us just want to be alive! On January 1, 2004, Jim Panton of the Victoria Crystal Silver Streaks will begin his assault on the Provincial, National and World records in the 90-94 group. He is looking forward to it, as he will be the youngster in that category.

Jim was born in the stubble jumping province of Saskatchewan in the historic city of North Battleford, where he was an outstanding athlete. He has four sons: Don, Bob, Bruce and Dave with his wife of 60 years, Evelyn.

Jim graduated in 1938 from the University of Washington. He was chosen for the 1938 British Empire Games (Commonwealth Games) in Australia. He won the silver medal in the long jump and was very, very close to the gold. Jim held the University of Washington record in the long jump (24' 2 5/8") for 18 years (1938-1956).

After graduation, Jim completed Normal school in Victoria and then spent one year on the Physical Education staff at the University of Alberta. He then joined the RCAF where he served until repatriated in 1945 to accept a physical education position at Regina College, part of the University of Saskatchewan. He went to the Saskatoon campus in 1947, but the lure of BC was so strong that he left to accept a position of Recreation Consultant in the BC Government, Ministry of

Education in Kelowna.

In 1958, he was promoted to Director of the Community Programmes Branch at the head office in Victoria. He was Director until retirement in 1977. This branch (changed to Community Recreation Branch in 1970) played a significant role in the organization and development of public recreation in British Columbia as we see it today.

In 1967, Jim started on a regular routine of lane swimming as a keep fit program. He has followed this program religiously for the past 36 years. He expects to reach the 6000K mark in



December, 2003. Jim swims at the Victoria "Y" and when away, he uses hotels, motels, cruise ships, lakes etc. In fact, he had a 25 meter course in Lake Okanagan which he used on frequent trips in the summers.

Although Jim swam regularly as part of his fitness program, he had never competed. In 1990, he and Evelyn thought of finding out about the Masters program, so decided to enter into the Comox Valley Senior Games. There were no categories past 70, but they knew that would be changed if the Masters program was to be followed in the BC Senior Games. The next year (1991) this happened in Coquitlam and Jim won 6 gold medals. Since Coquitlam, Jim has competed in most of the MSABC

Championship meets, many community Masters meets, thirteen Senior Games, two National meets, three World Senior Games and one Nevada Senior Games meet.

At the recent Calgary Nationals, his heat was called on to the blocks, then off, when he slipped on the wet floor and was hurt quite badly. After being helped up, undaunted, he requested to finish which he did. It must be those tough prairie pioneering genes!

At present, Jim is active in the Masters Swimming program. He is hoping that he can maintain good health as he enters the 90's. He is the oldest competitive male swimmer in BC and he holds various national breaststroke records in the 85-89 group. To date, Jim has competed in 190 events and has been able to win most of them (175 gold, 10 silver, 4 bronze, and only 1 DQ), especially in the breaststroke where he has won 106 of 110 races!

Jim and Evelyn have made the Masters swim program a great asset to a healthy lifestyle. It has been an excellent opportunity to travel extensively in BC and make many friends outside of the province as well. This involvement has made life more fulfilling and interesting, which is such a desirable asset for success. Jim is a model for all of us, beginning Masters at age 76. Look him up at the next meet and ask him how he stays healthy and active.



ROAD TO THE 3RD MILITARY WORLD GAMES (MWG)

Submitted by Tony Zezza

As the Canadian Forces Masters Swim Team (CFST) arrived in Ottawa on 16 August 2003 for a training camp, no one could have anticipated how challenging the "Road to the 3rd MWG" would really be. The team was informed that the Games scheduled for late September had been moved to early December. Decision for the date change was necessary, but it was largely because host city Catania, Italy, would not be ready to host all the scheduled events due to venue conflicts.

Notwithstanding the disappointing news, CFST's swim coach, Suzanne Scriven, and the two lifesaving coaches from Ottawa, Daniel Berube and Steve Box, moved ahead with the training camp program as planned. With scheduled pool and open water training, pool lifesaving training, and beach lifesaving instruction, the program was ambitious. With 2 to 3 practices per day, there wasn't much time off other than a bit of time to recover and to prepare for the next practice. Facilities were excellent with the use of the Nepean Sportsplex, Mooney's Bay Beach, and Meech Lake.

Half-way through the training camp, the team was visited by the CF Swimming Patron, Brigadier-General Glenn Nordick and Roy Hillier from the Canadian Forces Personnel Support Agency (CFPSA). Both provided the team with words of encouragement and the team uniforms/swim equipment for the Games. In addition, BGen Nordick provided insight on CF Sport and emphasized his commitment to continue promoting swimming within

the CF, both from the Base and National levels.

Throughout the week, training progressed extremely well and the beach lifesaving instruction was entertaining to say the least. Two events planned for the MWG use lifesaving rescue boards, which proved to be quite challenging for some. Balance, anyone?!? On the other hand, both Lifesaving Coaches were extremely impressed on how quickly and how well some team members adapted to competitive



lifesaving. Both Daniel and Steve had just returned from the Commonwealth Lifesaving Championships held in South Africa and noticed the potential for some of the CFST's swimmers to be added to Canada's National Lifesaving Team. At the end of the week, Hayley John from Navy Masters was approached about joining the National Lifesaving Team.

In addition, earlier this month Hayley was awarded the Navy's Female Athlete of the Year title. She'll be off to Ottawa in early November to represent the Navy in competition with the other Commands for the CF Female Athlete of the Year award. *Well done and good luck Hayley.*

This article wouldn't be complete if I didn't tell you how we braved the

power outage that hit Ontario on Thursday, 21 August. Although we managed well under the circumstances, other than surviving solely on *Subway* sandwiches and living in the dark for a 24-hour period, we were concerned that the planned training for the rest of the week would be adversely affected. As the city slept in darkness, it was only with a great pool engineering plant with back-up generators that miraculously the Sportsplex was unaffected by the power outage. The real challenge was for Suzanne to get the team up in order for us to make our 6 a.m. practice. *Let it be known that Suzanne has excellent night vision and first-rate marching capabilities in total darkness.*

The team completed the camp on 23 September at Meech Lake and final team event selections were discussed. In all, 16 (8 men and 8 women) were selected for the Games' swimming and lifesaving events. Follow CFST's Road to the 3rd MWG by visiting www.cfpsa.com/cism.

Tony coaches the NAVY Masters Swim Club in Victoria, BC, and is the Team Manager for the Canadian Forces Swim and Lifesaving Team.



Saying Goodbye to Suzanne Scriven



As the last weekend in September approached, both Victoria Masters and

Navy prepared to say goodbye to Suzanne. Both Clubs had special events planned for their last swim practices with Suzanne as Navy's Friday swim workout would be a "Naval Send-Off" and Victoria Masters had big plans for their traditional Saturday Brunch.

The following day, Suzanne would be off to Canmore, Alberta where

she would play a major role in the Head Office of the National Cross Country Ski Team. Suzanne had an opportunity to visit Canmore the week earlier and move into her new office, find a place to live, and yes, join the local Masters Swim Club.

As Friday morning rolled around in CFB Esquimalt, Navy was ready for the festivities to follow. After the usual swim practice, Navy prepared to bid farewell to their coach as traditionally reserved for Ship's Captains. The first order of business, "Rowing the Captain Ashore". The Ship's Company lined up

the pool-side as the Captain prepared for her last time at Command. On completion, the Ship's Company "Cheered Ship", followed by the Captain's final address. It was only at that time that the reality set in that indeed our Captain was leaving.

Although Suzanne has left Victoria and will be missed by not only the Clubs that know her, but her departure will be felt by the MSABC community throughout. From Navy's



point of view, Suzanne's work in promoting swimming goes far beyond the gates at CFB Esquimalt. Her work with the CF Masters Swim Team (CFST) and continued guidance and leadership will continue to grow as she remains CFST's Head Coach.

Suzanne, on behalf of Navy, Victoria, and MSABC, thank you and we wish you well.

Fair Winds and Following Seas.

White Rock Wave Masters at Oak Harbor, WA Pentathlon Meet (thanks to PNA's 'Wet Set')



Front row from left: Kerry Duval, Carol Gair (coach), Dale Freeman, and Elsa de Leeuw. Back row: Craig Salter, Shari Slater, Carol Wagner & Dave Sinitsin.

On the lighter side of swimming



There was a competition to cross the English Channel doing only the breaststroke. Just three women entered the race: a brunette, a redhead, and a blonde.

After approximately 14 hours the brunette staggered up on the shore and was declared the fastest breaststroker.

About 40 minutes later the redhead crawled up on the shore and was declared to be the second place finisher.

Nearly 48 hours after that, the blonde finally came ashore and promptly collapsed in front of the worried onlookers.

When the reporters asked why it took her so long to complete the race, she replied, "I don't want to sound like I'm a sore loser, but I think those two other girls were using their arms."

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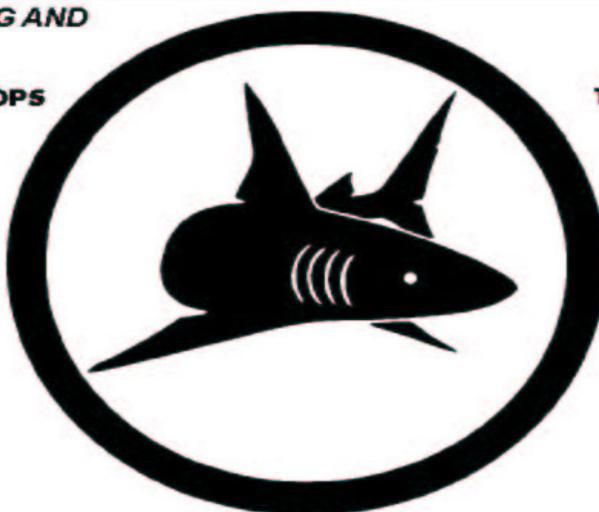
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VIDEO LIST



21st Century Swimming with Bill Sweetenham

- Volume 1 - Freestyle
- Volume 2 - Backstroke
- Volume 3 - Breaststroke
- Volume 4 - Butterfly
- Volume 5 - Individual Medley
- Volume 6 - Starts, Turns, Finishes
- Volume 7 - Advanced Drills
- Volume 8 - Mini Squad/Junior Squad
- Volume 9 - Coaching Hints

Don Gambriel's Classic Series:

- Swimming Techniques (with E. Maglischo)
- Coaches' Drills
- Women's Swimming

Richard Quick and Skip Kenney series:

- Swim Smarter, Swim Faster
- Swim Smarter, Swim Faster II: Starts, Turns & Finishes

Swimming Fastest II

Fluid Swimming by Dr. Marty Hull

Swimming Towards 2000 by Scott Volkers

What's the Limit with Aleksandre Popov

Total Immersion Swimming - Terry Laughlin

- Freestyle / Backstroke
- Butterfly / Breaststroke

All videos are available for loan to all MSABC members. The loan period for the videos is three weeks and a maximum of two videos can be borrowed at a time. To borrow a video, contact **John Bell**, MSABC Director, phone (604) 685-1412 or videos@mastersswimming.bc.ca. Please provide you full name, mailing address, phone number and MSABC registration number when requesting a video.

Web Sites

MSABC Web Page	Http://www.mastersswimming.bc.ca
Canadian Records Web Page:	Http://www3.sympatico.ca/chberger
MSABC Records Web Page	NEW Http://www.user.dcnnet.com/juland
Oregon Web Page /PNA	Http://www.swimoregon.org - www.pna.org
Pool Guide	Http://lornet.com/sgol
US Masters Web Page:	Http://www.usms.org
MSC Web Page	Http://www.compusmart.ab.ca/masterssc
Swim BC Web Page	Http://www.swim.bc.ca
FINA	Http://www.fina.org/

RECORDS KEEPER:

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 DELTA, V4M 1Z4

PHONE: 604-943-6561

EMAIL:

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Brian Rodger
 Registrar

Great Lengths talked to Bill Sawchuk, Division Manager of Team Aquatics in Vancouver about some of their newer products.

Bill Sawchuk
 1975-1981 Canadian National Team
 Worlds fastest time 200 IM 1979
 7 medals 1978 Commonwealth Games
 1977-1981 U. of Florida Swim Team
 1982-1983 Manager/Assistant Coach U of F Swim Team
 1984 Assistant Coach Nashville Aquatic Club
 1985-1996 Head Coach Hyack Swim Club
 Present Division Manager Team Aquatic Supplies (struggling Masters swimmer)



*MERRY XMAS
 &
 HAPPY NEW
 YEAR*

Some of the new products that we are featuring this fall are recommended by our most current equipment advisor, Coach Jim Fowlie of the Pacific Sport National Swim Center in Victoria. We have dedicated an entire page (19) in our new catalogue to these innovative new products. One of the products that didn't make the page but is a valuable tool for masters swimmers is the Tempo Trainer by Finis. It is especially helpful to folks that train on their own or struggle with maintaining stroke rate. This device attaches to your goggle strap or inside your cap and emits a tone at a predetermined rate to which you match your stroke rate. It is useful for pool and or open water swimming.

The new technical fabric suits that have come on the market in the past couple of years have proven to be very helpful to us masters type swimmers. The fabrics are water repellant so you don't have to shave down anymore (unless that is why you are still swimming at your age). But probably more importantly is the fuller body (read more fabric) suits act to hold the muscles and associated muscle coverings tightly and prohibit vibrations which cause extra fatigue as well as inhibit a stream lined silhouette through the water.

The most advanced fabric is by Speedo and is called the Fast Skin often referred to as shark skin. Depending on how much suit you want, you can spend between \$150.00 - \$400.00 for a womens or \$60.00 - \$400.00 for a mens. Nike and TYR also have these type suits out and although the fabric is not quite as technical they do repel water and hold muscles (and other stuff in place). One of our BC masters swimmers John Van Buren swam some astonishing times this summer and attributed a large part of the speed to his new farmer john style Fast Skin.

We have a new addition to the Team Aquatics Supplies services. It is called Race-Tech Video Analysis. Many of you saw it in use at the Masters Nationals in Montreal. It is a great tool for under water stroke correction when used in season, and is invaluable for race analysis when used at meets. If your team is interested or would like more info you can get in touch with Ryan Laurin at the TAS office in North Van and set up a session. We are also trying to get it in to use at one of Ivan Szasz's Masters Camps. (info & booking 604-980-2805 or 1-800-234-4833)

Speaking of Ivan, he is trying through Team Aquatics Supplies to help organize a Team Canada logo'd apparel package. Last year he had Team Canada caps with the swimmer's name on them done through us for Australia and New Zealand. This year we are considering doing logo'd suits as well. He is even looking into tank tops. If people are interested, they should give me a shout at the office Tuesday through Saturday and we can see if this will fly. We would have to decide on a Generic Canada logo that will work.



MSABC
 Brian Rodger, Registrar
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