

GREATER LENGTHS



GREATER LENGTHS

NEWSLETTER

The MSABC newsletter *Greater Lengths* is published four times during the year.

May 15 **August 15**
November 15 **February 15**

Our short news blasts with important updates and approaching deadlines are published 1-2 times each month.

Submissions from the membership are welcome and encouraged. Submissions must be non-commercial in nature and must be word-processed.

Submit your article, photos, news, and ideas to:
communications@msabc.ca

Find us online: msabc.ca



WORDS FROM YOUR PRESIDENT

Happy spring, everyone!

May has arrived, which means we are nearing the end of another fabulous pool swimming season (and getting ready for open water!). Good luck to everyone heading off to Nationals in Windsor.

May also brings me to the end of my first year as president. It has been an honour to represent our members and continue the work with a great team on the Board of Directors this year. The culmination of that work in our annual Provincial Championships, AGM, and awards banquet was so worth it. Being on deck with teammates and watching everyone have a great time, achieve some goals, connect with familiar faces, and eat some good food was pretty enjoyable. I can't wait to do it all again in Nanaimo next year.

Attending Provincials also reminded me what a great community we have and allowed me to reconnect with swimmers from my younger years. Walking into the Friday afternoon session, I met up with two swimmers from when I coached in North Delta many years ago. I was also able to reminisce with swimmers from my time in the Island Region with BCSSA, some of whom I met on deck when our ages only had one digit.

Swimming has been a lifelong adventure for me and seeing others continue on in the sport as adults makes me so happy. Finding that joy in swimming again might not be for the same reasons as when we were kids, but if it keeps people in the sport, then we are doing something right in MSABC. To all the clubs and coaches out there making this fun and challenging for us, thank you so much for your hard work. Creating space and community so that we want to stay in sports as we get older is so important for so many reasons. Fun, Fitness, Friendship—these are the pillars of our organization, and I saw all of them on display at Grandview Heights.

~ Lauren Westmacott

**MSABC BOARD
2024–2025**

Lauren Westmacott
President

Dale Robinson
Vice President

Heike Beer
Secretary

John Holmwood
Treasurer

Linda Stanley Wilson
Communication Director

Khosro Mansuri
Competition Director

Sandy Briggs
Registrar

Bryan Goble
Director-at-Large

Phyllis Tso
Director-at-Large

.....

Assisting the Board

Julie Jones
Records

Brent Hobbs
**Conflict Resolution
Committee Chair**

Dale Robinson
**Open Water
Competition**



AGM HIGHLIGHTS

Saturday afternoon of Provincials saw us host our 2024 Annual General Meeting at Grandview Heights Aquatic Centre. There was good attendance, even after the long day of the meet. If you weren't able to attend, here are some highlights of what the MSABC Board of Directors has been working on this past year and some of the discussions.

Communication

Better communication was a key message from the members during the 2022-2023 season and at last year's AGM. We heard that members wanted to see improvements in messaging out from the board. We have now set up a schedule of sending out monthly news blasts, a quarterly newsletter, and timely special bulletins. We have greatly increased our presence both on Facebook and Instagram to keep everyone up-to-date on meet status and event highlights. The website has been updated throughout and we look forward to further enhancements this summer.

Committees

The board has developed a few new committees that are designed to help with additional tasks to support our organization. There are two in operation currently—a Policies Committee and the Provincial Host Committee. An Open Water Committee is in development. We are also considering adding an Awards and Incentives Committee in the future. Currently the committees are filled with board members, but the goal is for non-board members to join these committees as well. If you are interested in any of the new committees, send an email to president@msabc.ca.

The **Policies Committee** updated several of our operational policies this past year. You can find these highlighted as "Updated" on the MSABC Website.

New League Trophy

The board made the decision to include a 4th category in the annual League Trophy competition as there were many "medium" teams and only a smaller number of "small" and "large" teams. This will allow for more competition and incentive for clubs to get members out to swim meets during the season. There is also an updated League Trophy process that is outlined on the MSABC website.

AWARD RECIPIENTS



KARLENE CLAPHAM
STAN POWELL
MEMORIAL SERVICE AWARD

Karlene has contributed to the swimming community across British Columbia for many years as a swimmer, coach, and meet manager.

Have you been to the early season meet in Nanaimo? The meet features fun and fast sprints (as well as 50s, 100s and 200s), but the highlight for many is the famous post-meet chili cook-off and welcoming spirit of the Ebbitides team. Karlene has served as the meet manager for this extremely well-run meet since 2017. Karlene never fails to greet visiting swimmers with a big smile and goes out of her way to make everyone feel welcome—even helping to orchestrate getting mainland teams to the pool from the ferry terminal.

Karlene has also coached a number of teams in BC and is especially encouraging to young swimmers as a youth coach (future masters swimmers!). She is also very generous with her time with masters teams. She graciously shares her knowledge and experience with other BC masters teams to ensure their success.

As a swimmer, Karlene competed at Nationals for the first time since she was a youth last year and looks forward to this year and perhaps Worlds in the future.

KARL DONOGHUE
TED SIMPSON
ACHIEVEMENT AWARD



Karl has been swimming competitively for over 50 years, inspiring a little friendly competition with his swimming friends across the province who nominated him for this award. Originally from Kenya, he swam at the inaugural African Games, Brazzaville, Congo in 1965 (French Congo, not the Belgian Congo).

In BC, Karl swims most often as a Dogwood swimmer, but has also swam with the Okanagan Masters, KISU, and Penticton Masters. Although he trains primarily on his own, it is not unusual for a few friends to jump in and join him in his workout.

Karl's favorite strokes are the freestyle and backstroke where he excels at all lengths—a quick look at his records over the years indicates that Karl is especially dominate in the long distance free, but equally successful in the 50, 100, and 200 back.

Karl has set 114 Canadian Records in freestyle and backstroke events and continues to hold 17 as of today. Karl is the highest ranking male Masters swimmer from BC in terms of national records set and held. He also holds 34 BC records and most recently won five of his races at last year's Nationals.

The annual awards are presented at the MSABC Awards Banquet, typically held on the Saturday evening of the Provincial meet. To read more about the MSABC award criteria, head over to the MSABC website and select "Awards" from the menu. The deadline to submit a nomination is about one month before Provincials each year. Watch for the announcement to submit nominations in our monthly news blasts leading up to Provincials.

BUILDER'S AWARD



**AART LOOYE
BUILDER'S
AWARD**

A new category of recognition, the Builder's Award is presented to a member of the organization or volunteer who has contributed to the betterment of masters swimming in British Columbia. Recipients will be individuals who have assisted the organization for many years and across different areas of support. This award will be at the discretion of the MSABC Board of Directors and may not be awarded every year.

Aart Looye was the first recipient of the new Builder's Award which was presented to Aart at the MSABC Awards Banquet by MSABC President, Lauren Westmacott.

Aart is a familiar face around MSABC having served two terms as President and implemented many important initiatives that continue to guide our organization today.

Throughout his life, Aart has been a leader in swimming across Canada including meet manager for local and national swim meets and triathlons, serving as president of the BC Senior Games Society, and teaching swimming and cycle-fit at the local Y.

After Aart suffered a stroke in 2015, he found his way back to the pool implementing his own version of backstroke using just one arm. Recently, he was on hand at the 2024 Provincials at Grandview Heights providing expert advice, peppered with his unique brand of opinion, commentary, and insight.

LEAGUE TROPHIES 2023-24

For the 23-24 season, the size breakdown of clubs for the league trophy recipients was determined by the number of active members listed on the Swimming Canada RTR system for each club (as verified by the MSABC Registrar 2 weeks before the Provincial meet).

Div 1: 1 - 30 members **Div 2:** 31 - 50 members

Div 3: 50 - 90 members **Div 4:** 91+ members

Congratulations to these teams who were presented with the League Trophy for their division in 2023.

Division 1: North Shore Masters - 2772 pts

Division 2: Coast Swim Team - 9036 pts

Division 3: White Rock Wave - 11042 pts

Division 4: English Bay - 4837 pts

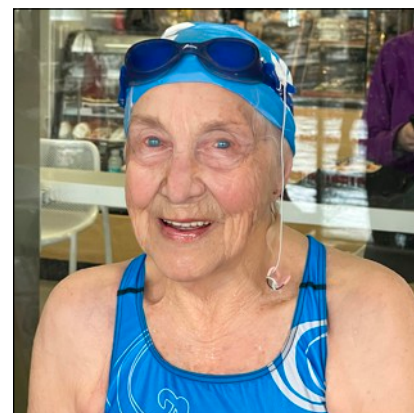
2024 CHAMPIONS TROPHY

The Champions Trophy is presented to the team that scores the most points at our Provincial Championships. This year, our Provincial hosts clinched the title. The leaders in the league at Provincials were:

White Rock Wave: 3340 pts; **English Bay:** 2493;
Hyack: 2369; **Legacy:** 2301; **Coast:** 2094

GO BETTY!

On January 1st of this year, our beloved Betty Brussel entered the 100-104 age group—she turns 100 mid-summer. So far this year, Betty has broken or set 11 world records and many BC and Canadian records in relays and relay swims (as the lead-off swimmer). She has also now become a media star locally and internationally (just Google "Betty Brussel"). Next on Betty's calendar are the BC 55+ meet in Salmon Arm in September and the Huntsman World Senior Games in October in St. George, Utah.



NEW FEES & REGISTRATION FOR 2024-25

ANNUAL REGISTRATION FEES FOR 2024/25 AND 2025/26

MSABC received an update from Swim BC earlier this year that due to a number of factors, the registration fees for masters swimmers will be increasing this coming season as well as the following one. This information was passed on to members who attended the AGM and we wanted to highlight it to all members and clubs to help with budget planning for the upcoming seasons. These increases were not undertaken lightly and are a reflection of rising costs in many areas of sports operations, particularly in insurance premiums and operational costs. Swim BC has taken on an increased role in assisting MSABC in areas such as member registration and swim meet and officials support. While we recognize that increasing costs are never fun to hear about, the support that Swim BC provides our organization and members is invaluable to the success of our programs and events.

A key aspect to be aware of is the club/team registration fee. The fee will be increasing to \$200 per year (from \$15), but will remain at that level for the 2025/26 season. We are encouraging all clubs to begin their budget planning for the next season and keep these fees in mind. A full fee schedule is below.

FEES	MSABC	SWIMMING CANADA	BC CLUB MEMBER FEE	DOGWOOD MEMBER FEE	TOTAL
24-25	\$11.25 (drop from 11.50)	\$15.25	\$37.50	\$42.50	Club: \$64 Dogwood: \$69
25-26	\$11.50	\$15.50	\$50.00	\$60.00	Club: \$77 Dogwood: \$87
Club Affiliation Fees Previous: \$15.00 2024-25: \$200.00					



NEW SWIMMER REGISTRATION SYSTEM – SWIMMING CANADA PORTAL

Swimming Canada is introducing a new portal for registration (bit.ly/MSABCregdetails). This will be the system for swimmers, coaches, officials, and meet registration beginning in September.

Swimming Canada has put together a FAQ page about the new registration system (bit.ly/MSABCreginfo). We encourage team registrars to have a look at the FAQ page and to take advantage of the training sessions.

For some team roles, Swimming Canada will offer training sessions throughout the summer. If you are a Club Registrar, Meet Manager, COA/ROA, or want a more in-depth understanding of the new system, you can register for a course online (bit.ly/MSABCtrain).

A new Registration Manual will be available later this summer. There will be a link from the MSABC website and we will send out a reminder bulletin. Currently, independent swimmers must register through the Dogwood Registration system (cognitofrms.com/swimbc2/dogwoodmastersregistration). Keep an eye out for Swim BC and/or MSABC Bulletins for updates.

NEWS BITS

OPEN WATER CHAMPIONSHIP

The Open Water Championships are scheduled for Friday, June 14, 2024 at Sasamat Lake. The cost is \$60.00 per competitor (sign up by 6/6). Download the meet package from msabc.ca and enter using the online link that can be found in the meet package.

BC 55+ MEET

Have you heard of the Senior Games? This multi-sport event was re-branded as the 55+ BC Games a few years ago. The Games take place in a different BC location each year and of course include swimming. Rather than compete on your usual team, athletes are signed up to a Zone Team according to where they live. This year, the Games are in Salmon Arm September 10-14, 2024. You can find out more about it on their website (55plusbcgames.org/salmonarm).

2024-25 SWIM SEASON CALENDAR

Our Competition Director is currently putting together the calendar for the 2024-25 season. If you are a Meet Manager, please be sure to contact Khosro (competition@msabc.ca) as soon as you have confirmation of your planned meet. The 2024-25 Calendar will be regular updated on the MSABC website as new meets are confirmed.

BUILDING IN COACHING COSTS

Predicting costs for coaching is an important part of club/team budget building each year. To help teams predict costs, we have outlined the costs your club or team can expect when hiring new and/or returning coaches.

Just like swimmers, new and returning coaches must pay an annual fee (currently \$126 broken down as \$86 to Swim BC and \$40 to CSCA). Many teams opt to pay the coach's fees and thus must build them into their annual budget. New coaches who have not yet been

certified must complete a number of courses. There are three possible pathways (course costs 2023-24):

1. Coaching Masters Swimmers (\$15)
online self-pace through Swimming Canada **OR**
2. Community Sport Coach (~\$125)
in-person or online course 8 hours **OR**
3. Swimming 101, Fundamentals Coach (~\$350)

In addition, coaches must also successfully complete:

- Safe Sport (free)
1 hour online (offered through viaSport)
- Making Ethical Decisions (~\$70)
3.5 hours online course required for 2 & 3 above
or a challenge exam (for #1 above, \$80)
- Criminal Record Check (\$28)

A good resource to consult is the Coaching Pathway page on the Swim BC website (swimbc.ca/coaches/coaching-pathway/).

MSABC COACHING DEVELOPMENT FUND

The Coaching Development Fund was set up to encourage and support masters coaches. The fund provides reimbursement to the home club/team for **new** MSABC coaches for costs incurred to complete the training requirements for Masters coaches. Advanced training courses **may also be considered** for reimbursement. Teams should endeavour to build training costs into their fee structure when possible.

MSABC OFFICIALS DEVELOPMENT FUND

The Officials Development Fund reimburses individuals for costs incurred to attend an officials clinic (or to MSABC clubs to cover the costs associated with hosting an officials clinic). This year, MSABC is prioritizing the development of training opportunities for stroke and turn judges to better support our meets.

To apply for these funding opportunities, a request must be made to the Treasurer (treasurer@msabc.ca) with evidence that the individual has successfully completed **all** of the requirements.

FINDING INSPIRATION

ROBYNNE OUCHI, VERNON MASTERS

Has “sticking with it” ever been a challenge?

Many of us go through ups and downs. Time commitments in life or stress can heavily impact motivation when it comes to training. Falling off the wagon is real.

Have you looked at the MSABC list of upcoming meets? Many offer 50s and some 25-meter races! If racing doesn't feel right, have you ever considered volunteering at a youth or masters meet?

Hear me out.

Timing takes virtually no training. Just show up when they tell you, use your index finger to plunge (we don't even use stopwatches anymore!!), and enjoy seeing kids grinning ear to ear with their best times.

If you are willing to dial it up a notch, try being a stroke or turn official. Attending an in-person or online training seminar can take a few hours (before the meet) to become an official. Besides helping your peers or a new generation of kids explore this fantastic sport, it also reinforces those pesky little details that, when missed, can get us disqualified in our own performances.

I attended a mixed meet recently, where the age group swimmers swam in heats in between our masters swimmers. Listening to the kids, all stand together and scream team cheers at the tops of their lungs made me laugh. You just don't hear “from the east to the west, our teams the best,” yelled across the pool at masters meets. The energy was fantastic. It was also satisfying to see the kids' jaws drop when our master's heat of

50 free broke 26 seconds. (Yes munchkins, we can still zoom zoom.)

There was a short jamboree meet after we finished. These are kids who have not met the time qualifiers and technique standards to race in a sanctioned meet. There are a lot of big eyes and excitement, with a healthy dose of confusion.

Many of us who swam in the morning stayed to officiate. I sat as an Inspector of Turns (IT) in the shallow end. This means when it's 25s, you verify who is in your lane, like a timer normally would in the deep end.

My favourite interaction of the weekend was with a little one about 6 or 7 years old. I asked her for her name, and she gave me the correct one for the lane and heat (great start). She looked up at me with wide, serious eyes and asked. “What am I swimming?”

“This is 25 free,” I replied, and her eyes shone in recognition.

“Oooh? Oh! I can do that!” she exclaimed with renewed enthusiasm, and lowered her goggles. Ready.

If you are lacking in motivation for training, feel drained of energy or just need a pick me up in general, consider getting involved with your local age group team for a meet swim or as an official. You won't regret it. You will be helping the next generation of masters develop good practices and promote healthy habits in your community's youth. Maybe even support our next Olympian; you never know.

Your own swimming may even reap the rewards of the time and effort you offer others. If all else fails, you should, for sure, have some fun. ~ Pisces's forever

