

## ABC MARCH/APRIL 2008 BULLETIN

### President's Log

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It's hard to believe that it's March already! We've made our way through a number of phenomenal meets so far, and we've got a few more to go! Coming up in March, Victoria Masters will be hosting our only long course meet. They've added a 1500 Free this year – what a treat for those distance swimmers. New to the roster, Winskill Otters will be hosting an Endurance Time Trial on April 5th in Delta with three events: 1500 FR; 400 IM; and 800 FR. It's another great opportunity to get some more distance events in before mid-April, when Masters swimmers will either be hosted by Kamloops Classic Swimming for the Provincials or off to the FINA World Masters Championships in Perth, Australia. And then it's off to Nationals in Quebec City for four days over the May long weekend. Whew!

If you plan on competing at Worlds in Perth as MSBC, and would like to swim with other BC swimmers on relay teams, Jim Wright has volunteered to put together the relay teams and to act as coach. Please forward your name, age, email, along with your times for the different strokes you want to swim, and your ""Entry Number" (This is the four digit number that appears near the bottom of your "Active Registration Confirmation" that you received or will receive from [onlinesupport@events.com](mailto:onlinesupport@events.com) when you do your "Initial Registration") to Jim Wright at [jwright197@gmail.com](mailto:jwright197@gmail.com). The absolute deadline is March 21st. Thank you Jim!

And don't forget that if you are swimming out of the country you may wish to request a "proof of registration" letter. In addition, you may need to show your MSABC Registration Card. If you would like to request a proof of registration letter, and/or a Registration Card, please contact MSABC Registrar, Tony Zezza at [registrar@mastersswimming.bc.ca](mailto:registrar@mastersswimming.bc.ca).

I hope that everyone was able to register for Nationals? It was a bit of a challenge for a while, but in the end everything seemed to work out. Thanks to all those club Registrars who put in long hours to get everyone registered. If you registered as MSBC, and would like to be part of a relay, or two, Danielle Brault has agreed to organize this. Please let her know which relays/strokes you are interested in, your times, age, and contact info. Please email Danielle at [daniellebrault@hotmail.com](mailto:daniellebrault@hotmail.com) as soon as possible.

Thanks for taking this on Danielle!

And we are still hoping that the 2010 Nationals will be hosted in BC. We have had a couple expressions of interest, but nothing is firm yet. If your club or group has some interest in this, please let me know. Bid forms should be in by this time next year, so please give it some real thought.

But Masters swimming is not all about competing! I sincerely hope that you are taking time to enjoy this wonderful lifestyle! How about ordering some swim videos and DVD's, and having a club movie night soon?!

**Glen Mehus**

MSABC President

[president@mastersswimming.bc.ca](mailto:president@mastersswimming.bc.ca)

## Awards of Merit

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Each year, the MSABC Board takes nominations from its members for two Awards of Merit. Please take some time to read through the information below, and if you know someone deserving of these awards, please send your nomination, with a few lines about why they are qualified, to MSABC Board member, Gilles Beaudin, at [vanguy@telus.net](mailto:vanguy@telus.net) by March 31, 2008. Both Awards will be presented at the Provincial Championships Wine & Cheese.

### **Ted Simpson Achievement Award**

This award will go to the registered MSABC Masters Swimmer who has achieved distinguished results in the 2007/2008 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 to 1967. 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
Graham Welbourn	2003
Jim Patton	2004

John van Buuren            2005

Sarah Macdonald            2006

Avila Rhodes                2007

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**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 that his family established a suitable memorial - 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 each of us receives by participating in sports. With this in mind, Stan was personally involved with swimming, water polo, basketball and baseball. Stan gave 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                      1999/2000  
Monteith

Alex Muir                    2000/2001

Bonnie Pronk                2001/2002

Vanda Stocks                2002/2003

Suzanne Scriven            2003/2004

Norma Powell                2004/2005

Connie Stamhuis            2006/2007

## **THE DEADLINE FOR NOMINATIONS IS MARCH 31, 2008**

### **Elections**

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The 2008-2009 election of Directors will be held at the MSABC Annual General Meeting, Saturday, April 19, 2008 in Kamloops, BC. There are 5 vacancies (\*) to be filled. Directors shall be elected for a term for two years [Bylaw 25(1)], expiring at the Annual General Meeting. If a successor is not elected, the previous officer continues in the office [Bylaw 25(4)].

#### **CURRENT 2007-2008 BOARD OF DIRECTORS**

Glen Mehus (Okanagan Masters)	President	2009
Diane Ruffell (Cowichan Aquannis)	Vice President	2008*
Stephen Ricketts (Nanaimo Ebbtides)	Secretary	2009
Keith Kendal (Victoria Masters)	Treasurer	2008*
Tony Zezza (Navy Masters)	Registrar	2008*
Claudia Sperling (Victoria Masters)	Editor	2009
Leon Politano (Crystal Silver Streaks)	Member at Large	2008*
Gilles Beaudin (English Bay)	Member at Large	2008*
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 2008 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@mastersswimming.bc.ca](mailto:secretary@mastersswimming.bc.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)].

**Meets**

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## COMPETITION REPORTS

### **Cowichan Masters 24th Invitational Meet (the record setting meet that marked the end of an era)**

Report submitted by Dave Haley, Meet Manager

The 24th Invitational Meet was held at the Aquannis Centre pool on Sunday January 27, 2008, and marked the last Masters' meet to be held in this pool. Future meets are planned to take place in the new 25 meter pool immediately next door – complete with separate warm up lanes.

Just under a hundred (100) swimmers from approximately 15 clubs took part in this meet. While most were from Vancouver Island and the Lower Mainland, two swimmers attended from Calgary Masters.

The Aquannis pool apparently has a reputation as a fast pool and it delivered; up to 15 records were set at this meet – BC, Canadian and World. Notable among these records was the World record set by Cindy Mabee of Victoria Masters in the 50 m back (29.91).

Unlike some past years, the snow held off until the end of the day with travel delays being experienced by Victoria and up Island swimmers on their way home. The meet also highlighted the upcoming North American Indigenous Games to be held in the Cowichan Valley between July 27 and August 15, 2008.

*Cindy Mabee, Victoria Masters, just before her World record-breaking swim.*

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## UPCOMING EVENTS

**Saturday, March 15, 2008:**

### **Victoria Masters Swim Club 28th Annual Swim Meet (Long Course)**

Entries must be received by

**Wednesday, March 5th.**

For more information see

<http://www.victoriamasters.ca>

#### **Location:**

Saanich Commonwealth Place  
4636 Elk Lake Drive  
Victoria, BC

#### **Times:**

Warm-up: 10:30 am  
Events: 11:30 am  
Social: following events

#### **Meet Schedule:**

Number	Event	Number	Event
1	200 Free	12	*200 IM or

2	100 Breast	13	*200 Fly
3	50 Fly	14	100 Back
4	Male 4X50 Free Relay	15	50 Breast
5	Female 4X50 Free Relay	16	Male 4X50 Medley Relay
6	*200 Back or	17	Female 4X50 Medley Relay
7	*200 Breast	18	*400 IM or
8	50 Free	19	*400 Free
9	100 Fly	20	50 Back
10	4X50 Mixed Medley Relay	21	4X50 Mixed Free Relay
11	100 Free	22	1500 Free (LONG COURSE)

- 4 individual events plus relay. Relays must be deck entered 4 events prior to race.
- Events marked \* may be seeded together.
- POSITIVE CHECK-IN required for 200 Fly, 200 IM, 400 IM, 400 Free and 1500 Free.
- Participants may enter the 400 Free OR 1500 Free, not both.
- The 1500 Free will be restricted to only 3 heats and can be adjusted at the discretion of the meet manager. Entries will be entered in the order received.
- Depending on entries for the 1500 Free, it may be necessary to have 2 swimmers per lane.
- It is requested that those swimming the 1500 Free to try to provide a timer. Email [len.martel@gmail.com](mailto:len.martel@gmail.com) with Timer Name if possible.

**Saturday, April 5, 2008:**

**Winskill Otters Masters Swim Club  
Endurance Time Trial**

Entry must be received by March 31 st, 2008 .  
Deck entries will only be allowed to fill open lanes. Limit of 2 events per swimmer.

**Location:**

Winskill Aquatic Centre

**Times:**

Warm-up: 5:30 – 6:15 pm

5575 - 9th Avenue  
Delta BC, Canada

Events: 6:20 – 9:30 pm  
Social: 9:30 – 10:30 pm

Events	M/F
1500 Free	1
400 free/IM	2
800 free*	3

\* Swimmers may be double-laned.

For more information see:

[Meet Information & Registration](#) (Word Doc Format) or [Meet Information & Registration](#) (PDF Format)

**Sunday, February 10, 2008:**

**2008 British Columbia Masters  
Short Course Swimming Championships  
April 18, 19, 20**

Hosted by: Kamloops Classics Swimming  
910 McGill Road, Kamloops, BC

**Deadline:** Entries must be received by Friday, April 4, 2008.

**AGM:** Saturday, April 19, 2008, 30 minutes following the last event of the day. The location will be included in your registration package.

**Social:** A wine & cheese social will be held immediately following the AGM. The location will be included in your registration package. Awards of Merit will be presented at the social.

**Entry Information:**

1. Fees \$60.00 that includes relays
2. \$10 Wine & Cheese Social – send with entry registration
3. Swimmer must have attained the age of 18 by April 18, 2008. Entries must show swimmers age as of December 31, 2008.
4. Swimmers may enter a maximum of 6 individual events plus relays.



5. Entries limited to the first 452.
6. Entry times must be included for seeding purposes. Entries with N/T will be rejected.
7. Clubs need submit only the number of relay teams per event on the entry form.
8. No deck entries will be accepted.

For more information please see: <http://www.kamloopsclassicswimming.ca/masters.html>

**Meet Schedule:**

Friday, April 18		Saturday, April 19		Sunday, April 20	
Warmup	5:30PM	Warmup	8:00AM	Warmup	8:00AM
Start	6:30PM	Start	9:00AM	Start	9:00AM

Number	Event
-	Friday Events
1	1500 Free - Mixed
2	400 Medley Relay - Mixed
-	Saturday Events
3	200 Breaststroke
4	50 Backstroke
5	400 Freestyle
6	50 Butterfly
7	200 Freestyle Relay
8	100 Backstroke
9	200 Individual Medley
10	50 Breaststroke

11	100 Butterfly
12	200 Freestyle
13	200 Medley Relay - Mixed
-	Sunday Events
14	800 Free
15	100 Individual Medley
16	100 Freestyle
17	200 Backstroke
18	200 Medley Relay
19	400 Individual Medley
20	200 Butterfly
21	100 Breaststroke
22	50 Freestyle
23	200 Freestyle Relay - Mixed