

HOT SPLASHES!!

The Prez Says

By Lee-Anne Greer

Christmas Gift Ideas

Wondering what to get that 'special swimmer' for Christmas? Looking for stocking stuffers? Here are some original ideas:

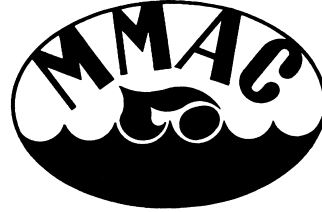
- The **MMAC Millennium Wall Calendar** — a 12 month "swimsuit edition" calendar, containing great photos and all the important dates a swimmer or triathlete needs!
- **Milton swim caps** — silver with forest green writing. Very sleek! \$5.00 each.
- **MMAC "I swim therefore I.M." t-shirts** — grey with blue writing. A great deal at \$12.00 each.
- **"Milton Swimming" track suits** — navy & forest green. Classy! \$76.00 each.
- **"View" goggles** — popular, comfortable style. \$13.00 each.
- Tax is included in all prices. See Christian for the caps, shirts, track suits and goggles, and Chris or John Mayes for calendars. You'll find them all in lanes 2 & 3.

Why Time Trials??

Some of you may be wondering what, exactly, are "time trials," and why are they an important part of our training?

Time trials are a great, low pressure way for each of us to measure our progress in different strokes, and at different distances over the course of the year. The idea is that, while we swim up and down (and up and down, and up and down....) the pool each workout, it is very hard to figure out whether we are actually improving or not. The swimmers who compete have a chance to do this at swim meets. However, most of us don't compete, and so we don't have the same benefit of an external 'yardstick' of our progress that the competitors do.

Therefore, approximately once each month, Eli gives us the opportunity to check how well we are doing, by having us swim a



STROKING FOR PLEASURE

certain distance (while rested, for a change!), and recording how fast we go. We have already had a chance to try longer distances in freestyle (1500m and 400m), and we'll soon have a chance to swim the other strokes, and shorter distances as well. Later in the year, we should be able to re-swim the same events, and we can then see if there has been any change in our times. So, if you are trying to improve or somehow change your technique in any of the strokes, or if you are working to develop more endurance, or whatever you may be working on, you will have the chance to test out the success of your attempts over time.

March 5, 2000: MMAC's 3rd Annual "Spring Splash"

Given the success of our swim meets the past two years, we are excited to again be able to host a "Spring Splash" swim meet this year. So, mark **Sunday, March 5th** down on your calendars (if you buy the MMAC Millennium Calendar, you'll already have the date marked for you!!). Hosting a successful swim meet is particularly important for us this year, since the cost of keeping our club running has gone up significantly (i.e., now that we are paying for town lifeguards). The "Spring Splash" is the biggest fundraiser for the club, and will go a long way toward keeping our fees contained now and in the future.

After two excellent years as Meet Manager, Laura Goodman has passed the reigns on to Chris MacDonald. Chris is making sure to benefit from Laura's experience and knowledge, and to continue providing a top-quality event. The most important factor continues to be 100% participation from our membership (and our spouses, kids, relatives, friends, neighbours, and anyone else we can talk into helping us!). Look for a volunteer sign-up list to be posted on the Master's

Bulletin Board (on the wall, in the corner of the shallow end) early in the New Year.

Countdown To Nationals 2000

Preparations are under way for what looks like a record number of MMAC swimmers to compete at the National Championships in Halifax this May. By attending meets such as this, we raise the profile of our club, which really works to everyone's benefit in the long run. (And remember, there are no minimum entry times, so *everyone* is welcome to attend).

Those of us planning to attend have been meeting regularly, and are honing our fundraising ideas. If you'd like to go to Nationals but haven't been to one of the meetings yet, please talk to Lee-Anne or Chris (in lane 3), so that you can get 'on-board' as soon as possible.

As well as helping with our costs, we are hoping that, through fundraising, we can bring Eli to Halifax with us (Eli swore never to leave us alone again, since we seem to cause too much bodily harm to ourselves in her absence).

Although we're not having a New Year's party this year, we are planning many other things. These include:

- The MMAC Millennium "swimsuit edition" Calendar
- A draw for a fabulous, gourmet Valentine's feast in a romantic country setting.
- 50-50 draws

And remember, any Aeroplan or Air Miles you may be willing to donate will be greatly appreciated!!

HELP! HELP!

Thank You Eli
Your time and effort is appreciated
Merry Christmas

From Lane #1

Name: Jim Nelson (a.k.a. Iron Jim)



Reside: Oakville

Occupation: Landscape Architect

Started Masters in: October 1998

Hobbies: swimming, swimming, running, biking, gardening, swimming

Recent Accomplishments: Completed Ironman Canada Triathlon in 13:59:11 and ran across the finish line without collapsing!

Best Stroke: Free

Worst Stroke: Fly

Pet Peeve: people who drive the speed limit in the center lane of the highway

Pets: Oreo, the miniature schnauzer & Abu, the ginger cat

Editors Note: Jim also competed in his first Masters Meet in Brantford in October. The following are his thoughts regarding this experience:

Nervous? Yes! My first swim meet. The one I signed up for on beer and wings night. Must have been the wings!

I only signed up for four events. No backstroke or butterfly. I have two weeks to learn breast stroke turn and tumble turn.

I'm standing on the platform, first event, the buzzer goes, I'm off. Oh those goggles! Just close your eyes and swim. And, remember Triathlete, kick!

Hey! I did it! I survived! I had fun. Would I do it again? Yes! Challenge yourself, enter a meet.

Merry Christmas
Hope Santa Clause is very generous

Lifeguards

Thank-you to all of the "assistant" lifeguards who have helped out this fall. Given the excellent attendance we've had in the pool so far, you've certainly had more work than expected. And, you've **really** helped to lower our rental fees! It costs \$18.00 per workout to hire a town guard. We don't need Stephen Hawking to figure out how big the savings are for everyone when we can use one of our own people instead.

But, we need new recruits to help continue this tradition, and we desperately need as many people as possible to help out. We hope to begin assistant lifeguard training (Bronze Cross) late in the fall or early in the winter. All costs are paid by the club, and you receive a fee break whenever you guard!! This is a great way to pick up a skill that could save somebody's life at the pool or at the beach. Please talk to Laura or Lee-Anne (lane 3) about signing-up.

From Lane #2

Name: Anna Morris



Who Me?

Reside: Milton

Occupation: Business Manager, C.M. Morris Design Ltd.

Swimming History: As a student was employed as Lifeguard and Swimming Instructor

Started Masters in: 1985

Hobbies: triathlons

Exciting Event: Life as usual!

Best Stroke: Breast

Worst Stroke: Fly for sure!

Pet Peeve: slow drivers

Pets: Mimi, the white cat with attitude & Benny the St. Bernard!

What Anna didn't say: Anna is the proud mother of three lovely daughters. She is an accomplished triathlete who regularly places in the top three for her age group. Anna was also very instrumental in the early history of Milton Masters. She has served as President among other positions.

Swim For Heart Challenge 2000!

Do someone's heart a favour. Participate in the Burlington-Milton Swim for Heart Challenge. More details will follow in the winter, but so far we know that this lap swim for a good cause will be held the afternoon of February 27, 2000 in Burlington.

Burlington has edged us out in the amount of money raised the past 2 years running. Let's get 'em this year!!!

Thanks!

By Laura Goodman

Just a little note to say thank you to all of you for your kind thought and wishes after my surgery.

The book is going well (although I really only read during the summer), the video coupons still haven't been used but I'm sure they will be soon. But the thing I liked the best is my bottle of pool water! I still have it at home - I wonder how long it'll take for the water to go really funky??

Thanks again!

Volunteers Needed

By Linda Jameson

The Peel Secondary School Swimming Championship will be held on Tuesday, February 22nd at Brantford. Officials are needed for this swim meet and if you would like to volunteer your time, it would be much appreciated. Officials at all levels are needed. Please call Linda Jameson at 905-877-1897, if you can help out. (ed. Or, speak to Linda in person at the pool. You will find her photo elsewhere in this newsletter!)

Masters Web Page
<http://www.pcclimited.com/MMAC>
Hosted by Peter Carson

Upcoming Events

Dec 7 th	Beer & Wings Social
Dec 12 th	North York Pentathlon
Dec 21 st	Last fall swim day
Jan 6 th	First day winter session
Jan 22 nd – 23 rd	Alderwood Teddy Bares Meet
Feb 8 th	Beer & Wings
Feb 20 th	Burlington Masters Meet
Feb 27 th	Swim for Heart (in Burlington)
Mar 5 th	MMAC's Spring Splash Meet
Mar 7 th	Beer & Wings
Mar 23 rd	Last day winter session
Mar 25 th	First day spring session
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

From Lane #3

Name: Christian Wassermann



Reside: Rockwood

Occupation: Mechanical Engineer, C.M. Morris Design Ltd.

Swimming History: Georgetown District High School Swim Team & Ryerson University Swim Team

Started Masters in: 1994

Hobbies: Antique (car) restorations, cycling

Recent Happy Events: Married last year. Expecting a daughter in mid February.

Best Stroke: Fly

Worst Stroke: Breast

Brantford Meet

By Lisa Clark

To compete or not to compete? On October 30th, I took place in my first Master's swim meet, in Brantford. In the days leading up to the meet, I wondered what I would be feeling just before each of my events. Would I be so nervous that I'd fall off the block into the water? **IT COULD HAPPEN!** I assumed I'd either be really nervous or not nervous at all because when I thought about it, I knew I really had nothing to lose. The one thing I didn't expect was that I wouldn't *have time* to be nervous! Everything moved so fast! I suppose the fact that this meet was primarily a sprint meet only aided to the fact that everything moved so quickly. I believe my first realization that I was actually going to compete occurred when I was standing on the block and literally about to dive into my first event. I heard the call to take my mark, then I suddenly thought to myself, "*What on earth am I doing here? Exactly what made me think that this would be a good idea?*" Through no fault of my own, my very first event at a Master's swim meet was 25 Fly, a stroke that I only very recently learned to do without appearing to be a drowning victim.

When I recollect on the experience of the swim meet, a number of fond memories come to mind. I recall experiencing a real feeling of accomplishment upon my arrival to the Wayne Gretsky Sport Complex, even before the swim meet began. All those hours of swim practice and listening to Eli prompting me to try to remember to relax my shoulders; pull all the way through; kick harder; breathe; glide; pull harder; were FINALLY being put to use! No matter what the result of my participation in the meet, I have Eli to thank for patiently and consistently helping me improve my swimming skills.

I also recall a wonderful feeling of camaraderie, as my fellow Milton teammates and I cheered each other on. In my opinion, that was the most valuable part of the meet experience; a feeling of belonging to something that is fun and actually good for me. As the rookie on the team, I was very well taken care of; with Laura pointing me in the right direction for my starts (I was often headed towards the wrong end of the pool!) and with Lee- Anne kindly giving me a crash course on how to do a proper back crawl start (something I would need to know that day)! Most comforting of all was the knowledge that I wasn't alone in my first meet experience, as Jim Nelson and I were both in the same boat and were able to commiserate with each other.

With one Master's swim meet behind me, I am happy to report that the experience was personally challenging, fulfilling and most of all a great deal of fun. I am very much looking forward to attending our next competition with the next meet in North York on December 12th. I am told that this is traditionally a very fun meet, so I hope to see many of you there!

Meet Results: Brantford Fall 'Sprint Splash', October 30, 1999

Name	Age Group	Event	Time	Place
Lisa Clark	30-34	25 Fly		7th
		25 Free		5th
		50 Breast		5th
		25 Back	23.59	4th
		50 Free	42.38	5th
Lee-Anne Greer	30-34	25 Fly		1st
		50 Back		1st
		25 Free		1st
		50 Breast		1st
		100 Free	1:09.10	1st
		50 Fly	33.44	1st
		25 Back	15.76	1st
Chris MacDonald	40-44	50 Free	31.30	1st
		25 Breast		
		200 Breast		
		25 Fly		3rd
		50 Back		1st
		25 Free		3rd
		50 Breast		2nd
		100 Free	1:19.21	2nd
		50 Fly	41.90	2nd
		25 Back	18.22	2nd
Jim Nelson	45-49	50 Free	37.03	1st
		25 Breast		
		200 Breast		
		25 Free		6th
		50 Breast		4th
Anna Morris	45-49	50 Free	45.03	6th
		25 Breast		
		25 Fly		4th
		50 Back		1st
		25 Free		3rd
		50 Breast		1st
		100 Free	1:20.90	2nd
		50 Fly	45.24	4th
		25 Back	21.51	3rd
		50 Free	35.99	2nd
Sue Trerise	45-49	25 Breast		
		200 Back		
		25 Fly		3rd
		50 Back		2nd
		25 Free		4th
		50 Breast		4th
		100 Free	1:24.15	4th
		50 Fly	42.90	2nd
		25 Back	21.07	2nd
		50 Free	38.38	4th
25 Breast				
200 I.M.				

From Lane #4

Name: Sue Morris



Reside: Milton

Occupation: Mechanical Engineer, serving currently as a Domestic Engineer!

Swimming History: None – learned to swim at Masters

Started Masters in: 1993

Hobbies: Soccer, cycling, swimming, piano, gardening and being a mommy

Recent Happy Event: The birth of a daughter, Sabrina, on April 17th, 1999.

Best Stroke: Fly

Worst Stroke: Breast

Pet: Jessie a black & white scotch collie

Splash Back

From the archives

This excerpt is taken from the "Milton Masters Aquatic Club and Lap Swimming" Newsletter December 1989.

The Masters enthusiastic attitude, mentioned above, was definitely evident November 21st as M.M.A.C. staged its First Annual Fun Swim Meet. Anna's Army sizzled to first place, closely followed by Courtney's Crusaders, Rod's Rockets, Frank's Fish and, bringing up the rear dare we say, the coaches' intrepid teams – Steve's Splashers and Ron's Racers. Besides getting a taste of competition – the first for many, everyone agreed that it was all really a lot of fun (especially the post-meet awards ceremony at the Dickens). Thanks to Rod Eller for dedicating such a beautiful trophy (or wass that a recycled exhaust pipe?) to be cherished by the winning team until next year. Thanks also to Keith McKay for donating the medals and ribbons.

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 #5

Name: Colin Cumberbatch



Reside: Milton

Occupation: Just trying to learn as much as possible in this life.

Started Masters in: September 1999

Hobbies: Skiing, squash, running, cycling

Recent Events & Milestones: Moved to Milton from Etobicoke in June. Ran first marathon last year in Ottawa and recently completed the second in London.

Best Stroke: Breast

Worst Stroke: Back & fly are equally bad!

Editor's Note: Sounds like a triathlete or maybe even Ironman in the making!

Predictions

By Aunt Flipper

January — The water will turn purple on New Year's Day because the pool chemicals are not Y2K Compliant.

February — Warton Willy's grandson may see his shadow, but don't start open water swimming just yet.

March — In a surprise act of generosity, the Town donates the pool fees for the first Spring Splash Event of the century.

April — Master's Swimsuit Edition Calendar boy gets recruited by Playgirl, Masters receives \$25,000 finders fee.

May — Milton Masters will sweep the awards at the Nationals in Halifax (or at least have a good time trying!).

June — will be warm and sunny.

July — Reported sightings of the Kelso Monster turn out to be the wetsuit clad

training triathletes emerging from the early morning mist. The Lake will be reopened to the public after triathletes undergo comprehensive testing.

August — Lane three swimmers complete a relay swim across Lake Ontario as a warm up for the fall session.

September — Waiting list established for Masters, many people disappointed they didn't give post dated cheques in June.

October — Freak snowfall cancels swim on Saturday October 21st.

November — Santa joins Masters in an effort to fit in his suit.

December — Everyone will have a merry Christmas!

From Lane #6

Name: Linda Jameson



All That Fly!!

Reside: Terra Cotta

Occupation: Self employed accountant

Started Masters in: September 1998

Swimming History: Sons are competitive swimmers with Blue Fins in Georgetown. Linda officiates at their meets.

Hobbies: Golf and wilderness canoeing

Recent Events & Milestones: Canoeed the Spanish River (150 km north of Sudbury) on a 7 day trip where you travel by train up river, get dropped off, then canoe back. Also started snowboarding last winter! Actually Linda joined masters to get in shape for boarding.

Best Stroke: Breast

Worst Stroke: Fly

Pet Peeve: Getting the kids up and going in the morning.

Pets: None, just 2 boys!!!

I Sink:

by Martin Stanley

I really try to kick and use my legs to swim. All that happens is that I am faster without my feet. When swimming my feet sink. Do you have the same problem?

Shortly after I started swimming with masters and had to go to the back of the lane when we did kicking, several people told me to "PUSH THE T". I never really understood what they meant. Hopefully this article helps?

Recently while looking for information on swimming/training I came across several articles on this problem. I never got the actual authors name because the articles all lead to the same conclusion "to lean this technique attend my weekend swimming camp in California." So I culled the key parts.

Water is a frustrating medium for the person trying to move through it, and the nature of that medium makes the swimming puzzle far more difficult to solve than running and biking. Let's compare it with running. A runner, with each stride, gets to push off solid footing while moving forward through thin air. The swimmer, on the other hand, with each stroke has to push against a liquid that seems to do nothing but swirl away when you try to push against it. And to compound your difficulty, in propelling yourself forward, you have to thrust your body through a medium that is a thousand times denser than air. For a runner, this would be like trying to run across a field of Jello into the teeth of a gale-force wind.

Most novice swimmers try to compensate by kicking harder. Wasteful. Especially if you're swimming the first leg of a triathlon. The last muscles you want to tire while swimming are the ones you'll use to pedal or

run. But what if you could balance the body just as you do a see-saw, by lengthening and adding weight to the front end to effortlessly lift the back end? That's "Pressing the T." Follow instructions and your butt will soon be gliding effortlessly along the surface, not dragging you down:

1. Use your head. Connecting your head to your spine and hips adds about 12 inches and 14-16 lbs. to your front end. So first, imagine that a straight iron bar joins the top of your skull, spine, and hips. Lift your head even a little bit off that line (as many novices do to breathe), and your hips will sink. Don't do it.
2. Press the T. If you draw a vertical line from your chin to your sternum and a horizontal line from one shoulder to the other, they intersect at your "T." Add valuable weight to your front end while swimming by leaning on it (like someone's pressing on your shoulder blades as you swim). Keep the T-pressure steady even as you roll and breathe.

That's usually all it takes to get the body in balance, using no extra energy and eliminating annoying lead-butt. Use the following partner drills for learning how to press the T before getting into the water.

Stand facing each other on deck, arms at your sides, your partner's inside wrist against your chin and the inside of your partner's elbow against your sternum. Lean forward trying to distribute pressure equally between chin and sternum, your partner telling you how well you're doing. Keep straightening up and rebalancing until you get it right.

Remember how it feels on deck because you want the same feeling in the water. Leaning on your chin while you swim sounds like a demonstrably silly thing to do, but steady pressure there, just as you practiced it on land, is the key to in-water balance.

Now, use it to release your hips and legs to the surface where they belong, with just the skin of

your suit at the buttocks at the surface. Your partner watching to help you adjust position, kick lightly on your stomach, arms at sides, head in line with spine and hips, leaning on chin and sternum. It's an alien feeling at first, so you'll probably need to press harder than you think you should. Just don't bury your head.

Now you're ready for balanced kicking for short distances (25 yds. or less) on your stomach, holding steady T-pressure. Every time you lift your chin to breathe you'll lose T-pressure and balance, and get the chance to practice re-balancing. Practice this for at least 10 minutes before experimenting with it in your stroke.

Finally, once you're a T-pressing ace, alternate kick and swim lengths with it, thinking of nothing else but getting the force right. Short distances (25 yds.) only. Your hips should now feel light and your legs relaxed. The main sensation you should get when swimming with "t-pressure" is that of swimming downhill. (One triathlete described it as similar to the feeling of leaning into the wind while running into a strong wind.) Keep the pressure steady as you swim, as if someone was pressing down on your back between your shoulder blades while you swim freestyle. And if you're swimming on your back, then you lean on the back of your head and shoulder blades, but without putting your head back--keep your chin slightly tucked while swimming on your back.

It's not a big project. Most Total Immersion campers master T- pressure in about an hour. Happy laps!

Greater stroke efficiency is a combination of two efforts: minimizing drag and maximizing overall propelling efficiency

These articles and others actually explain what is happening in great detail. Balancing your body is the first step in improving your swimming speed. I will be happy to provide copies of the articles or tell you where I found the information.

MMAC Sports Library

By John Fisher

Looking forward to a cozy night curled up in front of the fire with a good book?

How about a romantic evening at home with your partner working on your technique?

Well your MMAC wants to be of service.

We are looking to publish a reference document of swimming, cycling, running books and videos that might help members reach their goals. Members willing to lend their materials to others would fill out the attached sheet and give to John Fisher. He will complete the reference document and post it on our notice board. 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.

Title	Author	Publisher	MMAC owners

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