

MARCH/APRIL 2009 BULLETIN



President's Log

I'm just back from the Victoria Masters meet, our one long course meet of the year. After being pretty much snow bound in Kelowna, and out of the water for the last couple of months, it felt great to once again compete even though I am somewhat out of shape. Okay, all out of shape, but still lots of fun and it was great to see friends and competitors from all over the place. We are now down to our last two meets in BC with the Winkill Meet in early April and Provincials in mid-April. Remember, the Winkill Meet will be the last meet to score points for the season long League Trophy, so let's get out there and rack up those points! The Provincials will see everyone on equal ground again and the team with the most points will receive the Champions Trophy, so teams, let's get as many of your swimmers out as you can!

With the Nationals coming, we will once again have provincial team relays, and Danielle Brault (daniellebrault@hotmail.com) will once again be our Provincial relay coach. If you are interested, please get your name, preferred events, times, and age, to her as soon as you can. We will also be having relays at the World Games in Sydney in October and Aart Looye (aartlooye@hotmail.com) has agreed to be our relay coach, so please get in touch with him with your information. Thank you to both Danielle and Aart! There are many BC swimmers going to the World Games, and some that would like to find a roommate to help keep costs down, so we will try to get something on the website in the near future to help swimmers find other swimmers looking for shared accommodations.

On the National front, MSC has just introduced the new 1km swim, which will see swimmers swim everything from 1km fly to 1km kick – I hope everyone takes part and enjoys it. We have also brought online a Video loaner program which is much like our own. This will give you perhaps a few different choices and hopefully very little wait for videos. I will be running for the National board this year with hopes of keeping BC front and center with MSC, so we really need your votes. The ballots will be sent out next month so please take the time to vote and send it back in.

At our upcoming Provincials in Duncan we'll have the run of the entire pool area. The organizers of Provincials have asked people to bring chairs with them as there won't be very many bleachers – so pack up those comfy deck chairs! Also at Provincials we'll be running a clinic on what Meet Managers should know about sending in results and we'll show Registrars how to use Team Manager so clubs can start using it to enter their swimmers, thereby cutting down the workload of those volunteer Meet Managers! Hope to see many of you out for this; more information will follow on the website so check our site often. We'll hold it on the Friday before warm-ups.

Along with Provincials comes the AGM and MSABC Board Elections. We have several key positions that will need to be filled this year: President; Secretary; Editor; and one Member at Large. If you have ever thought of helping to form the future of Masters Swimming in BC, now would be a great time to step forward and run for one of the positions. These positions are all very rewarding.

Yes, my time as President is now up. I have been there for 4 years and as per our bylaws I must step down. When I reflect on the past 4 years I realize how much I have really enjoyed the opportunity you gave me to be your president. I've enjoyed seeing the changes that have occurred, as well as the continuation of programs that were introduced by previous boards. I have been blessed in that I have had great people on my board, which made for a smooth running and productive board. I would like to thank all those that have worked with me on the board, and most of all, thanks to all the swimmers that not only gave me the chance to be a large part of MSABC, but have allowed us to become friends as well.

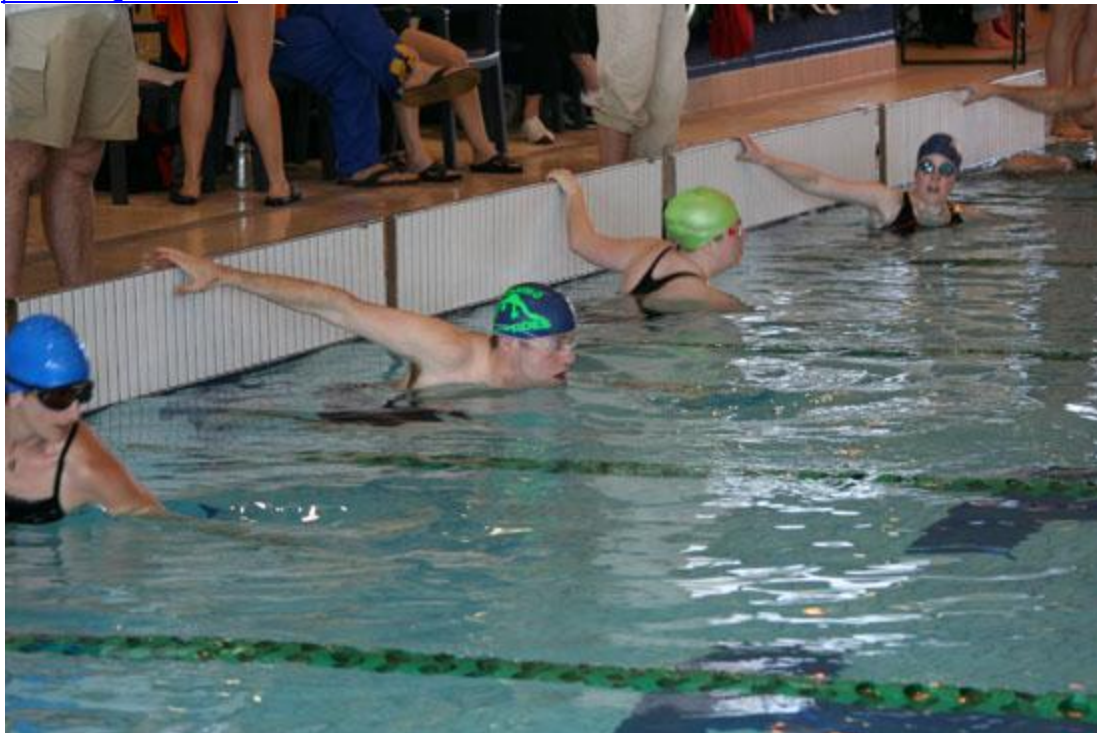
I would like to thank all swimmers from MSABC for the last four years and ask that you give whoever the new president is all the support you can. Remember, Masters is all about fun, fitness, and friends. It's a great lifestyle!

See you all on deck!

Glen Mehus

MSABC President

president@msabc.ca



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Urgent Call for Officials

Submitted by: Jocelyn Jay, MSABC Registrar

As you may know it is hard to recruit officials to work meets, especially positions like stroke & turn. Clinics can be done over a conference call, and notes sent to you via email in the comfort of your own home, AT NO COST!!!! We need a minimum of 6 attendees in order for a clinic to be run. Who is interested in helping out the sport and keep our meets running?

Please contact JOCELYN at registrar@msabc.ca for more information.



Upcoming Meets

BC Meets for 2009 Season

Saturday, April 4	Winskill SC Endurance Time Trial, Vancouver	Meet info .pdf
April 17 -19, 2009	MSABC Provincials, Duncan	Meet info .doc .pdf
May 15-18, 2009	MSC Nationals (SC), Etobicoke ON	Meet info .pdf

On December 7th 2008, the MSC board approved a new version of the Swimming Rules portion of the MSC rulebook. These rules came into effect January 1st, 2009. Two important changes - no false starts and no watches. The English version of the rules is posted here: [MSC Swimming Rules](#)
There is only one official rule change, which is the switch from a one false start rule to a no false start rule. The no false start rule is the standard rule in international Masters competition and non-Masters competition.

In addition, the wording of several rules has been changed to reduce inconsistent interpretation. One example that MSABC swimmers should be aware of is that merely wearing a watch is now explicitly against the rules. In the past, many officials would only DQ a swimmer if they observed that the swimmer was using the watch for pacing purposes. Under the new rules, any swimmer observed to be wearing a watch will be disqualified.

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



MEET REPORTS

Cowichan Masters Swim Meet

January 25, 2009

The Cowichan Masters Swimmers hosted their 25th Annual Invitational Swim Meet on January 25th, in the new Cowichan Aquatic Centre. 133 swimmers attended the Meet, seven from the Cowichan Masters. The largest group of competitors, 26, came from the Victoria Masters Swim Club. There were swimmers from 15 clubs in all, including the Calgary Masters Swim Club. The youngest swimmer was 20 year old Katrina Gavin of the North Vancouver Masters. The oldest was 90 year old Hugh McGregor from the Victoria Crystal Silver Streaks.

A number of records were set at Sunday's Cowichan Masters Swim Meet. The first was that of the Victoria Masters Swim Club Women's 200 meter freestyle relay team (Sarah MacDonald, Avila Rhodes, Claudia Sperling, Judy Woodward). Hugh McGregor, age 90, of the Victoria Crystal Silver Streaks, set records in the Men's 100, 200, and 400 meter freestyle, as well as a record in the 100 backstroke. Gail Roper, age 80, set FINA world records in the 50, 100, and 200 meter freestyle. Jeanne Carlson, age 51, of the Calgary Masters Swim Club, set records in the Women's 200 freestyle and the 400 individual medley. Sarah MacDonald, age 49, of the Victoria Masters, set a record in the 400 individual medley.

Tony Fisher, Meet Manager
Cowichan Masters Swim Club

Victoria Masters Swim Meet



March 7, 2009

This year was the Victoria Masters Swim Club's 29th Annual Swim Meet held at Saanich Commonwealth Place. It was a fantastic day with 146 swimmers participating who attended from 26 swim clubs all across BC, Alberta, Oregon, Washington, Arizona and California. Despite the snow that fell in the afternoon (snow? in Victoria in March??), the swimmers stayed and did not disappoint! As with our meet every year there were numerous records broken as it is our only long course meet. This year there was a total of 48 records broken in the various age categories: 22 were BC records; 18 Canadian records; and 8 world records!!!

The world records were broken by:

- Cindy Mabee (Victoria) broke the world record for 50 and 100 backstroke for 40-44 age group
- Gail Roper (Oregon) broke the world record for 50 Fly, 100 Free and 50 Free for the 80 - 84 age group
- David Radcliff (Oregon) broke the world record for 100 Free, 400 Free and 800 Free for the 75-79 age group

The meet ended with our second year in a row of hosting a longer event - and this year was the

800 Free. We had 4 heats of the 800 Free (Long Course).

Thanks to the officials, volunteers and all swimmers who came - it was a great day and I look forward to next year!

Len Martel, Meet Manager
Victoria Masters Swim Club



Awards of Merit

Each year, two Awards of Merit are presented at the Provincial Championships:

Ted Simpson Achievement Award

This award will go to the registered MSABC Masters Swimmer who has achieved distinguished results in the 2008/2009 swim season. Results from Worlds, Nationals, Provincials, and local meets, improvement in personal best times, overcoming injury, illness and/or disability will be considered for this award.

This award is presented in memory of Ted Simpson. Ted was a valued coach of the Vancouver Y Torpedoes from 1960 - 67. Ted continued his coaching and in later years, coached Masters swimmers. Ted was valued as a coach who made swimming fun and made swimmers feel good about themselves. Ted was interested in all who came under his tutelage. As Ted valued achievement in all forms, this award is a fitting memorial to Ted and how he lived his life.

The recipient will have their name engraved on the Ted Simpson trophy and will receive a framed MSABC limited edition print.

Ted Simpson Recipients:

Nick Templeman 1995

Dianne Foster 1996

Stan Powell 1997

Bonnie Pronk 1998

Deral McKeel 1999

Jack Kelso 2000

Peter Bell 2001
Emilio Clozzo 2002
Grahm Welbourn 2003
Jim Patton 2004
John van Buuren 2005
Sarah Macdonald 2006
Avila Rhodes 2007
Bonnie Pronk 2008



Stan Powell Memorial Service Award

This award will go to the person who has contributed to the betterment of Masters Swimming in British Columbia and/or service to Masters Swimming, (e.g. past service on the MSABC Board, club official, club or event organizer, meet volunteer and/or coach).

This award is in memory of Stan Powell who died in November 1999. Stan played most sports throughout his lifetime and coached many at the secondary school level for more than thirty years. Nearest and dearest to his heart was swimming and so it was upon Stan's death, his family requested donations to establish a suitable memorial, which is a large oak perpetual shield, with a similar smaller plaque given to the recipient. It was Stan's belief one should give something back to the community for the enjoyment received by participating in sports. With this in mind, Stan was personally involved with swimming, water polo, basketball and baseball. Stan gave so freely of his time by volunteering for sport. Stan embodied Masters swimming as a lifestyle; the Stan Powell Memorial Service Award is a fitting tribute to his memory.

Stan Powell Recipients:

Mary Lou Monteith 1999/2000
Alex Muir 2000/2001
Bonnie Pronk 2001/2002
Vanda Stocks 2002/2003
Suzanne Scriven 2003/2004
Norma Powell 2004/2005

Connie Stamhuis 2006/2007

Laura Harris 2007/2008



THE DEADLINE FOR NOMINATIONS IS APRIL 1, 2009. If you know someone deserving of these awards, please send your nomination(s), with a few lines about why they are qualified, to **Gilles Beaudin** at vanquy@telus.net by the deadline.

MSABC's League and Champions Trophies

Don't forget that MSABC has introduced two new awards this year! The first is the League Trophy which will go to the team that has scored the most number of points (based on Hy-Tek's system of 20 points for first place, 18 points for second, and so on, to eighth place), during our six regular BC meets. The more

swimmers your club sends to each of these meets, the better your chances of scoring the most points! We will be awarding this trophy during our AGM.



The second award is the Champions Trophy, which will go to the team that has scored the most points (using Hy-Tek as described above) during our Provincial Championship. Once again, the more swimmers your club sends, the better your chances. Check out the MSABC homepage - www.msabc.ca - for more details, and for more information, please contact Gilles Beaudin, MSABC Member at Large at vanquy@telus.net.

Notice of Elections

The 2009-2010 Election of Directors will be held at the MSABC Annual General Meeting, Saturday, April 18, 2009 in Duncan, BC. There are 4 vacancies (*) to be filled. Directors shall be elected for a term for two years [Bylaw 25(1)], expiring at the Annual General Meeting.

Glen Mehus (Okanagan Masters)	President	2009*
Tony Zezza (Navy Masters)	Vice President	2010
Stephen Ricketts (Nanaimo Ebbtides)	Secretary	2009*
Keith Kendal (Victoria Masters)	Treasurer	2010
Jocelyn Jay (Comox Masters)	Registrar	2010
Claudia Sperling (Victoria Masters)	Editor	2009*
John McManus (Navy Masters)	Webmaster/Member at Large	2010
Gilles Beaudin (English Bay)	Member at Large	2010
Steve Wallace (Victoria Masters)	Member at Large	2009*

DUTIES OF THE DIRECTORS

On behalf of the membership, the Directors are responsible for planning and guiding the overall affairs of MSABC. The Board establishes committees which Directors chair. There are six Board meetings a year. While engaged in the affairs of MSABC, board members shall be reimbursed for approved expenses that are necessarily and reasonably incurred. [Bylaw 29]

NOMINATIONS OF CANDIDATES

MSABC members in good standing may nominate candidates for the positions that expire at the 2009 Annual General Meeting. Candidates must be MSABC members in good standing. Nominations may be made in advance of the AGM by notifying Stephen Ricketts at secretary@msabc.ca or (250) 751-1506. Nominations may also be given to any Director and will be taken from the floor during the AGM. Candidates may be requested to give a brief (1 minute) statement supporting their nomination.

VOTING

A member in good standing is entitled to one vote [Bylaw 21(3)]. Voting is by show of hands. Proxies are not permitted [Bylaw 22(1) and (2)].



Coaching

The following information is from Swimming Canada (<http://elearn.swimming.ca/>)

Welcome to an exciting new era for Canadian Swimming! With the launch of the E-learn system, the Canadian Swimming community will have access to online training resources for coaches, officials, swimmers and volunteers.

How does the eLearning site work?

The eLearning site is built on a Learning Management System called Moodle. Moodle has over 500,000 users around the world, including major universities, corporations and training agencies. Click [here](#) for a brief introduction on how the Moodle system works.

What courses have been launched?

The launch of the eLearning site will see the first set of Skills Coach coaching courses launched. Additional courses for other uses will be launched throughout the upcoming season(s).

How do I get Skills Coach certified?

With the launch of the new eLearning system, many coaches are wondering how they go about getting certified at Skills Coach. Select the link below for a short presentation on the steps required for certification.

Where do I go for help?

Swimming Canada and the Canadian Swimming Coaches and Teachers Association have dedicated help to support the NCCP coaching program

NCCP Administrator - Carol Vadeika - nccp@swimming.ca

NCCP Master Facilitator [East] - Steff Trerice - nccpeast@gmail.com

NCCP Master Facilitator [West] - Mark Fellner - nccpwest@gmail.com

NCCP Director - Andrew Moss - amos@swimming.ca

- [Skills Coach Certification](#)
- [Skills Coach eLearning Module Overview](#)



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9. Training

Don't forget to check out our MSABC video/DVD library! We have several complete series including Go Swim, Frank Busch, Richard Quick, and Bill Sweetenham. For a complete listing, please see www.msabc.ca/video.html. DVD's and videos are available for a 2 to 3 week loan period (depending on demand). Contact Claudia Sperling at sperlingclaudia@gmail.com to borrow videos and/or DVD's. Also, check out our website to find out about borrowing the video camera and underwater lens www.msabc.ca/camera.html. Arrangements and bookings can be made by contacting Glen Mehus at gmehus@shaw.ca.



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10. Reflections on Learning to Swim as an Adult

by: Claudia Sperling, Editor, MSABC Bulletin

I didn't take my first swim lesson until the age of 27. At the end, I could struggle through 25 meters without stopping. It seemed to take forever to get to the end of the pool and I couldn't understand how those "real swimmers" made it look so effortless! Several years later I tried swimming again, and made a little bit of progress, but life got in the way and I stopped.

Now it's more than 20 years later! I'm in my fourth year of swimming with the Victoria Masters Swim Club, and it's been quite the adventure! There seems to be two groups of Masters swimmers. First, the group that swam competitively when they were young. They are the Masters swimmers who reminisce about their results when they were kids, and bemoan the fact that they are so much slower now. Often their sentences start with "I remember when ...", or "I could never do that again".

Then there are the Masters swimmers who learned to swim as adults. For these Masters swimmers, there are completely different challenges. "You want me to dive off the blocks? But the water is so far away!". "How many flip-turns? All in a row?!". And then there are swim meets. These are truly a terrifying prospect! "I'll be so much slower than everyone else! It's far too stressful and I'll only embarrass myself!".

But the rewards for those learning to swim as adults are far too many to count. There is endless room for improvement and the opportunity to take delight in the seemingly smallest of victories. "I reduced my stroke count by one!", "I did full-stroke fly for the entire length!", or "I took 15 seconds off my time!". For these swimmers it's not about winning or setting records. It's about challenging oneself to try things outside one's comfort zone and to improve one's self in ways that didn't seem possible.

I am very fortunate to have really wonderful coaches. Each one encourages and teaches me in different ways. Each one helps me to work towards the goals that I set for myself, no matter how big or small. And

I'm fortunate to have a spouse who encourages (pushes!) me to compete. In the end, it doesn't matter about the level of your ability, because as Masters swimmers, we are all "real swimmers"!

