

Milton Masters Newsletter (\$35.00)

HOT SPLASHES!!

The Challenge!

By Sue Stanley

There may be some among you wondering what happened to the annual Swim for Heart, normally held around Valentine's Day. Well, we didn't forget! This year Burlington Masters have invited us to join them as a challenge to raise money for the Heart and Stroke Foundation. They get 1 hour of pool time donated by the City (did you catch that Patrick?). The swim will be held on Sunday March 22nd at 1 PM. I'll have to let you know which pool at a later date. There will be prizes (if our sponsors are nice to us again!). We need to come up with a fun idea for the club challenge. What should Burlington do for us when we raise more money than they do?? Please come forward with ideas as soon as possible.

We have very good chances of winning this challenge when you have a look at the listing that the Heart and Stroke Foundation circulated (printed elsewhere in this newsletter). Milton Masters should be very proud of our efforts. Also note that Burlington doesn't even get mentioned! Let's participate, have fun, and raise money for the Heart and Stroke Foundation. Even more exciting, the City of Burlington will match every dollar raised during this swim!

Burlington has also invited us out for a social gathering following the swim. We will present the prizes there (location to be announced). Maybe we can also show them how to eat wings and drink beer! Steve Morris & I are handing out the pledge packages. If you can't come out, please sponsor someone who will (like your favourite president!)

Other tid bits...

Our National Team have to buy their tickets to Edmonton shortly. We were hoping to alleviate some of the cost by club members donating their aeroplan miles. So far, we have had one very generous donation to get our coach there. Please check how many points you have and consider donating some to our team. We need to hear from you ASAP.



STROKING FOR PLEASURE

You can also support our National Team by buying or even selling tickets to the 50/50 draw, to be held March 17th. If you think you could sell some tickets at your workplace or to your family and friends please speak to Christian or Sue Stanley. The more tickets sold, the more money raised to help get our athletes to Edmonton!

Here's a question I would truly like each person to ponder: What have YOU done for your Club this week? Some people have been taking the lifeguarding course, others have guarded, some have put in or taken out lane ropes, some helped put in the flags, others have been working on this newsletter. The small jobs are made much easier when everyone helps. We have noticed a large number of people sitting on the sidelines, while a small number of people do all the work. Please do you share, this is your club.

Now, on to the rest of this jam packed newsletter. This newsletter is certainly evolving, this edition is pushing new boundaries - we have an article on how breasts affect female performance!! Read on!

Guard Certification

Saturday March 21, 1998

Social Clinic AKA Beer & Wings

Tuesday Apr. 7
@ Charley Fitwhiskey's
Modest Fee

New Years Eve Splash Fundraiser

By Gloria Hweitt

The New Years Eve Bash Held at the Bavarian Chalet in Milton, sponsored by Spokes N'Slopes and the Milton Masters, was a foot stomping great night! Not only did everyone dance away 1997 but many danced home with great door and draw prizes. (some even walked home on the coldest night of the winter, starting that New Year's resolution off right!)

Thank you to Sue Stanley for organizing a great evening! (Can we do it next year too?) \$1,000 was raised to help send some of our elite Masters Competitors to Edmonton this spring.

Editor's note: Yes! We are planning another Splash for next year!! Reserve New Year's Eve for your Club. Bring your friends and family - the more the merrier (just ask Tom!). Plans are already in progress, so keep your eye out for prize donations. It will be much easier if we start now!

We would like to thank the following individuals who donated prizes to our first New Year's Splash:

- Mary-Lynn Benson
- Karen Haist
- Phil & Gwen Jarrett
- Bob Mitchell
- Martin & Sue Stanley
- Christian & Cathy (soon-to-be!) Wassermann

Please support the local business that so generously contributed to our New Year's Event:

- Spokes N' Slopes**
- A&P, Milton
- Bavarian Chalet Restaurant
- Dr. James Barrow
- Bill Mathers Men's Wear
- Bob's Auto Service
- C.M. Morris Design
- Guelph Visitor & Convention Services
- Hair Associates
- Mike's Barbershop
- Milton Concert Presentations
- Milton Leisure Centre (thanks Patrick!)
- Miltown Computer Services

PDS Welding
The Fitness Technique
Trafalgar Golf & Country Club

Aeroplan Points Needed

Your Aeroplan Points could help get our team to Edmonton. Many small donations could accumulate into a large saving for our athletes. If you have Aeroplan Points to donate, please speak to Elsa Crisp or Sue Stanley right away. We need you help! Remember...

Aeroplan (Air Canada travel points) can be transferred.

A return flight to Edmonton requires 25,000 points

Pledge your unused points now.

Contact Elsa for details

Airmiles can not be transferred.

Marlin Connection

The Marlin Swim Meet planned for March 29th has been cancelled (that means we get to swim!). The Marlins appreciate our intended support and will be seeking our help again next year.

Currently Marlins are looking for sponsors for a 200 length swim-a-thon on March 30th & April 6th. Sponsor your favourite Marlin!

Golden Swimsuit

Globe & Mail, Jan. 24

No one took much notice of U.S. swimmer Jenny Thompson's swimsuit after she won a gold medal at the World Aquatic Championships in Australia earlier this month. Had they done so, they would have noticed small ridges on the back of her suit. The five centimetre long and 2.5 millimetre high silicone ridges reduce drag time by smoothing out swirls that form around swimmers' lower backs. Designed by Ottawa engineer John Waring, a member of the 1983 Canadian swim team, the suits save 0.5 seconds over 100 meters.

Team Equipment Still Available

For those who didn't get the chance to purchase equipment last fall, there are still items available. We have:

- * a big selection of "I swim therefore I.M." MMAC team t-shirts (\$12. each / \$10. lifeguards)
- * Small, Large, and XXL tracksuits (\$68. each)
- * Aquablade racng swimsuits (\$41. men / \$71. women)
- * several XX back TYR swimsuits (\$40. men / \$19. women)

See Lee-Anne for more information.

Drag Busters

Discover January 1998

DRAG BUSTERS A female swimmer looking for advantages over her competition might try getting in touch with Mizuno, the Japanese sporting goods manufacturer. More than just a fashion statement, that firm's new swimsuit is a physics lesson—specifically, a lesson in drag, the frictional force that opposes an object's motion. When the object is a female swimmer, a lot of the drag comes from her breasts: as water flows to the tip of the breasts and starts down the other side, it separates from the surface of the suit, creating big eddies (or not so big eddies, as the case may be!), which absorb the swimmer's momentum.

To get around that problem, engineers at Mizuno put 126 tiny silicone pins on the underside of the breasts. When water strikes the pins, it breaks up into many small eddies, which keep the water flowing closer to the swimsuit, reducing drag. Mizuno engineers took a page from their counterparts in aerospace, who sometimes place protrusions on airplane wings.

Mizuno says its suit has 16 percent less drag than ordinary beachwear. The first suits were sold in Japan last February. Although Mizuno hasn't put the suit on the American market, it has given samples to competitive swimmers.

Swim For Heart 97 Rankings

Highest Total Revenue Events

Volunteer Pool	\$7,932.85
Simcoe Recreation Centre	\$4,881.39
Kinsmen Pool – Pembroke	\$4,227.30
Micheal Smith Fitness Centre	\$3,361.00
Atikokan Municipal Pool	\$3,247.00
Norseman Masters Aquatic Club	\$2,744.00
1000 Islands Swim Masters	\$2,509.50
Milton Masters Aquatic Club	\$2,206.00
Bennetto Recreation Centre	\$2,131.00
Nepean Masters Swim Club	\$2,047.20

Highest Total Revenue Per Participant (minimum 6)

Volunteer Pool	\$226.65
Milton Masters Aquatic Club	\$183.83
Alderwood Teddy Bares	\$169.45
Kinsmen Pool – Pembroke	\$169.09
Norseman Masters Aquatic Club	\$161.41
Placer Dome Campbell Recreation Centre	\$147.60
Atikokan Municipal Pool	\$135.30
Norseman Lunch Bunch	\$132.00
Micheal Smith Fitness Centre	\$129.27
Port Colborne Centennial Pool	\$129.07

Deckside Gossip

by Aunt Flipper

He popped the question on Christmas Eve. She said yes. We all got champagne at New Year's to celebrate! Congratulations & best wishes to Christian & Cathy. Too bad she doesn't swim!

Janice Gregson is also sporting a nice rock! He proposed while on vacation in Florida over Christmas. Congratulations!

Better late than never - Luke Kimmerer finally made his appearance! Congratulations Stephanie & Mark!! Word is Steph will be back in the swim of things very soon.

Whinning works! Have you seen Joan Whitman's 10th Anniversary ring?! Well done Gerald! May you "Master" many more years of marital bliss.

Women's Triathlon

by Anna Morris

The Women's Triathlon is on again this year with Co-Directors Anna Morris and Janice Snow at the helm. They are looking for a couple of people to help out in two different areas. First, the organizers are looking for help in the form of a Food Convenor. This position would require you to organize the food prior to the race and ensure the food table is set up appropriately on race day. The Women's Triathlon also needs a Publicity and Advertising person. For this you would contact newspapers, magazines and other media outlets to promote the event. If this sounds daunting, it's not. Contact Janice (854-0639) or Anna (878-9847). They can talk you into doing anything!!!

**Backyard Needed
For AGM BBQ**

Saturday June 13th
Speak to Sue Stanley

Upcoming Events

March 13 th - 15 th	Ontario Provincial Championships
March 14 th	Refresher course for lifeguards needing to requalify. Last day of lifeguarding course
March 17 th	Photo Op - wear your team colours
March 21 th	50/50 Draw
March 22 th	Lifeguard test 9am
March 24 th	Last Day of Winter Session
March 29 th	Swim for Heart with Burlington Masters
April 7 th	Spring Session Starts
April 19 th	Ancaster - deadline Saturday 14 th March or before Beer & Wings MILTON - deadline Saturday 4th April - see attached
May 5 th	Beer and Wings
May 15 th - 18 th	Canadian National Championships - Tuesday 7 th April or before
June 2 nd	Beer and Wings
June 13 th	AGM & BBQ Last Day of Spring Session
July 18 nd	Milton Triathlon
Sept. 6 nd	Women's Triathlon
Dec 31 st	New Year's Splash 2!!

From the Meet Convenor....

If you are planning on attending meets, please check the notice board for the sign-up sheets - if you want a copy of the meet package, please ask Laura Goodman.

Please remember that we are all adults and I shouldn't have to keep reminding everyone of the deadline dates - I will try, but I'm afraid that I'm not going to chase you!!!

Hope to see lots of names on the sign up sheets!!!

Lockers

Anyone interested in having permanent lockers in the swimming space contact Anna Morris at 878-9847

Thank You

Eli

Milton Meet - April 19th 1998

1. Do you plan to swim? Yes ___ No ___
2. Which volunteer position would you prefer ?

Timer	_____
Marshall	_____
Strokes & Turns	_____
Food	_____
Awards	_____
Computer time entry	_____
Lifeguard	_____

Friends & Family Members Welcome!

If volunteering for timer or strokes & turns, please let me know if you have had previous experience or if you would be interested in taking a short 1/2 hour training session?

- Had previous experience _____
- Would like training _____

Please fill out and give back to Laura Goodman as soon as possible.

There is a lot of planning involved in running a meet and the more help we get, the easier it is for everyone!

North York Pentathlon – Results

Laura Goodman

For the first time in Milton Masters history, we had twenty-two people sign up for one meet. It was actually quite a challenge to arrange all the car-pooling! What was even more surprising was that “almost” everyone turned up (Janice, we did miss you – you “screwed” up our relays – right Anna?!!)

For the most part, I think that everybody was quite pleased with their performances. I won't mention the name of the “fast” person who, for the first time in three years, had some not-so-good results(according to her.) (It's OK, she's recovered – and now has three (3) records in her age group from the Alderwood meet.)

Women

			50FL	50BK	50BR	50FR	100IM
25 – 29	Sue Morris	20 th	38.86	47.17	49.11	35.49	1:33.59
	Elsa Crisp	21 st	41.41	44.76	48.78	36.65	1:34.65
30 – 34	Lee Anne Greer	4 th	32.71	34.80	41.54	32.12	1:19.01
	Sue Stanley	12 th	47.58	48.54	46.48	38.06	1:41.41
35 – 39	Gillian Stevens	2 nd	33.92	39.48	43.46	32.18	1:20.02
	Laura Goodman	3 rd	38.37	38.36	45.13	33.50	1:25.23
	Anita Pittens	4 th	37.16	41.80	46.08	32.23	1:25.85
40 – 44	Anna Morris	6 th	43.93	44.92	46.80	36.56	1:35.15
	Sue Trerise	9 th	43.26	46.96	50.56	38.73	1:34.40
	Joan Whitman	11 th	45.48	47.05	51.25	39.14	1:43.30
50-54	Dorothy Kosciuch	12 th	50.31	42.49	54.19	43.88	1:49.27
	Kathie Key	5 th	57.19	1:02.22	1:05.47	45.72	2:10.35

Men

			50FL	50BK	50BR	50FR	100IM
20 – 24	Jason Van De Sande	2 nd	30.32	32.90	37.31	26.70	1:09.90
25 – 29	Christian Wassermann	8 th	30.26	33.64	39.62	27.29	1:10.37
30 – 34	Peter Carson	11 th	31.82	34.21	37.91	29.38	1:13.61
35 – 39	Martin Stanley	19 th	41.41	50.10	49.44	35.25	1:35.92
40 – 44	Tom Price	14 th	36.19	41.21	40.64	30.62	1:22.93
	Ted Read	15 th	35.48	47.40	41.91	32.58	1:29.14
	Glen McKenzie	20 th	39.64	no show	40.76	29.69	1:28.59
45 – 49	Ed Doherty	10 th	46.01	54.33	52.53	40.73	1:45.53
50 – 54	Larry Scott	7 th	50.22	54.10	48.56	37.85	2:00.05

The “young” & “old” relay teams came in 3rd in their respective categories and the “middle” team came in 11th.

Congrats to all – let's keep up the participation!!!

Do You Know This Man?



Last Known Location LANE 1

In his 1969 yearbook, he stated that **if stranded on a desert Island the one item he would take is 2-ply Facelle!**

Alderwood Teddy Bares Meet Results –

Sunday 25th January, 1998

We all enjoyed going to this meet, mainly because you can swim your events faster (it's a yard pool!).

We all did well, especially **Lee-Anne Greer, who set three (3) records in her age group!** Congratulations!

Women

30 - 34

Lee-Anne Greer	1 st	50 yd Back	0:30.63 (record)
	1 st	50 yd Fly	0:29.01 (record)
	1 st	100 yd Back	1:06.72 (record)
	1 st	100 yd Fly	1:07.20

35 - 39

Laura Goodman	1 st	200 yd Back	2:48.93
	3 rd	50 yd Fly	0:34.33
	2 nd	50 yd Breast	0:41.61
	2 nd	200 yd Free	2:28.62

Gillian Stevens

	1 st	200 yd I.M.	2:36.31
	1 st	50 yd Fly	0:30.93
	1 st	100 yd Fly	1:08.36

Anita Pittens

	1 st	200 Yd Free	2:15.88
	1 st	100 yd Free	1:05.94
	2 nd	50 yd Fly	0:33.79
	3 rd	50 yd Breast	0:41.63
	3 rd	200 yd Free	2:30.69

40 - 44

Lisa West	1 st	100 yd Free	1:03.96
	2 nd	50 yd Breast	0:41.29
	1 st	200 yd Free	2:35.64
	2 nd	100 yd Breast	1:29.66

Men

25 – 29

Christian Wassermann	1 st	200 yd Fly	2:27.12
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	1 st	100 yd Free	0:54.96
	1 st	100 yd Back	1:08.86
	1 st	200 Yd Free	2:04.54
	1 st	50 yd Gree	0:25.54

40 – 44

Richard Burgess	2 nd	200 yd Breast	2:50.71
	2 nd	100 yd Free	1:03.32
	2 nd	50 yd Breast	0:35.63
	2 nd	200 yd Free	2:25.96

Ed Duke

	3 rd	100 yd Free	1:04.92
	5 th	50 yd Fly	0:35.52
	6 th	50 yd Breast	0:39.23
	6 th	50 yd Free	0:29.35

Ted Read

	2 nd	50 yd Fly	0:31.29
	4 th	50 yd Breast	0:37.16
	3 rd	100 yd Breast	1:24.76
	4 th	50 yd Free	0:29.15

50 – 54

Larry Scott	2 nd	50 yd Fly	0:43.29
	3 rd	50 yd Breast	0:43.80
	4 th	50 yd Free	0:34.51

RELAYS:

Women's 200 yd Free	1 st	Lee-Anne Greer, Anita Pittens, Laura Goodman & Lisa West
Men's 200 yd Free	1 st	Richard Burgess, Ted Read, Ed Duke & Christian Wassermann

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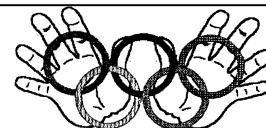
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MILTON MASTERS AQUATIC CLUB

SPRING SPLASH

DATE: Sunday 19th April, 1998

MEET MANAGER: Laura Goodman
Tel # 905-876-2723

We are pleased to invite you to our "Gender Neutral" swim meet.
All swims will be seeded by times only (i.e. no matter whether you're male or female, you will swim with somebody close to your entry time)

Warm-Up: 7.30 a.m.
Start: 8.30 a.m.

ORDER OF EVENTS

1. 200m Medley Relay (Men's & Women's)
2. 400m Free or I.M.
3. 50m Back
4. 100m Breast
5. 50m Fly
6. 200m Free
7. 50m Free
8. Mixed 200m Medley Relay
9. 100m Fly
10. 50m Breast
11. 100m Back
12. 200m Open (Fly, Back, Breast or I.M.)
13. 100m Free
14. 200m Free Relay (Men's & Women's)

FEE: \$15.00: includes both individual & relay events
Deck entries may be accepted, at a cost of \$20.00, until 7.30 a.m.
on the day of the meet, at the discretion of the meet manager

AWARDS: Ribbons for first, second & third place in each age group. (Yes, Men & Women will be awarded separately)

SOCIAL: Refreshments will be served after the meet in the gym.

ENTRIES: Please submit entries on attached grid sheet by April 6th, 1998.