

Milton Masters Newsletter (\$0.99)

HOT SPLASHES!!

Pool Fees Update:

By Lee-Anne Greer

These past few months have been --well, let's say 'interesting' as far as our rates and fees go! To fill you all in...

It all started back in November, when I received a last-minute call inviting us to an information session about proposed changes to the Town of Milton's User Fees policies. It seems that Town Council had recommended that Staff develop one single policy that would address **all** fees for Municipal programs and services (this included not only Leisure Services--like pool and arena fees, but also all other services like birth and death registrations, dog tags, other licenses and planning applications, etc.).

Initially, Staff offered two possible fee structures for consideration. If Council had accepted the first option, we would have seen a **substantial** increase in our pool fees (since subsidization for services would have been taken away from adult users, and given only to child and youth groups). The second option split subsidies equally among child and adult users, and meant only a marginal increase in our fees over the next few years. But, it meant that child-youth groups (like the Milton Marlins) would also see their fees go up rather than down.

This was presented to the public in two meetings in November, the second of which involved the Mayor and Town Council. (An emphatic **"thank-you"** to everyone who sat through those torturously long meetings--your support was great!) Fortunately, the Staff asked for feedback from the concerned groups and individuals--and they received a lot!! (Another note of thanks--to Tom, who co-wrote our response letter, as well as to everyone else who provided

Volunteers??

Needed for Splash Meet

Sunday March 7th

comments).

It was gratifying (albeit expensive) to see that Staff and Council actually listened to

the public. After an estimated \$20,000 - \$25,000 in Staff time, they came to the



STROKING FOR PLEASURE

conclusion that their initial proposals to deal with all user groups under one single policy could not fly. (*duh*) So, they proposed a third option, which basically said: **'Don't change a thing for Leisure Services users!'** After an exhausting third meeting (thanks for sticking through it with me, Laura!), we have now been reassured that our pool fees won't go up next year! (*big sigh -- since this means that our membership fees should also be safe where they are*)

If anyone is interested in reading the Town's proposals, or our response, please come and talk to me. You can also check out the latest on the town's website: www.town.milton.on.ca.

Winter

Nationals Are Coming!!!

Are You????

Membership

By Gloria Hewitt

Membership looks great for this session. A warm welcome to those new faces!

Payments for the winter session are now due.

Spring Session starts: March 23

There are still a few vacant spots left for split memberships in the spring.

(Remember: Postdated cheques first received guarantee the split membership.)

Swim for Heart

By Gloria Hewitt

The throbbing of hearts and laughter could be heard loudly as the Burlington swimmers and many of our Milton Masters participants enjoyed a vigorous half hour fun splash on Saturday, Feb 6th! A big thanks to the Burlington swimmers who came out to have fun and support an important cause! A big thanks to all our Milton Swimmers!

With 6 lanes of five to seven swimmers in each lane, a total of approximately 32 kilometers was covered. (Isn't that like a bike workout?)

Thank you Lee-Anne, Laura and Sue Stanley for their great organizational skills. Thanks also to John Mayes, Scott Greer, Martin Stanley and Laura Goodman for helping me in counting the laps completed by swimmers

The gathering after the swim was very well attended and an enjoyable time was had by all. Hopefully we can all look forward to another event for Heart next year!

Help Needed

By Sue Morris

The **Second Splash** is fast arriving and volunteers are required to make it as much of a success as last year.

Sign up to bring food and prepare it.

The sign up is on the board at the pool. If you can not be at the meet, please make arrangements with a fellow swimmer to bring the food item.

We need 100% participation. There are a lot of hungry swimmers coming to the meet and we have a reputation for excellent food.

Please Help

Eli

Thank You for Patience

We need the 10 minute Whistle

New Years 1998

By Christian Wassermann

Wow! What a great evening! I had so much fun at the Milton Master's second New Year's Eve Party at the Bavarian Chalet in Milton.

This fund-raising dinner and dance was an enjoyable success! Monies raised will offset travel and accommodation costs for those wishing to compete in the 1999 Canadian Masters Swimming Championships in Nepean, ON. Anyone can compete in the National Masters Swimming Championships- no qualifying entry times must be achieved. All you must do is mark down May 14 to 17 on your calendar, let Laura, Lee-Anne or myself know you'd like to compete and we'll get you all set. Registration deadline is April 16.

Sue and Martin Stanley, Lee-Anne and Scott Greer, Vicki McGonigle and Gloria Hewitt and Laura Goodman decorated the hall for the evenings' celebrations and set the tables so that the 50+ people attending had a great time chatting to those at tables close to them yet had lot's of room to dance!

Great music was provided by Martin (of Spokes 'n' Slopes). He kept the place jumping and I tried to keep pace with Chris Goodman on the dance floor. I noticed that not too many seats were left occupied. Swimmers sure do like to boogie!

Generous gifts were won throughout the evening, provided by various businesses and people of Milton. "Thanks" are due to Dairy Queen, Martin and Sue Stanley, Vicki McGonigle, C. M. Morris Design Ltd., Spokes 'n' Slopes, The Fitness Technique and The Salon Group (Lea Pearson).

The dinner was excellent although we danced so much that when we headed home I was hungry again. Please tell me... where in Milton can one get a burger at 1:00 in the morning ?!

I trust every-one made it home safely and I thank all of you who did (and those of you who bought tickets yet didn't make it...) come out to make New Years 1998 a fun and profitable celebration.

Did you know...

Anyone can go to Nationals.

No Skill required!

It's only in Nepean, so let's send a large team

Upcoming Events

Feb 21 st	Burlington – SCM
Feb 28 th	Dalewood – LCM
March 7 th	MILTON – SCM
March 21 st	Winter Session Ends
March 23 rd	Spring Session Starts
March 28 th	Ancaster – SCM
April 10/11	Etobicoke – SCM (Sub for Provincials???)
May 14 th -17 th	Nationals—Nepean
June 12 th	Spring Session Ends

Back Splash

By Sue Morris

?Did you Know??

Our club has had a long and interesting relationship with the Leisure Centre. Did you know that in 1992 the Milton Masters raised money for the construction of the Leisure Centre by selling....fertilizer!!! That's no Bull!! The club raised \$4000!!

It was a cold and windy weekend in early spring when the Master's went to hock their wares. They had to start early before the towns people started buying fertilizer from the regular sources. The dedicated swimmers took turns selling bags of fertilizer from the back of a truck parked at the Milton Mall. Everyone had a turn selling, then running into the mall to thaw! The Milton Masters come from tough stock! I bet there are still bags of fertilizer in certain swimmers garages today!

SPRING SPLASH

March 7th

Compete / Volunteer

Or Do Both

Video Clinics:

By Lee-Anne Greer

Emil will be here to help Eli videotape our strokes on Saturday March 13 (lanes 1-3) and Sunday March 14 (lanes 4-6). All split-members who don't normally come on weekends are welcome on either day. Emil will be giving feedback for both days of videotaping on Sunday March 14th, right after workout in the community room upstairs at Loblaws.

Splashdown To The Millennium

By Aunt Flipper

Well, in this countdown to the millennium, Aunt Flipper is flipping out with all the new technology and terminology. It's getting so you need a thesaurus just to read a newsletter that is designed for **athletes!!** Just imagine a newsletter for technerds!!!

I finally figured out what catch up, switch, catch down, and hold meant. Now in our last newsletter, we have more tech weenie terms, and these all relate to dry land -- mountains, in fact! **Class 111** - Would this be like Lane 3? **Bivy Gear** - What is it? Even our editor didn't know and he is a technerd! **Seracs** - Someone said these are fallen angels, but Aunt Flipper thinks that is just vicious gossip. **Climbing 1500 feet** - How many lengths is that, and do we get any breaks?

A question I throw out to the general population - **If your hair hums in the Rockies, does it yodel in the Alps?**

In our Splashdown to the Millennium, nobody is protected. If you have any dirt, dish it to me. (All you have to do is gossip out loud at the pool, and if it's really good, I will capture it in print! Accuracy is not important!)

The Winers

By Dorothy Kosciuch-Whalley

Somebody from our club had this neat idea that taking a group of swimmers on a bike ride would be good for us as a club, not to mention the great work-out, health benefits and camaraderie. Well, we did benefit from this wonderful excursion, but not in the way that we could ever imagine. As a matter of fact, imagination was necessary to see the exhilarating side of this trip.

It all started with Karen Haist, the world traveler via biking. I guess she wanted us to have a taste of what is like to travel by muscular power. The fresh air, the sights, the smells. All the things you miss when travelling by motorized means. It didn't take much convincing because we are athletes for God's sake. So on Oct 15, 18 athletes waited for the tour guide at Queenston Heights, Niagara-on-the-lake for the first time ever "**Master's Swimmers Wine Tour**" in Niagara's wine region. While they were waiting they were met with rain, hail and winds that lasted most of the day. That was great news for me because I could not make it on that day. Now with the date set I was excited and looked forward to testing my ability to ride and drink...Ya—hoo!

The new date Nov 12. This time the number of swimmers increased to 20.

With Kathie Key leading the way we all arrived eager, happy and late. The tour guide was rather upset and anxious because of our late arrival, so I was told. I never saw him. The only person that I saw near the support vehicle was this very old man dressed in leggings waddling like an injured penguin. He was likely the tour guide's father, or grand father that was coming along for the ride. I thought that it was a nice gesture on the part of our tour guide to bring along his grand dad, until somebody corrected me, that the **OLD**

GUY WAS OUR TOUR

GUIDE! I could feel my face contorting as I tried to mask the shock with a look of eager confidence... that's ok, I know CPR!.. Oh God! He's gonna die riding a bike and the police will question our morality for letting him ride a bike in his condition. That feeling of "Pure Joy" was now lost in the depths of my soul. It was replaced with that spirit of ambivalent adventure. Now let me apologize right here and now for calling our tour guide "The Old Guy". I could not get past this nickname because "Old Guy" seemed to suit him so well. If somebody called me "Old Girl", I would not be offended because that is what I am, and that is what he was...a very Old Guy!

Off we went to our first stop, Brock's Monument. What a sight! I felt as if I was on top of a mountain looking down on the world. The Niagara River was far below. As we waited for the Old Guy to arrive, Ron (my husband) was telling me about some of the historic events that took place around the war of 1812. "This is where Canada was finally defined" he said and spoke of some of the battles, and then some more ...and more. We chatted and chatted cause the Old Guy still had not arrived. By the time he got there I was well schooled in the history of the area. I was ready to test the Old Guy on his knowledge, but all he seemed to focus on was how the Indians beheaded the Americans. They chopped heads here and they chopped heads there. He would point to where we were standing and say, "heads were chopped right where you are standing". I was amused...really. He was cute in his own way. Then we took the group shot with his camera and he announced that the Chateau de Charm winery was our next stop. "Oh! By the way", he said "because we had a late start this morning, I would ask that you not stay for wine tasting after the first tour". Not to be confused with a whiner, but I was reeeeeealy looking forward to the wee belt (or two) at the Charm place. "Oh well", I thought, "there is always the next stop", and that was Hillebrand, my favourite place. Ron and I have been there numerous times. The tour is always interesting because they change

things around and introduce new ideas and wines too..yummy. I just knew I would not be disappointed. So off we went like a herd of something or other, I'm not sure what, but we started off very fast, then one by one we had to stop or slow down to peel of some of the multi layers of clothing. It was fall. It is supposed to be cold, not 20c. Even with the heavy winds it was too warm for the time of year. But hey!! No more complaining we were having fun just being there together, huffing and puffing with obvious smiles on our face. What a relief it was to see the Old Guy driving the support vehicle. Now I felt that I could fully enjoy this day. As we rode along the path Ron would point our different areas of historical interest. I was falling love with him all over again...but that's another story.

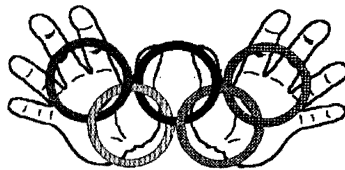
We could see Chateau de Charm in the distance. It looked like a massive estate in the middle of a dessert. The area was so flat that the winds were free to blow us over without warning...not that I'm complaining, I was just thirsty for a taste of some wine. After we parked our bikes the Old Guy gave us another gentle reminder not to stay too long because we were running a little behind schedule. As we walked toward the building I could feel the warm sun on my face but there was no time to doddle. In we went, watched the video, did the tour in record time-harvesting-pressing-fermentation-bottling, all that stuff and out the door. We all noticed the bewildered look on the guide's face when we told her that we were not allowed to have a taste of wine. We were being punished by our tour guide for being late. By this time we were all outside only to find that our tour guide was no where to be found. You

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know what I was thinking. It was the same thing everyone else was thinking. I knew this because I heard on orchestral sigh of relief when we finally caught sight of him. He took another group shot of us and promptly sent us back inside for the complimentary tasting that we were supposed to enjoy (but had misunderstood his directive!). This trip took on new meaning for Colin Key when he was handed his first glass of wine for the day! Now, off to my favourite place. I peddled hard with anticipation. What a fool I was to miss all

the wonderful sights and smells for the sake of earthly pleasure. Calories!! Gotta burn those extra calories for that extra glass of heavenly bliss—paradise rapture—nirvana of soul and so on....

By the time we got to Hillebrand I think I rode off about six glasses worth of calories. The wind started to pick up again and the sun disappeared behind the clouds. Who cares...the pouring of the nectar of the goddesses of whatever was about to occur and I was happy with my giddy, childlike butterflies. This time our tour guide was what appeared to be a young university student. Cheery, with a sense of humour that I would later use to my advantage to manipulate perhaps an extra glass of happy. It worked! That little girlish pout I gave him with the first pouring granted me an extra glass. Now I was happy but hungry...boy was I hungry!!! And so was everybody else. Lunch was arranged for us outside under a massive tent on the Hillebrand grounds. It was very pretty with an herb garden growing nearby and flowers still blooming around every tree. It would have been a very pleasant lunch had it not been for the wind...and I am not complaining! These winds were really getting bad. You had to hang on to the food and your plate and try to eat at the same time. I wish I could say that the food was great but I am trying to be a responsible writer who was asked to chronicle our fist wine tour. To say that the food was great would be just plain lying cause all I could think about as I watched my salad blow on to my lap was how nice it would be to be sitting in that nice restaurant just beyond those doors. The food may have been good but I ate it too fast and did not allow any portion of it to pass along my taste buds.

Let's just say that we were sufficiently nourished. We had other things to worry about. The winds had picked up so much that a consensus had been reached. Some would continue the tour, some would end the tour, and some would go back up to the bar and drink. It was a good decision. I was happy and I would take this time to emphasize that I did not get drunk. Ask my husband!

The tour spawned a great deal of discussion about our next trip. If despite all of our set backs we could be such a happy crew, then another trip is worth planning. I don't think the Old Guy will be touring next year, but what about another Old Guy...my husband maybe?

Special Thanks

To Our Lifeguards

The more the merrier

Less Guarding

Longer Not Faster Strokes

From Total Immersion

I never learned until I began coaching. It's longer strokes, not faster strokes, that make a better swimmer. Two separate studies have proven it empirically. A Penn State biomechanist did a computer analysis of every swim in the 1988 Olympics. And a research group from the University of Rochester analyzed the results of every race of the U.S. Olympic Trials the same year. Both studies were looking for what distinguished faster from slower swimmers (faster and slower being relative terms; all of these swimmers were elite level.) Both studies reached the same conclusion. In each race, the fastest swimmers took the fewest strokes.

But taking fewer strokes is not a simple matter of "subtracting" strokes. These swimmers were able to swim faster on fewer strokes because they figured out how to make their body travel further every time they take a stroke. There are two ways to make that happen: one is to "thrust" your body further through the water by maximizing the propulsive power in each

stroke. That's called CREATING propulsion. The other is to "allow" your body to travel further with each stroke by minimizing or ELIMINATING drag.

Of the two, ELIMINATING provides about 70% of your opportunity to increase stroke length while CREATING offers only 30%. So in looking to improve your swimming, you should always look first to the eliminating side; changes in your ability to create should always be secondary. Yet we usually approach swimming technique in the opposite order.

You improve your eliminating skills by focusing on changes in body position. Creating skills tend to focus on how we paddle with the hands (though much of your ability to maximize power actually is found by learning to use trunk muscles to work in better coordination with arm muscles). When we think about our swimming technique, we always think first about the paddling actions of the hands.

Eliminating drag is improved three ways:

1. By balancing the body. Our feet and legs tend to sink because of body composition, an effect called "body torque." For every increase in torque there's a linear increase in energy cost for swimming, which causes the greatest amount of drag. So the greatest opportunity to reduce drag is by reducing torque, or balancing the body so the hips and legs ride as high as the upper body. (pressing the T to learn how to do this.)

2. By making the body longer. Any time you increase the length of a vessel at the water line, you reduce drag.
3. By turning the body on its side. A body on its side allows the water to slip by more easily than a body on its stomach, again reducing drag.

And what about the swimmer I coached to a 15-minute mile? For several years in his early teens, I had him establish a very low stroke count at lower speeds and continually practice how to strategically "trade" distance per stroke for speed as he went faster. He learned how to swim with the greatest possible efficiency at any speed. As he grew older, he was able to apply his increased strength and fitness to the foundation of a very economical stroke, so his energy expenditures would always produce the greatest speed. When he swam the 1650 in 15 minutes, it took him only about 14-15 strokes per length or fewer than 1000 strokes for the race. Stroke longer not faster, by eliminating drag through creative body position, and you'll swim faster too. Happy laps!

**Thank You
Christian Wassermann
For the Wheels on the Zommer
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