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MSABC's Greater Lengths

FALL NEWSLETTER 2022

President's Message

Seasons Greetings everyone!

I wish you all the best of the upcoming festive season. Winter has definitely arrived in the Okanagan. The ski hills have opened 2 weeks earlier than normal.

I hope everyone is back to their routine in the pool. Our schedule of swim meets is filling up although we are still looking for a host for the Provincials in April. We have already had a couple of meets with good turn outs and I encourage everyone to come out to your local meet.

One change for this year is that SwimBC is supporting our new Team membership type where community supported programs are now recognized along with independent Clubs. I would like to thank Swim BC for their continued support of our masters programs.

All the best to everyone.



Competition Update

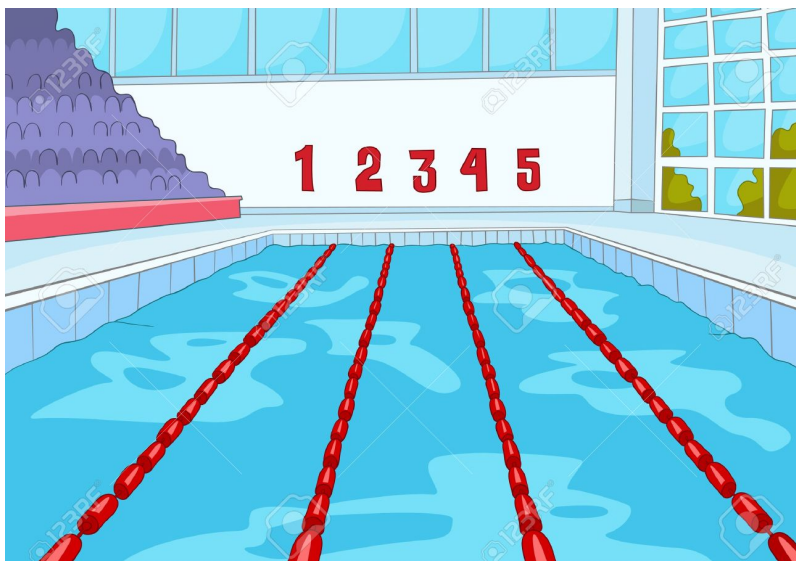
We are already well into the 2022/2023 season and many of us are eager to jump in the pool and race! There are several meets scheduled, so plan your travel and dig out that racing suit!

Confirmed schedule for the 2022/2023 season:

KISU Masters Meet - Sunday, December 18th

Vernon Masters (VKSC Jamboree) Swim Meet - Saturday, January 15th

Victoria Masters Long Course Meet - Saturday, January 21st



North Shore Masters Meet

The North Shore Masters Sprint Meet was held on Saturday October 15.

We thank all the volunteers, officials, North Vancouver Recreation Commission staff and swimmers who came together to make this a memorable event.

Here are some of the highlights:

- Over 100 swimmers attended; 10 North Shore Masters.
- Over 30 volunteers made it all possible.
- 10 North Shore Masters club records were set . See [Link](#).
- Several BC Record attempts were made but the results are not published yet.
- International flavour provided by Rachel Marsden, a resident of France.
- Lots of support and enthusiasm for the many great swims. See [results](#) here

Betty Brussel Inspires All!

Once again this year, we were privileged to have 98 year old Betty Brussel participating in our meet after her triumphant appearance at the BC 55+ Games in [Langford](#). This year Betty has set 10 BC records as a 98 year old. She, also, holds 5 Canadian records and 2 world records. One of our volunteers was so inspired by Betty that she asked for a picture with her and produced a video in her honour. Click [here](#) to download and view the video.

Next year's North Shore Masters Sprint meet

Next year's North Shore Masters Sprint meet is scheduled for October 14, 2023. A placeholder is registered at www.swimming.ca/en/meet/38140/. Next year's meet will have additional time to give participants an extra individual event.

Mike Dowling
North Shore Masters

Betty Brussels Makes Waves

For more inspiration from Betty Brussel, read this [heartwarming](#)

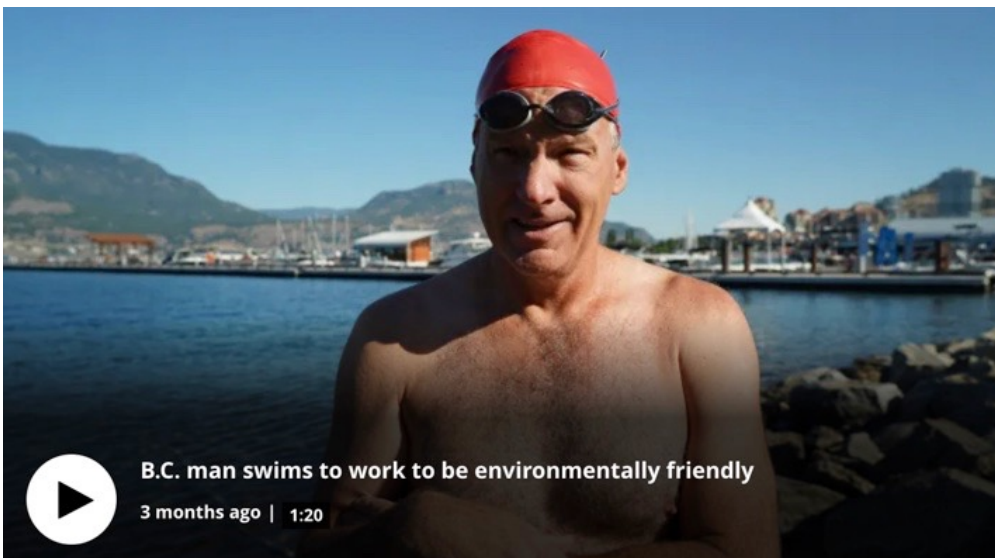


An Unusual Commute to Work

There is no shortage of inspirational masters swimmers!

Some people walk, bike or run to work to avoid traffic and get some exercise. Long time MSABC member Brent Hobbs does what surely many of us would like to do: he swims to work.

Check out the inspiring CBC story about Brent by reading the article [here](#), and by watching the [video](#) where he tells us all about it!



Using Yoga as Warmup!

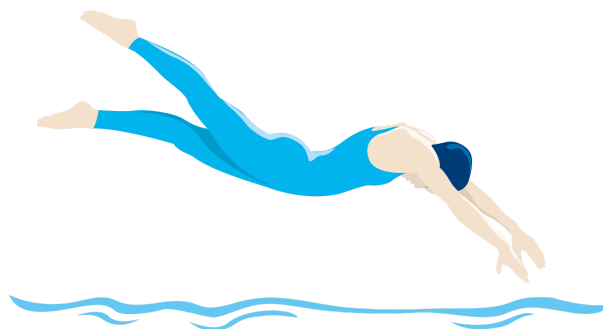
Feeling a bit stiff before your workout? As we age, getting a good warmup before hitting the water becomes even more important. Check out [this article](#) from **U.S. Masters Swimming** about three easy yoga poses to incorporate as part of your warmup routine.



Looking for a Host for 2023 Provincials!

MSABC is still looking for a host for Provincials 2023. If you or your club is interested in being the host of the Championships in April 2023, please get in touch with [us](#)!

Also, it is never too early to start thinking about worthy nominees for MSABC annual awards: the **Ted Simpson Achievement Award** and the **Stan Powell Memorial Service Award**. The nomination deadline is **March 31, 2023**. Read more about the awards and criteria [here](#).






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SUPPORT MSABC AND THE VANCOUVER FOUNDATION

MSABC, in collaboration with the Vancouver Foundation, is accepting donations for our swimming endowment fund. To date, over \$20,000 has been contributed to the fund and invested in our swimming future. Interest raised from the fund is either re-invested or released to MSABC annually. The larger our fund grows, the greater the amount revenue generated for MSABC each year.

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