

Milton Masters Newsletter (\$9.99)

HOT SPLASHES!!

Presidential Pontifications

By Lee-Anne Greer

MMAC is just now emerging from a very, very busy winter. It all started with the Alderwood meet in January, followed by the Burlington meet and Swim for Heart in February, and then our Spring Splash meet in early March. On top of all this, we had record numbers coming to workouts, we continued with monthly time trials, and worked on Nationals Fundraising! To give you a brief update on all of these events:

Alderwood and Burlington:

You'll see stuff on Alderwood posted elsewhere in this newsletter. However, I just can't help but say it again: Chris MacDonald rules! For those who haven't heard all the fuss yet, Chris swam 1500 yds of Butterfly at Alderwood! She was an awesome sight, and is an incredible competitor. Way to go, girl!

Burlington, unlike other meets, has used a somewhat unusual format over the past couple of years. Rather than awarding ribbons for 1st-3rd place, they focus on swimming "personal bests." As far as I see it, the beauty of this format is that, in many ways, you really are just competing with yourself. I found that it also encouraged experimentation, since one way to swim a 'P.B.' is to try something you've never swum before (this way, I was able to get a P.B. in the 400 Free, which I would *never* have entered under any other circumstances!). I think it is a great way for people who are curious about competition to try it out, without the pressure of worrying where you placed compared to everyone else. The results are listed alphabetically, and special mention is made for those who swam 1st events or P.B.'s. (Just something for you to consider for next year, since this meet is an annual event).

This year, we had about 14 Milton swimmers compete at Burlington on Feb. 20. Unfortunately, I haven't had a chance to see the results from this meet yet, so I'll defer any further mention of it until the next newsletter.

Thank You Eli
Your time and effort is appreciated



STROKING FOR PLEASURE

Swim for Heart:

Just one week after the Burlington meet, a number of us again found ourselves down in Burlington's Centennial pool for the annual "Swim for Heart." Thank-you, again, to the 13 folks from Milton (with approximately equal numbers from Burlington) who participated in this event, as well as to everyone who made pledges in this campaign. This is the 3rd year that Milton Masters and Burlington Masters have challenged one another in this fundraiser for the Heart and Stroke Foundation. We are hoping to carry on the tradition next year, when it will be our turn once again to play hosts.

Overall, it was a pretty 'civilized' swim this year! Beer and Wings afterwards was lots of fun, and it gave us a chance to spend some time with our nearest MSO neighbours. Although I don't have everyone's info yet, I do know that 10 of our 13 raised \$2065.00. Last year's total for MMAC was \$2183.00, so it looks hopeful that we'll be able to meet, and possibly top that amount. Final totals will be published in the next newsletter.

Spring Splash:

You'll probably see more info on the Spring Splash elsewhere in this newsletter. So, all I'll say here is: great photo Anna! Seriously, thank-you again to everyone who volunteered time and/or food to make this event such a success! It has grown in popularity every year, and people really seem to enjoy themselves (which is a big part of what it's all about)! Of course, it's also about fundraising in order to keep our own membership fees as low as possible. Because of the success of this meet, it's almost certain that there won't be any increases in fees next year. Moreover, we were able to afford new and spectacular-looking backstroke flags (which will be used at Masters' and Marlins' swim meets only—to preserve their longevity), and expect to be able to top-up our inventory of other equipment (i.e., pull-buoys, paddles and zoomers) before the end of the year.

Spring Gender Neutral Meet

'Shines'

By Chris MacDonald

Our swim meet has been described by many of the participants as an outstanding, well organized, fun, relaxing atmosphere with the best food offered. With participation around 170 swimmers, we had 30-40 more swimmers than the previous year. It was a 'full pool' to say the least and we had to even turn away a few people.

The planning for our swim meet actually began in the fall of 1999. We knew that this was considered our big club fundraiser for the year. It truly did end up being both a success in the swimmers' minds, and financially for our club. Everyone participated in some manner, and from our team of organizers (Lee-Anne Greer, John Mayes, Lisa Clark, Sue Terise, Barb Ferris, Laura Goodman and myself), we want to say a heartfelt 'thank you!' to each and every one of you. It was worth it.

The meet had many 'twists and turns', and not just in the pool. In the pool, we watched some firsts occur...Rick Madge anchored our mens' 200 free relay. I think we can safely say that all of the Milton club members stood in awe watching this very quick 50 free occur...thanks Rick! To Barb Ferris, for competing for the first time... and to Kathie Key for having so many personal bests. The 'twists and turns' on the pool deck included Martin calculating on Saturday that he might run out of starter gun caps and racing to a nearby Canadian Tire store to fill up his supply. The look on Kendel's face when 120 people came to pick up their cards—just for the first event—in the marshalling area. Laura patrolling the warm-ups (and it has been agreed that she should write the training manual on how to run the most effective warmup in Ontario). Barb, Lisa and the food team—the best food offered in Milton on March 5 was at the Leisure Centre. John, Chris Goodman and Conal Smiley working so hard on results. Lee-Anne for effectively organizing the entries, accounting, and registration. Martin and Anna as truly efficient co-starters. Sue for holding off the many bribes and requests for the Sleeman beer prizes; and, finally, to Mark Lyall for his expert assistance as referee. Even though it was hard work, we once again seemed to

'enjoy' the camaraderie and thrill of organizing a high calibre Ontario swim meet. Thanks to everyone on our team!!!!

Nationals

By Sue Terrise

At last count MMAC had well over a dozen swimmers heading out to Halifax May 12-15 for the Canadian Masters Swimming Nationals. As an added bonus this year Coach Eli will be accompanying us for much needed strategy and feedback, in addition to injury prevention (note to Chris and Lee-Anne: falling and crashing into walls is not part of this year's taper!!). Those Halifax-bound have been meeting regularly to plan flights and accommodations, and to organize some much needed fundraising by selling calendars

(thanks to Peter Carson and Chris MacDonald) and raffle tickets.

From Lane #1

Name: Rhonda Schop



Reside: R. R. #2 Rockwood

Occupation: Scientist (Microbiology)

Started Masters in: 1996

Hobbies: life (and climbing!-ed.)

Recent Accomplishments: Snow boarding in the Alps

Best Stroke: Back

Worst Stroke: Free

Swimming History: Waterpolo – Ontario Champion “when the earth was young and the dinosaurs roamed”

Pet Peeve: Not enough time (and Why can't we have Beer & Wings every week? – ed.)

Pets Noah's Ark (a farm full of animals!)

What Am I Up to:

I've created a new company, one that makes a wonderful vegetable glycerine soap to help raise funds for Big Sisters Association of North Halton. Our soap company produces a wide range of exceptionally translucent (strictly vegetable glycerine soap products...) but mostly we create fun! We offer three distinct soap products including “**Cleaner Critters**” soap bars. Each bar contains a collectable toy animal. Lots of animals are available including horses, dogs, cats, farm animals, dinosaurs, geckos (you name it...we've got it!). We also have a whole range of glow in the dark critters that are very popular with kids of all ages.

The “**Celtic Scents**” have a lovely Celtic pattern embossed on the top and come in a wide range of colours and scents including cranberry, vanilla and cucumber. For those sensitive souls we have developed a line of non-scented, non-coloured, just “**PLAIN JANE**” bars of the most wonderfully clear, colourless glycerine soap. All of our products have a great lather and will not melt away in the shower! Anyone interested in purchasing any one of our bars of soap, they are available at the Leisure Centre (Milton) or you can contact me at 854-0818.

And remember....”**May the soap be with you!**”.

Rhonda Schop
Tusitala Soap Company

If I could fly for a mile...

By Chris MacDonald

I have listened to many triathletes in our club explain to me the 'exhilaration and sense of self satisfaction' that they experience when they complete a triathlon. In my opinion, that is a feat that I could not see myself ever being able to complete. So what could be comparable for a 'pure' swimmer at heart...I had never really thought that I would want to swim a long distance fly event until I overheard two 75 year old women in December charting their progress towards swimming in a distance event at the Alderwood meet on January 21. That's when the thought came to me that I would enjoy a sense of self satisfaction in swimming a 1500 fly.

In thinking about this challenge, I needed to visualize what I wanted it to feel like. That's when I recalled that, a number of years ago, I was with a group of 3 other people swimming in the James Cook Bay off the island of Hawaii. Approximately 30 wild dolphins circled our group, using their powerful dolphin kicks and completed multiple twists in the air. I recalled watching them and thinking if only I could fly through

the water like they did and for an extended period of time. So with my vision in my head, I then needed to complete the 'reality check'.

Thanks to a few alterations in my stroke through Eli's terrific coaching, I finally had an opportunity to feel like I could sustain the butterfly stroke for a distance that exceeded a 200. It took approximately 4 weeks of more focused training to feel prepared for the event, with a few pushups each morning and then choosing fly instead of freestyle for some of the sets during practice.

The day of swim arrives, and the usual 'butterflies' in my stomach are beginning...normally I would refer to these as 'race-day jitters' but this day is different.

There is a sense of confidence, yet at the same time wondering if I truly am going to be able to survive this challenge. The moment arrives, and I am standing on the blocks visualizing those dolphins and my desire to remain flexible, calm and to enjoy the experience of 'flying for a mile'. The swim begins and I must say that the first 5 lengths were the toughest before I truly felt like I was in the 'flying zone'. Then, it just seemed that I reached a point where my heart rate was at a reasonable level and the rhythm of the stroke could be sustained for the remainder of the swim...I never looked back after that. The 20 and 40 length marks came and I wanted to smile to my supporters (Laura and Lee-Anne) to show them how thankful I was that they were there and to say I was enjoying the swim. The last length came and I recall thinking that I wanted to sprint this last 50. I really felt like swimming another 40 lengths at that point, but instead started to sprint. Surprised! I guess Laura and Lee-Anne weren't...the swim ended and the full impact of the self-satisfaction that I wanted to feel along with what it felt like to swim with those dolphins came rushing to me. It is a feeling that I will never forget and I truly can say that I can fly for a mile.

I have to say a special thanks to all of the enthusiastic support from club members before the swim. I am sure many triathletes or marathoners recall their first time and how important the support meant to them. But, special thanks go to Lee-Anne, Laura, my mom and my daughter for their support during the mile swim. To see Laura counting and yelling at one end and Lee-Anne taking splits at the other end was very much appreciated. You made the mile an even more special memory to me. Thank you!

Articles Welcome

Any and All Articles welcome.

Email to martin@stanmar.net or see Martin at the pool.

How you get the article to him is not important just write the articles.

From Lane #2

Name: Dawn Newman



Reside: Georgetown

Occupation: Teacher.

Swimming History: Competitive Club from age 5 thru high school

Started Masters in: September 1999

Hobbies: reading, running, hiking, skiing, mountain biking

Upcoming Event: Planning a backpacking tour of the British Isles during summer break.

Best Stroke: Breast

Worst Stroke Free

Pets: Dog named Mally

Upcoming Events

Mar 26 th	Ancaster Masters Meet
April 7 th – 9 th	Provincials (Etobicoke)
May 12 th – 14	Nationals (Halifax)
Jun 10 th	Last day spring session
Jun 10 th	Year End BBQ & AGM

Masters Web Page

<http://www.pcclimited.com/MMAC>

Hosted by Peter Carson

And The Winners Are...

March 21st, we held our Spring Splash Draw that was Marlin / Masters combined fundraising event for both teams National swimmers. Thank you to everyone who participated by selling tickets, buying tickets and donating prizes. A special thank you to those individuals who volunteered to sell tickets even though they are not planning to swim at Nationals. We appreciate your support, and although the final tally has not yet been calculated, we anticipate a healthy sum was raised. Congratulations to the following winners:

Dinner for 6 – Jon Stroll
(sold by Lisa West)

Hot Air Balloon Ride – Janice King
(sold by herself!)

Framed Print – Karyl Taylor
(sold by Sue Fraser, Marlins)

Hockey Tickets – Joe Mesic
(sold by Marlins)

Massage by Lisa West – Victoria Poole
(sold by Marlins)

Massage by Eli – Tom Price
(sold by himself!)

Apple Basket – Staci Bartlett
(sold by Lisa Clark)

Beer Basket – Greg Lawrence
(sold by Lisa Clark)

Cycling Jersey – Sue Treise
(sold by herself!)

\$25 Gift Certificate – W. Tucker
(sold by Jim Nelson)

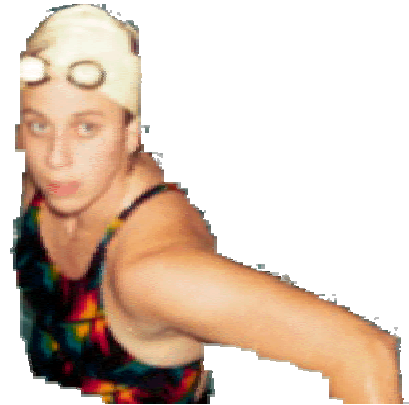
Food Donations a Hit

Milton Masters are Known as
the **best feast**
On the Masters Swim Circuit

Thank You for your Donations

From Lane #3

Name: Kendel Bradford



Reside: Milton

Occupation: Technical Marketer for Dupont (Translation, please?) Develops packaging structures for food (eg. Cheese & french fries), industrial (eg. motor oil & explosives), and household items (eg. windshield washer containers).

Swimming History: Club swimming in Thunder Bay (age 12 – 18)

Mac University Swim Team Member (team won provincials 3 times!)

Mac University Water Polo (bronze medalists 2 years)

Started Masters in: March 1998

Hobbies: Riding (horses & bikes), skiing, soccer

Recent Events: Trip to Australia and New Zealand over New Year's (for 1 month). This amazing trip included sky diving in N.Z. North Island; shark diving; river surfing (white water rafting without the raft!); canyon trip; with New Year's being spent in Sydney.

Best Stroke: Don't have one (ie. They are all good! – ed.)

Worst Stroke: Fly

Pet Peeve: Pizza Babies – when you eat too much pizza before swimming!

Pets: 2 cats named Bonnie and Clyde

Thank You To All the Volunteers At the Swim Meet.

From Lane #4

Name: Ed Doherty



Reside: Oakville

Occupation: Wishing for retirement (just 26 months, 11 days left!)

Swimming History: None – learned to swim at Masters

Started Masters in: 1995

Hobbies: Soccer, cycling, swimming,

Swimming Goals: Self rescue when wind surfing and to keep up with the girls in lane 4

Best Stroke: Back

Worst Stroke: Breast

Pet: Laura (his grand! daughter)

Pet Peeves: work

Alderwood Teddy Bares

25th Annual Meet
January 23, 2000

	Event:		Time:
Christine MacDonald	1500yd fly	1st	24:35.89
Laura Goodman	500yd Free	1st	6:51.59
	100yd Free	1st	1:07.54
	100yd Back	1st	1:18.02
Lee-Anne Greer	50yd Back	1st	:30.74
	50yd fly	1st	:29.89
	100yd fly	1st	1:08.11
	100yd Back	1st	1:09.25
Anna Morris	200yd I.M.	1st	3:02.65
	100yd Breast	1st	1:29.96
	50yd Breast	1st	:42.05
	100yd Free	2nd	1:11.66

	200yd Free	2nd	2:41.90
	50yd Free	2nd	:32.17
Sue Trerise	50yd fly	1st	:37.63

	100yd fly	1st	1:29.97
	200yd I.M.	2nd	3:11.74
	200yd Free	3rd	2:50.55
	50yd Free	3rd	:33.74

Dawn Newman	50yd Back	1st	:34.85
	200yd I.M.	2nd	2:40.44
	50yd Breast	2nd	:38.21
	100yd Breast	3rd	1:21.78

Lisa Clark	200yd Back	1st	3:20.86
	100yd Breast	1st	1:43.20
	50yd fly	3rd	:43.75
	50yd Free	3rd	:37.91

North York Pentathlon December 12, 1999

Name:	Place:	Age:
Dawn Newman	18th	25-29
Lee-Anne Greer	1st	30-34
Lisa Clark	12th	30-34
Peter Carson	5th	30-34
Laura Goodman	4th	35-39
Chris MacDonald	2nd	40-44
Lisa West	3rd	40-44
Tom Price	4th	45-49
Anna Morris	7th	45-49
Relay: Tom Price	1st	160+
Peter Carson		
Lisa West		
Chris MacDonald		
Anna Morris		

Pool Tidbits

By Aunt Flipper

One lucky fellow: Who would be lucky enough to run out of gas while stopped on a downward slope with a gas station at the bottom of the hill and just enough coasting power to make it right to the pump? Answer: Larry Scott on the way to the Heart Swim in Burlington. This excitement is Larry's idea of a warm up!

True Colours: Following the Burlington Heart Swim, the participants from both clubs went out for lunch. The Milton group that was last out of the change room and last to arrive at the restaurant, dared to order enough wings for 4 while a table of twenty had not even placed their orders yet. Tisk, tisk for not sharing!

Congratulations! Christian & Cathy Wassermann have a happy, healthy daughter named Kaija. Christian

promised to get her out to the pool soon to meet us all!

From Lane #5

Name: Wendy Trencs



Reside: Hornby

Occupation: Bookkeeper

Started Masters in: 1994

Hobbies: Skiing

Recent Accomplishment: Started own bookkeeping business – full time self-employed!

Swimming Goal: Fun & fitness

Best Stroke: Free

Worst Stroke: Back

Pets: 2 dogs Barney & Bud and a cat named Jenny

My Worst Swim

By Martin Stanley

We are at the Ancaster swim meet.

It is a small, low key meet. The largest event has only 4 or 5 heats.

I am here to work on my Breast Stroke and longer distance free style events. The Breast stroke went well except all my teammates (Laura, Sue Stanley, Lisa West, Kathie Key and Dawn) noticed that I do not take the preferred pull followed by a kick on the breast start and turn. They all let me know about that flaw in my technique (what are friends for?).

The short distance free style vents were Okay, but remember the goal is the longer distance today 400m, these short ones are just warm up.

The 400m is about to start it is the second last event of the day. I am assigned to lane 6. To get to the starting block under the kid's slide I crawl and climb on the blocks.

The guy before complained that the timers did not let him know when the last lap started. They did he did not see them. I ask them to do the same for me (just in case, I normally do not lose count).

The referee blows the whistle and we climb on the blocks.

The starter says take your mark. We all do. (She has been slow starting all day).

The gun goes off and I dive into the water.

Next thing I know is that my goggles have filled up with water.

They stayed on!!

This filling up with water takes me by surprise. I can not see a thing!!!!

What to do??

I have seen people whip their goggles off and swim. The only problem I wear contacts and would lose them in the pool.

Swimming down the lane I still do not know what to do.

SPOKES N' SLOPES

89 Ontario Street N., Milton

876-7676



As I approach the wall in the shallow end (seems like an eternity) I can see the black line on the bottom or should I say the big black blur. It occurs to me that neither wall has any markings, I have no idea where that wall is. Slow down to a crawl and follow that black blur. I make a really slow open turn, hoping that goggles will drain. (We can all dream)

I swim down towards the deep end and the black blur disappears as the pool deepens.

I have no idea where I am in the lane now.

Resorting to the open water swimming technique of lifting your head out of the water and looking. As my head returns to the water I can barely see timers. Great I am still blind!

I approach the deep end wall and execute a less than graceful open turn.

I am swimming back to the shallow end trying to decide what to do. My thoughts are just keep swimming or quit. Since I really hate not finishing something, I decide to continue this insanity.

After another turn or two trying to follow that disappearing big black blur, wondering how many more I have left to do? To answer that question means that I answer this million dollar question, **how many have I done??** The answer is I do not know!!!

It seems like forever and I keeping asking myself what to do? Having swam this far (at least a few more lengths) I can not quit.

After what seems like forever (it was) I am approaching the deep end and doing an open water look. I see those young girls who are timing my lane waving their arms frantically. Thank God, this must mean that my last lap is starting. I guess the girls wanted to make sure I saw them after the grief they got from the previous swimmer. If they had just put that yellow flutter board in the end of the lane I would not have been able to see it.

Normal procedure at this point is execute a smart turn and swim faster to the shallow end, turn and swim back hard. I did not do this, instead I crawled down, back trying to find that big black blur and being happy that there were no more lengths.

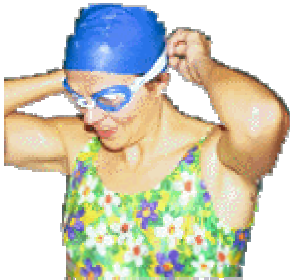
I get out of the pool expecting a time like 30 minutes or something equally as bad. Instead the timers tell me it is 6:22. This shocks me because it was too fast!!

My teammates (remember the ones who told me about breast stroke) ask what was the matter and could not believe that I did not just stop and empty my goggles. I always assumed that you could not stop, apparently you can.

This swim is my absolute worst, and I have pulled some pretty funny maneuvers in meets. Next meet is provincials where I am swimming 1500m and 400m. Let's hope that I have used up all my bad swims for this year.

From Lane #6

Name: Cathy Hall



Reside: Milton

Occupation: Accounts Payable

Started Masters in: October 1999

Swimming Goals: To overcome a fear of drowning (which I have achieved!). To complete a triathlon.

Hobbies: Karate, mountain biking, singing, acting (has performed with the Milton Players)

Recent Accomplishments: Achieved the green belt in karate. Can now run 10 km and working towards 15 km! Just got a new job!!

Best Stroke: Free

Worst Stroke: Fly & Breast

Pets: Charby the big suckie Rottweiler.

CAROLE MURRAY'S SWIM ACADEMY
& SWIM BOUTIQUE



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Masters Special

25 % off

All Regularly Priced Merchandise

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@

Carole Murray's

MMAC Sports Library

By John Fisher

The new MMAC Sports Library is here. A reference document of swimming, cycling, running books and videos that might help members reach their goals.

If you are interested in any of these resources contact the MMAC Member.

Borrowing privileges and protocols are between the owner of the material and the borrower. The reference document simply says what material is available and who has it.

Type	Sport	Title	Author	Publisher	MMAC Member
	Cycling	Ride like a pro	Bicycling magazine	Bicycling magazine	John Fisher
	Cycling	Science of Cycling	Edmund Burke	Human Kinetics	John Fisher
	Cycling	Serious cycling	Edmund Burke	Human Kinetics	John Fisher
	Cycling	The cyclists training bible	Joe Friel	Velo Press	John Fisher
Video	General	Swiss Ball Exercises for Athletes	Paul Check	Paul Check Seminars	Martin Stanley
	General	The Complete Guide to total Fitness	Jan Percival	Prentice-Hall	Martin Stanley
	Psychology	The Inner Athlete	Robert Nideffer	Thomas Crowell	Martin Stanley
	Running	Better Training for Distance runners	David E. Martin Peter Coe	Human Kinetics	Martin Stanley
	Running	Endurance Athlete's Edge	Marc Evans	Human Kinetics	Martin Stanley
	Running	Galloways book on running	Jeff Galloway	Shelter	John Fisher
	Running	Lore of running	Tim Noakes	Liesure Press	John Fisher
	Running	Run fast How to train for 5k or 10k	Hal Higdon	Rodale	John Fisher
	Running	Serious Training for Endurance Athlete's	Rob Sleamaker Ray Browning	Human Kinetics	Martin Stanley
	Stretching	Scientific Stretching for Sport	Laurence Holt	Sports Research Lt.d	Martin Stanley
	Stretching	Stretch Book - Active Isolated Stretching	Jim & Phil Wharton	Random House	Martin Stanley
Video	Swimming	Butterfly	Byron Davis	ASC1999 world clinic	John Fisher
Magazine	Swimming	Fitness Swimmer (4 Years)			Lisa West
Video	Swimming	Freestyle	Lindsay Benko	ASC1999 world clinic	John Fisher
	Swimming	Swimming into the 21st century	Cecil M. Colwyn	Human Kinetics	John Fisher
	Swimming	The Complete book of swimming	Dr. Phillip Whitten	Random House	John Fisher
	Swimming	The guide to fish like swimming	Terry Laughlin	Total Immersion	John Fisher
Video	Swimming	Total Immersion	Terry Laughlin		John Fisher
	Swimming	Total Immersion	Terry Laughlin	Simon & Schuster	Martin Stanley
	Training	Training Lactate Pulse rate	Peter Janssen		Martin Stanley
	Triathlon	Time Saving Training for Multisport Athlete's	Rick Niles	Human Kinetics	Martin Stanley
	Triathlon	Triathlete's Training Bible	Joe Friel	Velo Press	Martin Stanley

Editor's Picks:

- **Fitness Swimmers** is an excellent source on swimming techniques.

The articles are easy to read and cover all strokes, with lots of pictures.

Many of the technique articles have been written by Terry Laughlin. Other articles include nutrition, dry land and Masters activities in the USA.

- **Stretch Book:**

A really good resource on stretching with easy to follow directions. All areas of the body are covered with lists of stretches for different sports. It is one of the best stretching books I have seen.

- **Swiss Ball Exercises for Athletes.**

What is a Swiss Ball??

It is a ball about the size of a chair also known as Stability Ball, Exercise ball or Yoga Ball. They were introduced to North America about 10 years ago. Physiotherapists use them to improve stability. Aerobic instructors use them for stretching and abdominal strength. Yoga uses the balls for stretching and balance, these balls sometimes have small feet to reduce the rolling.

The general use for Swiss Ball's in sports is to build core strength (abdominals and lower back). These exercises are hard to find seems to be coaches' secrets and this video has a good range. Swimming relies on core strength for all strokes and balance in the water.