

NOVEMBER/DECEMBER 2008 BULLETIN

President's Log

As we are just about to start the season of meets, I see that a few swimmers made it down to the North Whidbey Pentathlon in September, getting a bit of a jump on competing this season. UBC is the next meet on the list and the first for the season in BC, followed by Nanaimo two weeks later. Both meets are very well run and a good chance for all of us to see just where we are at this early in the season. I am looking forward to seeing many new swimmers out to these meets.



This should be another exciting year with new ideas coming on stream. MSABC Board member, Gilles Beaudin, is putting forward the League Trophy for top team-based points from all regular BC meets throughout the year, as well as the Champions Trophy for top team-based points at Provincials. Gilles has worked hard on this program and we all look forward to its success. With UBC hosting the Breaststroke clinic this December and it selling out so quickly, this shows that these are the programs that members would love to see. Hopefully in the near future we will see some more clinics put on either by a club or with the

help of MSABC. I would like to thank Ivan and UBC Masters for putting on this clinic and opening it up to everyone.

Remember that the under water camera is still around and is a great tool for coaches. With just the cost of shipping it one-way, this a very affordable tool for coaches. Also, the video library that MSABC maintains is great source of information. We would also like to hear from you, the members, on some ideas that you may have for programs that you would like to see. Whether it is for competition, or fitness training, we would like to hear any of your ideas. The Board listen to all ideas or suggestions, and discusses them at our regular meetings.

Make sure to visit our website regularly to see what is new or happening throughout MSABC, check results or find meets to attend, as well as who to contact for videos or the camera. With our new shorter website domain - www.msabc.ca - it's much easier to remember! Don't forget to change your bookmarks.

By the time this makes it to all of you I am sure the new registration program will be in place and up and running. This new program is Masters friendly, and designed by MSC and two MSABC members, along with two MSO members. This new program will make it much easier for all of our hard working Registrars throughout our province.

I would like to wish everyone a great and safe season, best times and personal fitness, and above all - reach for those goals!

Glen Mehus
MSABC President
president@msabc.ca



Registration Update

Submitted by Jocelyn Jay, MSABC Registrar

With Swim Direct gone, and the SNC system kicked to the curb, I am pleased to announce our registration woes are nearing an end. With many thanks to Lindsay Patten for all his time and patience in pioneering a new online system, I am pleased to announce a simple and user-friendly mode of registering our members. Each club registrar has registered for a mymsc.ca account and their club is linked to their username. There are little things that need tweaking and those will be taken care of throughout the year.

If you are a club registrar and have not forwarded your username, your swimmers will not be able to compete until a registrar username is created and swimmers are registered. Returning members will continue to use the same number they have always had. Unfortunately, there is a delay in assigning new members a registration number, however if you are interested in competing at either UBC or Nanaimo, please let me know at registrar@msabc.ca and I will make sure we get to you first!



Upcoming Meets

BC Meets for 2008/09 Season

Sunday Nov. 16, 2008	UBC Swim Meet, UBC Vancouver	-click for web site-
Saturday, November 29	Ebbtides SC Swim Meet, Nanaimo	-click for web site-
Sunday Jan. 25, 2009	Cowichan Swim Meet, Duncan	Meet info (doc) (pdf)
February 15, 2009	English Bay Love to Swim Meet, Vancouver	-click for web site-
Saturday, March 7	Victoria Masters LC Meet, Victoria	-click for web site-
Saturday, April 4	Winskill SC Endurance Time Trial, Vancouver	
April 17 -19, 2009	MSABC Provincials, Duncan	
May 15-18, 2009	MSC Nationals (SC), Etobicoke ON	

For additional and regularly updated swim meet information, please see the MSABC website:

www.mastersswimming.bc.ca/upcoming.html

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: <http://www.mastersswimming.bc.ca/records.html>



MSABC's League and Champions Trophies - NEW!!

Submitted by: Gilles Beaudin, MSABC Board Member

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.



Coaching: e-Learning

Swimming Canada is very pleased to offer the new "e-learning" pathway of Skills Coach education delivery. See http://elearn.swimming.ca/file.php/1/Skills_Coach_Resources/engage.html for an outline of the NEW process of becoming Skills Coach certified.

It should be noted that, **coaches who took a Skills Coach course PRIOR to September 1, 2008**, will have roughly one year to complete the certification process, which includes completing the on-line Making Ethical Decisions module, as well as having a Skills Coach Assessment done. The on-line 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>.

The SwimBC website has more information as well: www.swim.bc.ca/sbcncpp.aspx



Training

Breaststroke Clinic

Submitted by: Ivan Szasz, UBC Masters

Jozsef Nagy, the breaststroke coach of the Canadian National team agreed to hold a breaststroke clinic under the auspices of UBC Masters SC. It will take place December 13th, 9:00am at the UBC Pool. One hour of classroom will precede one hour of pool time. The individual cost will be \$20 for each participant. I am the contact person at iszasz@interchange.ubc.ca. This is a clinic for those who are breaststrokers and is not intended to "teach" breaststroke swimming.

NOTE: This clinic scheduled for December 13th is now SOLD OUT! However, because of the popularity, UBC Masters is thinking of holding another clinic in January 2009 – STAY TUNED FOR MORE INFO!!



Total Immersion and Sea Hiker Clinics

Submitted by: Peter Scott

Here are some of our a few of our upcoming workshops:

1. Laminar Flow Monofin Clinics

Monofins are here! Sea Hiker is pleased to announce that fin swimming is about to make its mark on Vancouver. Want to swim like a dolphin? Find out the pure joy of swimming with a monofin and the excellent benefits for fitness, core strength, butterfly and competitive swimming, free diving and overall water confidence.



2. New! The Tri-TI (Total Immersion for Triathletes program)

Sea Hiker is offering Total Immersion workshops in a new format. This workshop is focused for triathletes, fitness swimmers, and open water swimmers and you get a free 2 hours of follow-up refresher instruction with the workshop. Perfect for someone who has not yet done any TI instruction and wants to prepare for triathlons, from sprint to Ironman.

3. TI Short Axis Clinic in Victoria, BC (Fly and Breaststroke)

Has butterfly always intimidated you? Do you feel that your breaststroke is slow or "not quite right?" Shoulder or knee injuries? Learn the latest theories used by Olympians in Beijing about going faster in both strokes and how combining short axis strokes will improve both of fly and breaststroke. If you are a Masters swimmer looking to go faster, the drills and focus points you'll learn will help you, guaranteed.

4. Stroke Clinics at the YWCA Downtown Vancouver

Sea Hiker is pleased to offer 2-hour stroke clinics at the YWCA + a refresher session. Learn the stroke for the first time or how to become efficient and fast for long swims or races. You will learn the secrets of Olympic efficiency that apply to swimmers of all abilities.

For more details and for the latest updates, please go to <http://www.seahiker.com/book-lessons.html>

Thank you!

Yours swimmingly,

Peter

With the start of the new swim season, it's also a great time to borrow a couple DVD's or videos from the MSABC library! We have several complete series including Frank Busch, Richard Quick, Bill Sweetenham and Go Swim, plus some DVD's and videos from Total Immersion. Check our full video/DVD library at www.mastersswimming.bc.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 <http://www.mastersswimming.bc.ca/camera.html>. Arrangements and bookings can be made by contacting Glen Mehus at gmehus@shaw.ca.



Lane Etiquette

With the new season upon us, it's a good time to remind everyone about Lane Etiquette. In order to avoid injury, and enjoy a good workout, it's important to be aware of where your team mates are (and where the wall is!). If you are unclear about anything, ask someone!

- Help set up the pool for workout, and help put things away after.

- If you are late, warm up on deck or in the public lane. Then start the workout at the same point as the rest of the swimmers in your lane.
- Within each lane, swimmers should arrange themselves for each set: fastest to slowest. It is the lead swimmer's duty to ensure that the lane starts swimming at the proper time for each set.
- Allow 5 seconds between swimmers. Note that allowing more than 5 seconds in sets of over 2 lengths means that the lead swimmer may overtake and frustrate the end swimmer, so try to stick to 5 seconds.
- Swim in a circle within each lane, staying off of the black center line and try to alternate lane direction – first lane counter-clockwise, next lane clockwise, etc, so that you don't get mid-arm collisions .
- To pass, touch the toes of the swimmer in front of you twice. They should stop at the end of the length to allow you to pass. If you must pass mid length, make sure to use the centre of the lane so that you don't hit a third swimmer!
- As you approach turns, it's very important to cut in from your side of the lane to make sure you turn at the mid-wall area and then push off in the correct direction heading back down your lane. If everyone does this, you will avoid the dreaded 'head on collision'.
- Try to swim the workout as posted, but sit out a repeat if you need to. If you are not doing the same thing as the rest of your lane, keep out of their way or move to another lane.
- When finishing a swim, move so the swimmer behind you can touch the wall (especially in a timed set!)
- Please avoid wearing big watches as they cause injuries. If you need to wear these, be aware of where your hands are. It's also a good idea to leave your jewellery at home.
- Equipment such as paddles & fins are to be used only when your coach makes it part of the training set unless otherwise advised by a sports medicine person and OK'd by the coach.
- Do not swim over people. If they are slower than you are, please follow the passing etiquette and ask to move ahead of them during the next set break.



Top 10 Reasons why I have to go last in the lane:

10. I just ate.....
9. I want to walk the first 5m and I don't want to bother anyone else.....
8. I might need to get out for a pee break and I don't want to screw up the lane.....
7. It's just too much pressure when someone is swimming behind me.....

6. I had a really hard day at work and I'm really tired.....
 5. I'm doing other, well, other "stuff".....
 4. I'm just getting over a cold/flu/sinus infection/pneumonia.....
 3. My shoulder/back/knee/neck/head/arm/leg hurts.....
 2. I'm just not feeling well today/tonight/this morning.....
- And finally ...*
1. I'm just not very good at drills/pull/kick/IM/breast/back/fly/free.....

Interested in Officiating?

Submitted by Jocelyn Jay, MSABC Registrar

Have you ever wondered what happens after you send your entries to the Masters meet of your choice? Who carefully organizes and successfully runs all those meets you go to? And who logs all those important times for you, whether it's a personal best, or a provincial, national or world record?

Well, from the time your entries are received, to the time you see your results on the web, it is all volunteers and most are qualified officials. Many of which have put countless hours into training so your personal bests can be recorded until the next time you go faster, or so your records can be recognized by the necessary association or federation. If it were not for our qualified officials, we wouldn't have our meets, and without our meets, we all miss out on our social events, personal challenges and a darn good workout! And remember, we are Masters Swimmers who are long removed from the age group clubs that have readily available parents and family who are willing to sit on a hot pool deck on a much-needed weekend off to help out. As officials, you are considered an ambassador for our sport and embrace the principles of teamwork and inclusion when it comes to swimming officials.

For the most part, MSABC has adopted most of Swimming Canada's rules and interpretations as they relate to Masters Swimmers and don't have to worry as much about the differences between masters and age group swimming rules. Many officiating clinics can be done with an internet connection and a phone line in the comfort of your own home. Once a course has been completed, you will need to work at meets to complete your desired level, and that is where all the fun takes place!

If any of the following apply to you and you are interested in becoming a qualified official, please contact me at registrar@msabc.ca:

- Look good in white while awaiting that big break in a Mr. Glad commercial
- Double vision to cut down on those one hand touches
- Water repellant feet
- Above average sense of smell to detect food on deck before the swim coaches spot it
- Great off-deck social life to assist in maintaining a smile while appearing to watch for stroke infractions during the 800/1500 Freestyle
- Extensive line dance experience to maintain the "Officials two-step" while doing Stroke and Turn
- Well padded "internal cushion" to deal with 8 hours in a deck chair





The Twelve Months of Swim Season: An Ode to the King of Toys

During the first month of swim season, my true love said to me,

"I need a new training suit,
And having a proper suit is key.

I'll need several colours,
Because just one won't do for me.
Oh, and I'll need new goggles."

During the second month of swim season, my true love said to me,

"I've used my new stopwatch and analyzed all our splits,
Now, and this will fill you with glee,

I've got our Pacing Profiles worked out,
Complete with a Training Regime!

Oh, by the way, I also picked up some new goggles - of course."

During the third month of swim season, my true love said to me,

"I hear that latex is in,
These new fist gloves are just the thing for me.
And don't worry, I've got an assortment,

I've ordered a set of three!
Oh, and I picked up new goggles - of course."
During the fourth month of swim season, my true love said to me,
"Christmas is coming, and I've got the perfect idea.
It's the essential training tool for me.
I need one of those new snorkels,
What an advantage that will be!
Oh, and I sure could use some new goggles - of course."
During the fifth month of swim season, my true love said to me,
"We're really getting into the race season now,
And my old racing suit is a sight to see,
I'll need a Fastskin, or two.....
The one that comes to the knee.
Oh, and I'll need new goggles - of course."
During the sixth month of swim season, my true love said to me,
"These old fins weren't working quite right,
So I bought these new ones with a "V".
These will work for sure,
Just wait and see.
Oh, and I bought new goggles - of course."
During the seventh month of swim season, my true love said to me,
"While we're in the big USA,
It's a shame to pass on this opportunity,
Not to buy the very latest...
Look at these - and those - and these - hee hee!
And look, different goggles, I'll need new goggles - of course."
During the eighth month of swim season, my true love said to me,
"I need to get stronger,
And I think stretch cords are the thing for me.
I'll need different types,
Because I've got all these exercises, you see.
Oh, and I picked up some new goggles - of course"
During the ninth month of swim season, my true love said to me,
"Have you seen my swim cap?
Where could it be?
No, not that one, or that one. It's none of those.
I need my favourite one - it fits me to a tee.
And, have you seen my new goggles, I need them - of course!"
During the tenth month of swim season, my true love said to me,
"I've been trying these six different kinds of paddles,
But they don't work for me ...
Instead I've made my own design!
They'll work much better - and they're free!
But I need to buy new goggles - of course."
During the eleventh month of swim season, my true love said to me,
"It's time for lake swimming,
And this wet suit just isn't working for me,
I'm not getting good rotation,
I'll need a Farmer John, that's obvious to see.
And new goggles, tinted, for outdoors - of course."

Well, it's August, the twelfth month of swim season,
Time for a bit of a break...
And my true love said to me,
"I really don't know why you think I need a new pull buoy,
It's not really that crusty, and it's the perfect one for me!
Oh, but I'll need new goggles - of course!"

