

MSABC Jan/Feb/March 2010

WE ARE IN SEARCH OF A NEW MSABC TREASURER

As some of you may know and most of you may not, I am completing my second and final year as Treasurer of MSABC. I am currently also the acting VP of MSABC filling in the vacancy left by Tony Zezza's departure for Ottawa. MSABC will need to find a new Treasurer for next season.

I cannot be nominated, elected or acting as Treasurer of MSABC come the next AGM. I have talked to a few clubs at the last swim meet at UBC sending out a few feelers to see if somebody can be 'rustled up' to step in and perform this function.

It is my intention to stand for nomination for the VP position come the next AGM and to remain on the Board of Directors of MSABC. That way, I will be there to help the next Treasurer.

If anyone is interested or if you know anyone who might fit the bill and you can get them interested, please have them or yourself contact me.

Keith Kendal
Treasurer of MSABC
treasurer@msabc.ca

President's Log

Captain's Table –Christmas 2009 – Aart Looye MSABC President

It's the time of the year when we reflect on the past and look forward to all the great things that are coming next year. I'm not a fan of the past- today and tomorrow are more important as they provide new and exciting opportunities to enjoy life!! Reflections on lost opportunities do not provide a good platform on which to build.

So think of partaking in various activities that Master Swimming has to offer you! Make an effort to get to practises on a regular basis- talk with your team mates and coach about goals for the upcoming year. Set some high standards for yourself. You will be amazed at the results that consistent hard work will produce.

Master Swimming in BC will be showcased this year in a number of events. Not only is there our great selection of regional meets throughout Province but we will have a great Provincials hosted by English Bay and then Nationals in Nanaimo – I would sure like to see record turnouts at all our meets. More information on possible MSBC Relays at Nationals will be on the website shortly – a lot of clubs will be entering their own teams but if you don't have the numbers or swim independently we should be able to find a spot for you if you wish to partake in relays at Nationals.



Your Board of Directors has been meeting on a regular basis and has dealt with a number of issues – new swim suit regulations – insurance – bulletins- meet sanctioning- relations with MSC & Swim BC – new meets for next year – web page- fees etc. All these items are necessary to keep this organization strong and vibrant for the upcoming year.

Finally, On behalf of the board and all the volunteers that make this the best Master's swim organization in Canada – A belated Merry Christmas and a Happy New Year.

Aart Looye
MSABC President

Upcoming Meets



The years swim meet schedule started off in fine form with both the UBC and the Nanaimo meets being hosted this past November – a brief description of both will be found later on in this bulletin. The New Year will see some new meet destinations and familiar ones changing months. January will see Comox hosting their first ever competition as they replace Duncan who, after having put on a great Provincials last year, has decided to opt out of hosting a meet this year.

Let's help Comox put on a great event by sending as many swimmers as we can up Island for a fun weekend experience! What better

excuse for having an 'away swim meet' weekend! Arrive Saturday night – settle in to your hotel room – go out for a team dinner and then swim like crazy the next day before heading home feeling good knowing that you helped Comox realise what a great community we are!

February: Vancouver's EBSC (English Bay Swim Club) has decided to forgo their February 'Love to Swim' competition (due to the Olympics) and will instead host this year's Provincials (23-25 April) at the Vancouver Aquatic Centre. Victoria Masters Swim Club, due to pool scheduling, has decided to move its swim date from their 'normal' March date to February 20th. Seeing that this year's Nationals (hosted by Nanaimo Ebttides) will be long course, Victoria's long course meet will provide you with a good indication of where you stand time-wise as you fine tune your strokes!

Winskill Otters who have normally had their 'endurance' meet (400s, 800's, 1500's & 4 x 200 relays) the first week in April will move their competition to the last weekend in March.

So, this is how our 2009-2010 Provincial Meet Schedule shapes up:

BC Meets for 2010				
Sun 24JAN	Comox Valley M.	SCM	Comox Valley A.C.	-click for info-
Sat 20FEB	Victoria Masters	LCM	Commonwealth Pool	www.victoriamasters.ca
Sat 27MAR	Winskill Otters	SCM	Winskill A.C.	www.winskillotters.com
2010 MSABC Provincial Championships				
23-25 APR	English Bay S.C.	SCM	Vancouver A.C.	-click for info-
2010 Canadian Masters Swimming Championships				
21-24 MAY	Nanaimo Ebttides	LCM	Nanaimo A.C.	http://cmsc2010.ca

Submitting Results: In order for swimmers to be ranked on the Masters Swimming Canada website all Meet Managers must submit their swim meet results to MSC. If Meet Managers could please review this process (<http://mymsc.ca/SubmitResults.jsp>) and send in your meet results as soon as possible after your meet is finished, it would be greatly appreciated. We would still like you to submit your results to the MSABC webmaster so we can also post the results on our webpage.

Out of Province Records: For Out of Province Records, an application form can be found on the MSABC website under Club & Record Info – BC records: www.msabc.ca/records.html

UBC Masters Swim Meet (15 NOV, 09) – Report



The first meet of the season has come and gone and it was by far and away a huge success! Thank you to all who participated this year at the UBC Masters swim meet. We had almost 200 swimmers sign up, ranging from first-time competitors to seasoned masters veterans! Many swimmers swam fast and a few provincial records were broken, but most importantly, people had fun!! A large number of people stayed afterwards for the social with great food and great door prizes. This first meet of the year is a great way to start your competition year and set some time standards for yourself for the season. It's also a great meet to try if you're a novice and want to know what competition is all about without all the pressure of a larger meet. I hope to see you next year at our meet!

Elaine van Oosten
President and Meet Manager of UBC Masters Swim Club

Nanaimo Ebbtides Swim Meet Report



Wow! No snow to hamper our meet this year! We had 139 swimmers from 19 different clubs competing. One club, Kits Masters, just formed a couple of days prior to the meet. Welcome to MSABC!

This is the last meet for Masters to swim in their “illegal” suits. Consider them practice suits starting January 1, 2010. Congratulations go out to Fred Schulof from the North Shores Masters Club for setting three MSABC records in the 200 Back, 100 Breast and 200 Breast in the 90 to 94 age group!

Well done Fred!

As well, James Scantland from the Nanaimo Ebbtides Masters Swim Club set a MSABC record in the 100 Breast in the 75 – 79 age category. Congratulations Jim!

This swim year is quite unique for our club as we are hosting TWO meets. We used this past meet as a trial run for an on-line registration company that we plan to use for the Nationals. Thank you everyone who used this registration process as it allowed us to work out a few quirks. We are the first Canadian swim club to use this company. All of the employees are Masters swimmers! As a result, they knew the questions to ask us when first setting up. They are presently piloting a relay entry aspect to their on-line registration. It sounds interesting.

As usual, our social was well attended and many door prizes were won. Many smiles and full tummies were visible!

A HUGE THANK YOU goes out to all of our officials and volunteers. We know that we cannot have a meet without you. Also thank you to so many swimmers who joined in the fun.

We are looking forward to seeing you at the Nationals May 21- 24, 2010. Registration will appear on: www.cmsc2010.ca or www.ebbtides.ca sometime in December. Register early as we can only accommodate 600 swimmers for this 4 day long course meet.

Nancy Ryan, Meet Manager

MSABC's League Trophy – Update (29 NOV, 09)



The League Trophy goes to the team that has scored the most number of points (based on Hy-Tek's system of 20pts-1st place finish, 17pts-2nd, 16pts-3rd, 15pts-4th, 14pts-5th, 13pts-6th, 12pts-7th & 11pts-8th), during our regular BC meets prior to Provincials. The more swimmers your club sends to

each of these meets, the better your chances of scoring the most points! This trophy is awarded annually during our AGM.

After the first 2 meets of the season, here's how the teams are stacking up:

2009-2010 Top 10 'League Trophy' Point Standings (updated - 29NOV09)

- 1. English Bay S.C. - 3323
- 2. Victoria Masters S.C. - 2495
- 3. Winskill Otters Masters S.C. - 2127
- 4. UBC Masters S.C. - 2119
- 5. Nanaimo Ebttides - 1546
- 6. White Rock Wave - 1462
- 7. Hyde Creek Masters - 990
- 8. Lord Bing Masters - 715
- 9. Comox Valley Masters - 708
- 10. North Shore Masters - 664

A lot can change with the results of the Comox, Victoria & Winskill meets still to be determined!

Great achievements at World Masters by Okanagan Masters Swimmers



Conny Stamhuis brings home gold for the 50m breaststroke

Three swimmers from Okanagan Master Swim Club excelled at the 2009 World Masters Games held in Sydney in October. Sydney successfully hosted the world's largest multi-sport event with more than 28,000 competitors from 95 countries, competing in 28 different sports at 72 venues throughout Sydney during the Games.

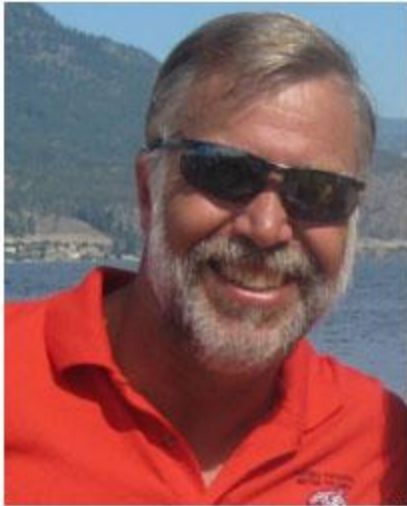
Conny Stamhuis of Kelowna, Gladys Hambrook of West Kelowna and Michael Stamhuis of Coldstream did extremely well. Participating in the age group 75-79, Conny brought home gold in her 50m breaststroke. Apart from her gold for the 50m breaststroke, she was 2nd in the 200m backstroke, 3rd in the 100m backstroke, 4th in the 50 backstroke and 5th in the 50m freestyle.

Conny and Gladys also won gold medals in a relay within the joint age category 320-359. The four participants in this relay were 85, 81, 78 and 77 = 321.

Also participating in the age group 75-79, Gladys also placed 5th in the 800m freestyle, 6th in the 400m freestyle, 6th in the 200m freestyle, 5th in the 100m freestyle and 8th in the 200m backstroke.



Gladys working during the Open Water Swim as part of the Kelowna Apple Triathlon



Mike Stamhuis getting faster with the years

Participating in the age group 55-59, Mike was 3rd in 800m freestyle, 5th in the 400m freestyle, 5th in the 200m freestyle, 6th in the 100m freestyle and 4th in the 200m backstroke. Mike holds the position of Chief Administrative Officer for the City of Coldstream and will often be found in Kalamalka Lake for his training sessions. He did spend some time at H2O to get used to a 50m pool just before leaving for Sydney.

Well done to these great swimmers! Masters Swimming is about fun, fitness, health, fellowship and participation amongst adult swimmers. For those interested in joining Okanagan Masters Swim Club please contact Brent Hobbs on Tel 250-862-2762 or brent_hobbs@shaw.ca

Special award to a life saver



Glen Mehus, past-president of the Masters Swimming Association of British Columbia hands over the Presidential Award to Brent Hobbs

The Masters Swimming Association of British Columbia (MSABC) gave special recognition to Okanagan Masters Swim Club president, Brent Hobbs, who as an ex-paramedic, saved the life of a fellow swimmer during a Masters meet earlier in the year. 'After the tumble turn, this guy just did not come up. A couple of us dived in and I started to resuscitate him. When he came by, to the great relief of all around, he just wanted to finish his race!'

Countdown to our 2010 Provincial Championships!



Team Aquatic Supplies 2010 BC Masters Provincial Championships

23 • 24 • 25 • April • 2010 - Vancouver • BC

Hosted by ENGLISH BAY SWIM CLUB

Join the English Bay Swim Club in Vancouver's beautiful and exciting West End for a swimming event not to be missed! The English Bay Swim Club is Vancouver's gay & lesbian Masters Swim team. We are all-inclusive, welcoming gay and gay-friendly swimmers into the pool since 1982.



The competition takes place 23-25 April, 2010 in the Vancouver Aquatic Centre on the shores of False Creek. The pool will be set up as a 25 metre x 8 lane competition pool with electronic timing along with a 25 yard x 6 lane warm-up pool.

After your day's events, you're in the middle of it all! Wander Vancouver's famous Seawall, Granville Island, Robson Street or Yaletown and enjoy all the culture, culinary delights and recreation the host city of the 2010 Winter Olympics has to offer.

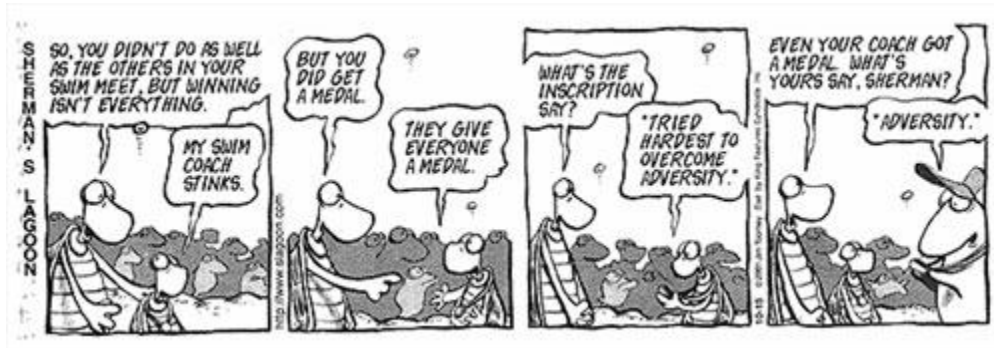


The Saturday Night Banquet at the False Creek Yacht Club overlooking bustling False Creek also promises to be a memorable one!

Final entry deadline (\$75) – 15th April
Early Bird entry deadline (\$65) - 5th April
Current FINA – MSC rules apply

Swimmers 18 years of age or older with Canadian Masters Registration or foreign equivalent are eligible to compete. E-mail to SwimBC2010@englishbay.org or visit us on the Web at web.mac.com/englishbay/iWeb/swim2010.

Coaching



Swimming Canada is very pleased to offer the new “e-learning” pathway of Skills Coach education delivery.

See the SNC page: <https://www.swimming.ca/NationalCoachingCertificationProgramComponents> for an overview of the NEW NCCP coach education pathway, and an outline of the process of becoming Skills Coach certified.

More details on the Swimming Canada’s e-learning system: <http://elearn.swimming.ca/> REGISTER for the Skills Coach Online Course. Enter the promotional code **SBCSKILLS** to receive a SwimBC/SportsFunder discount on the registration fee.

The online Making Ethical Decisions module, one of the final steps in Skills Coach Certification, can be found at this website: <http://nccpeval.coach.ca/production/med/e/index.asp?Language=English>.