



HOT SPRINKLES!!

Lane Rotation is Coming.....

By Tom Price

When?

January 2001.

Why?

It has been brought to the attention of the executive that people swimming in lane 1 are weary of always swimming on the wall. This issue was humorously highlighted by Sue Martin in the last newsletter ("Top Ten Reasons Why Lane 1 is the Best Lane at MMAC"). Her sentiment was strongly seconded by another lane 1 swimmer and executive member whose identity is being protected (Jim Nelson). Comments of a similar nature have also been made from time-to-time by Larry and Ed Dougherty. It is unfair that the people known as "Lane 1" are always swimming on the wall.

What is it?

Lane rotation means that people who normally swim together in a lane will continue to swim together, but they will be rotating into other pool lanes on a daily or weekly basis.

How will it work?

The details will have to be worked out through trial and error, but basically it means that your "group" might swim in LANE 4-TUESDAY, LANE3-THURSDAY, LANE2-SATURDAY and LANE1-SUNDAY. The following Tuesday, you would go back to lane 4 again. Whether lanes 5 and 6 will rotate is yet to be determined. The reason that lanes 1 to 4 are being rotated together is because they all swim the same workout (usually), so their common workout will be visible from any of those 4 lanes.

Who is looking after it?

Laura Goodman and Eli will be looking after it in the new year. If you have any comments, questions or suggestions, please give your input to Laura.

Will this create an identity crisis?

This will be a bit confusing at first, trying to figure out which physical pool lane you are swimming in. You may belong to "The tribe formerly known as LANE 1", but if it's



STROKING FOR PLEASURE

Thursday night, your group may be working out in Lane 3. How will we keep all of this straight? Should groups all wear the same coloured swim caps? Should we have a special rubber ducky that sits on deck indicating which lane our group is swimming in?

Who knows?... we can worry about that after Christmas and New Years.

Membership News

By Barb Ferris

Thanks to everyone who got their cheques in by the deadline. I'm not sure of the exact numbers yet but it looks like we'll be able to welcome about ten new members for the winter session. This will shorten the waiting list to approximately twenty people. Again, I really appreciate all the cooperation I'm receiving from the current members.

POWER-CAM Underwater Camera has been ordered

The order has been placed with Team Aquatics for the underwater camera that we tried out last month. It should arrive by Christmas.

The executive has discussed the camera extensively and has determined that basically the camera is only to be used by the Milton Masters and the Milton Marlins. We will not be renting it out to other clubs. The only exception is that Emil can borrow it for use with his group in Georgetown, for a small fee. This policy has been set up to try to keep the camera safe and in good hands.

While we did a good job of filming 51 swimmers last month, it is generally agreed that it was too disruptive to have most of the

club pushed into 3 lanes while small groups are filmed in the other 3 lanes. So in the upcoming year, we will be renting some small pieces of extra pool time when we can exclusively do filming (e.g. 9:30-10:00 p.m. on a Thursday or before 8:30 am on a Sunday.) In this way, our workouts will not be disrupted by taping. Eli has agreed to critique us on our underwater strokes in the upcoming sessions.

On the subject of video, a number of members have asked if we could see some film of good swimmers and hear an explanation from Eli of what these good swimmers are doing right. Eli has some good masters-oriented videos for some of the strokes, but we may have to improvise for the other strokes (in particular breaststroke). This film-watching activity might fit in for 5-10 minutes before a regular workout. The idea has also been suggested that we might want to look at videos of our own best Milton Masters and Marlins swimmers doing their best strokes, to give us some ideas for personal improvement.

At this point, it should be mentioned that Anna Morris lent us her combination TV/VCR for the first filming that we did. It did the job beautifully. **Thank you Anna!**

When we start to use the camera in the upcoming sessions, we will need a small TV/VCR like Anna's, and a camcorder that accepts external video input. Hopefully, the TV/VCR will be taken care of, but we may still need to borrow a camcorder that accepts external input.

Anyways, with the camera as part of our club, we all have the opportunity to accomplish some significant stroke improvement in the time to come.





New Year's

✓ Buffet Dinner:

- Roast Beef with all the trimmings
- Vegetarian Pasta
- Dessert Bar
- All night finger food

✓ Dancing

✓ Fundraising:

Help get the Coach to Calgary

✓ \$45

Buy your tickets from

Sue Stanley:

(905) 876-1537

sue@stanmar.net

Invite your friends!

The more the merrier!

Top Ten Reasons Why Lane 3 is the Best Lane at MMAC

By Anonymous

10. Water is always warmer in lane 3 due to high swimming speeds.
9. Cross-Training. In the same workout, you can train for the sports of swimming *and* martial arts. Martial arts come into play as you defend yourself from faster swimmers attacking from the rear.
8. Peripheral vision is greatly improved as you scan the waters for the next swimmer who will overtake you.
7. Much dietary information is provided by Kendal as she discusses that fine balance between eating too much before a workout and eating not enough (with graphic demonstration).

6. Sets are always shorter in Lane 3. By the time faster swimmers have done their 400's, you are done your 300's.
5. Lane 3 is usually a bit emptier as not everyone is enthusiastic about cross-training (see reason 9 above).
4. Get to study good strokes up close.
3. Rick is in our lane.
2. John Mayes will inevitably..... awww forget it.

1. Face it.... Eli likes us best!

Important Dates

December 21 st	Last Swim
December 31st, 2000	New Year's Eve Party
January 4th, 2001	First Swim
January 9 th , 2001	Beer And Wings
January 21	Alderwood 26 th Annual Invitational, Etobicoke
February 6 th	Beer And Wings
February 2-4	Master Athlete Games, Barrie/Orillia Pool Location TBA
February 11	London Silver Dolphins, London
February 18	Burlington Personal Best Meet, Burlington
March 4, 2001	Milton Spring Splash, Milton (That's us!)
March 6 th	Beer And Wings
March 30 — April 1	Masters Swimming Ontario Championship, Etobicoke Olympium
April 10 th	Beer And Wings
May 8 th	Beer And Wings
May 18 -21	Canadian National Swimming Championship, Calgary, Alberta



Women's Triathlon

The 6th Milton Women's Triathlon was a great success again. The event raised over \$10,000.00 for Big Sisters of North Halton, partly because of our major sponsor TWINLAB Nutritional Products. This money allows Big Sisters to send more Little Sisters to camp, help pay for Soccer, Swimming Lessons and other activities not normally available to these girls. This year had its first Little Sister participants and they came away from the event so very proud of an accomplishment that previously looked impossible. If this participation inspires one girl with the confidence to attempt other tasks, formally thought unattainable, our mission will be complete.

An event such as this is only possible because of dedicated volunteers. The members of MMAC and their families are a very large part of its success. I would like to thank every one of you for your help and hope we can count on you next year and years to come. You arrive early, stay late and give us confidence knowing you are there.

A sincere and heart felt THANK YOU.

Anna Morris,

Race Director

Ed: I was supposed to put this in the last issue

**Aunt Flipper wishes you
all a Merry Christmas.**

**See you at the New Years
Party!**