

HOT SPLASHES!!



STROKING FOR PLEASURE

COMING SOON!!!

MMAC's 5th Annual Spring Splash Sunday, March 23, 2003

Our 5th Annual Spring Splash Swim Meet is fast approaching! Hosting a swim meet is an integral component of MMAC's fundraising program. Proceeds from the swim meet are used to help keep our membership fees down by allowing us to purchase additional equipment and helping to offset other costs. In order to make this event successful, **we need your help!!** We will need several volunteers to assist throughout the day. Volunteers will be asked to cover a half-day shift; thus allowing you to participate in the meet, if you wish. Please see the MMAC Bulletin Board for more information on what positions need to be filled.

Volunteers Needed!

Timers
Officials
Runners
Kitchen Help

In addition to needing volunteers, we also require everyone to assist us in making the food portion of our meet a big success! Milton Masters have earned a reputation of having great food at our meets! We must endeavour to uphold this reputation. Since there is no budget for planning our luncheon, we are depending on our membership to donate a food item or make a monetary donation in lieu of food. There will be a sign-up sheet posted at each practice. Please take a moment to review the list of food requirements and indicate what you wish to donate. Please remember, everyone must contribute in order to make the luncheon a success! We're counting on **YOU!!**

A final way to support the team is to donate prizes to be given out during the meet as "bell prizes". If you have access to any "prizes" through work, relatives, friends or neighbours they would be greatly appreciated!

If you have any questions regarding our upcoming Meet, please contact
Donna Baron-Meier or Laura Goodman

For questions regarding "bell prizes", please contact
Sue Trerise

For questions regarding the Meet food, please contact
Katrina Murphy



FROM THE PRESIDENT

Now that we're all in the groove of swimming, for whatever purpose, competitive, fitness or triathlons, or perhaps just fun, I would like to thank those of you who took the time to fill in the member survey in the fall.

I was a little disappointed that out of the 77 members we have, only 35 surveys were returned. We will assume that those that did not respond are very pleased with the running of the club.

However, these results were perused by the Board and it was unanimously decided that Milton Masters Aquatic Club is primarily here for those individuals who want to keep their fitness level high, no matter what the reason. We believe that in order to improve, not only in swimming but in all aspects of life, that a wide variety of skills are required.

We have an excellent coach in Eli and trust her abilities as a coach to provide workouts that are for the benefit of improving fitness. Now I know that doing drill sets and kick sets may seem to be of no use, but

without the proper preparation of all aspects of getting the strokes correct, the times will not improve. So we ask that you all put your trust in Eli (she's been in the swimming world a lot longer than most of us!!)

On mentioning Eli, we wish that all of you would encourage Eli and Emil to get back in the pool!

Just a reminder that our swim meet is fast approaching on Sunday, 23rd March – I can't believe that it's already February. There will be a sign-up sheet on the bulletin board for your food donations – remember that we're known for our good food. We have to keep that reputation up! Book this day on your calendars – we will all be done by 1:30 to 2:00 p.m. Many hands make light work! Keep a lookout for the notice from Sue Martin, our Team Time Coordinator, for when/what you will be doing. For those new members, if you do not see your name come up anywhere, please talk to Sue Martin or any one of the board members.

This will also be a great opportunity for all of you to try a swim in the meet – we do not charge any of the MMAC members to swim in our own meet (most other clubs do).

If any of you have any concerns about the club, please do not hesitate to contact myself or any one on the MMAC Executive Board.

Laura Goodman

MMAC EXECUTIVE

President Laura Goodman

Vice-President Jim Nelson

Past President Tom Price

Treasurer Lisa Gable

Home Meet Convener
Donna Baron-Meier

Membership Gloria Hewitt

Secretary Marsha Zuest

Equipment Manager
Kathie Key

Volunteer Sue Martin
Directors Rhonda Schop

Thank you Eli for all your help and encouragement. MMAC is lucky to have such a GREAT coach



VISIT MMAC ON THE WEB

www.pcclimited.com/mmac



**Swim for Heart
Milton vs. Burlington Challenge
Sunday, March 2, 2003
11:00 a.m. to noon
Milton Leisure Centre**



Lunch to follow at The Dickens

This year we are hosting the annual friendly competition between the Milton and Burlington Masters to see who can raise the most money for the Heart and Stroke Foundation. 2001 was our best year. We raised more money than Burlington for the first time. Last year was very disappointing; our most dismal showing ever with only two participants. Let's not have a repeat of 2002. Come on out, have some fun, get some exercise and, while you're at it, raise some money for a very worthy cause and promote healthy hearts through fitness. Pledge forms and additional information are available from Sue Stanley and Barb Ferris.

Let's aim for 100% participation! NO EXCUSES!
Pledge forms and money must be returned by March 9.

There are two ways to earn your pledges:

1. Come out on Sunday, March 2 and swim continuous laps for a ½ hour. This is a great opportunity for an endurance swim. There will be people counting your laps for you.
2. If you can't make it on that day, you can earn your pledges by participating in the Great Lakes Swim. See how many of the great lakes we can cross as a team. All you have to do is record your distance for each practice during the two weeks preceding March 2 and all the distances will be totalled. An official tally sheet will be at each practice.

Or participate by being a sponsor.

Contacts: Sue Stanley 905-876-2537 sue@stanmar.net
Barb Ferris 905-876-0585 brferris@sympatico.ca

VOLUNTEERS NEEDED FOR SWIM FOR HEART

Three to six people are needed on March 2 to count laps for Swim for Heart swimmers.

MEMBERSHIP INFORMATION

All members receive a membership from MSO (Masters Swim Ontario) when they join MMAC. The card has your registration number on it for use when you compete in Meets. It also allows you a discount at some stores. Please pick up your card from Gloria as soon as you can.

REFUND POLICY

No refunds on membership fees will be given after one month from session start date has passed.

MONTREAL IN MAY?

By Sue Stanley

If a weekend in Montreal with friends sounds appealing, consider joining the road trip to attend Nationals in Montreal May 16th – 19th.

To attend Master's Nationals you do NOT have to qualify, you don't even have to be FAST! You just have to take the plunge and sign up!! Since this year is more cost efficient (within driving distance) we hope to encourage a larger contingent to attend.

Montreal Nationals promises to be quick and efficient being held in 2 ten lane 25m pools. You can do a maximum of 7 events over the weekend at a cost of \$30 + \$6 for each event that you enter. The team goes out for dinner and beverages each evening to commiserate over the day's events. As an added bonus, Eli has been known to provide massages to competitors.

Join us for a weekend in Montreal! Interested swimmers should speak to Sue Stanley or Laura Goodman by March 10th. Come on, it's fun!!

MMAC SWIM TIMES

Tuesday 7.00 – 8.30 p.m.
 Thursday 8.30 – 10:00p.m.
 Saturday 7.25 – 8.55 p.m.
 Sunday 8.30 – 10.00 a.m.

IMPORTANT DATES

Videotaping is coming!
Stay tuned for more info

Mar. 2	Swim for Heart
Mar. 4	Beer and Wings
Mar. 23	Spring Splash
Mar. 30	Last swim
	Winter Session
Apr. 1	First swim
	Spring Session
Apr. 1	Beer and Wings
Apr. 4-6	2003 Ontario
	Championships
Apr. 20	Easter Sunday
	NO SWIM
Apr. 27	Toronto (long
	course – 50 m)
May 6	Beer and Wings
May 16-19	Canadian.
	Masters Championships
June 3	Beer and Wings
June 14	Last swim
	Spring Session
June 14	Annual General
	Meeting

If you are the first member to arrive at the pool, please help by setting up the flags. And don't forget to put your equipment away after your swim.

FLIP TURN

By Aunt Flipper

A certain girl named Kim has Aunt Flipper's cap in a knot! Can you explain one more time why you asked Mark to stop wearing a Speedo? This decision should have been put to a locker room vote prior to being ratified. Hmm, a referendum idea for the next AGM...

Speaking of locker rooms...Aunt Flipper has it on good authority that shower poofs are the new standard on the men's side.

Current surveys have mauve as the leading colour. More research is needed. Volunteers?

At the monthly Bored Meeting at the Dicken's, it was recently decided that James should represent Milton Masters on a cycle across Canada this summer. Was that a beer-fostered democracy?

Aunt Flipper questions the wisdom of Masters swimming across the Great Lakes in February. Brrrr!

The Burlington stronghold was penetrated by Aunt Flipper and she discovered that Burlington not only have big hearts, but big feet. They intend to use both to their full advantage during the upcoming heart swim and suggests that it is not too late to switch the venue to water polo instead.

**Welcome to all new
MMAC members!**



DRILLS - WHY YOU SHOULD LOVE THEM

By Kathie Key

How many times have you heard someone say, (or said yourself), "Why can't we just swim; I hate these *#! drills!"

Beyond increasing a swimmer's "feel" for the water, the point of a properly-executed drill is to break down a stroke into its various parts - usually the finish, the catch (just before the finish), or the recovery (forward movement of the arms), so that each component can be strengthened individually.

The object is not to rush through drills as fast as possible. If done incorrectly or too fast, without concentrating on the element of the stroke being emphasized, your body will not learn to swim the stroke as efficiently as possible, but instead will continue to "practice" the mistakes that are now slowing you down. If you are not sure what particular facet of a stroke is being targeted by a drill or how to do it properly, just ask Eli.

Often we are given a choice of drills to practice. If you always choose a certain drill because it can be done quickly or you feel you can perform it well, you are only cheating yourself. Each of us has different strengths and weaknesses for each stroke and a particular drill may seem easy

because you are already performing that element well, (just make sure you are doing the drill correctly!) When given a choice, choose a drill that works on a weakness in your stroke.

Technique is everything in this sport. Have patience - don't rush, and do appreciate drills for the opportunity they offer to improve stroke efficiency and ultimately, of course, speed in your overall stroke.

CONGRATULATIONS!!

Nancy Cole-Hryciw was voted Female Masters Triathlete for the year 2002 by the Ontario Association of Triathletes. Way to go, Nancy!!!

The next issue of **Hot Splashes!!** will be coming to you sometime in April. If you have any articles, events, gossip, etc. that you would like to see in print, please contact Marsha Zuest in Lane 6 or call her at 905-878-1562 (zuestm@hotmail.com)

For members interested in Total Immersion Swimming, check out their website at www.totalimmersion.net for workshops, products and articles.



SWIMWEAR AND ACCESSORIES FOR SALE

Men's Suits:

1 Size 32	TYR black, training	\$15
1 Size 32	TYR navy, training jammer (long legs)	\$20
1 Size 34	Speedo navy, performance	\$25
1 Size 34	Speedo racing Aquablade, racing	\$40

Women's Suits:

1 Size 34	Speedo black Aquablade, racing	\$72
1 Size 36	Speedo forest-green, Aquablade	\$72
1 Size 44	Speedo black, training	\$40

Swim Caps:

Grey with green "MILTON" lettering	\$4
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T-shirts:

Marled-grey, with "I Swim Therefore I.M." on back, MMAC logo on chest	
Sizes Medium (3), Large (3)	\$12

Forest-green golf shirts with MMAC logo on chest:

No lettering on back, Sizes medium (3)	\$27
"Milton" on back of shirt, Sizes Medium (2), Large (1), XL (1)	\$29

Kobe Track Suit Jackets, navy/green team colour combo:

1 Size Small, "Milton Swimming" in white on black	\$40
1 Size XL, No lettering on back	\$40

New this year!

Green Fleece MMAC jackets can be ordered until the end of February for \$56.

Please contact Kathie Key (Lane 1 or 905-876-1687) if you are interested in purchasing any of the above.

Payment must accompany order.

FOR YOUR INFORMATION

Swim and Sports offer a 25% discount on training/racing suits and 10% on everything else.

Team Aquatic offers a 15% discount on everything.

Have your MSO card available to identify yourself as a Masters Swimmer.