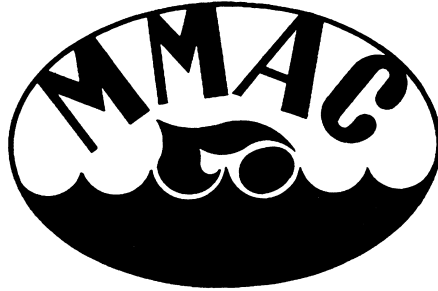


HOT SPLASHES!!



STROKING FOR PLEASURE

***Milton Masters Aquatic Club
8th Annual Spring Splash
Sunday, March 6, 2005***

***Warm-up: 7:30 a.m.
Start time: 8:30 a.m.***

***Come out and compete!
Pitch in and help!***

If you have been entertaining thoughts about competitive swimming, this is an ideal opportunity for you to “jump in” and “make a splash”. The parents of Milton Marlins swimmers have graciously volunteered to assist us so that more of our members can compete in our home meet. There are 18 different events to choose from (see our website for details). Even if you are not interested in swimming competitively, swimming in an event would provide you with a time on which to chart your progress in swimming. Think about it... it would be great to see lots of our members in the pool for our 8th swim meet.

We are counting on your support of this very important event. Everyone in the club will be expected to donate a food item which will be part of the buffet served in the gym after the meet. Competitive swimmers really work up an appetite! A sign-up sheet for food will be posted on the bulletin board at the pool. You may donate cash if you are not able to provide food on the day of the meet.

Donations of prizes would be greatly appreciated. If you have items that you would like to donate, see John Mayes with details.

You should already have received an email with your job assignment for the meet. It is very important that you be there on March 6 to help.

Talk to John Mayes or Laura Goodman if you have any questions about the meet. ***See you there!***

LIFE IN THE FAST LANE: AWAY MEET REPORT**By Katrina Murphy**

Milton Masters have attended three swim meets so far this year: Brantford, Alderwood, and Burlington. We are pleased to announce that our competitive numbers are increasing. Rookies Come Fournier, Kimberly Culley, Gail Lunan, Gil Aburto and Ian Cunningham have joined the ranks, all performing well. It is thrilling to watch swim times plummet with each competition and to push oneself to try new things. A swim meet is a great place to get to know some of our fellow swimmers from different clubs. Who knows... you may even run into someone you knew in a previous life. It's a small world indeed!

A great place to start would be at our own Spring Splash on March 6. You have the comfort of our own pool and all your team mates cheering you on. Competing at a swim meet is fun! If you feel up for a challenge, the Toronto Masters will host a swim meet in April in their long course pool. The cost for three events is only \$25, including lunch. You'll be home by 2:00 p.m. Are you up for it?

MEMBERSHIP REPORT

Membership is now at 73 members so we have a couple of vacant spaces and no waiting list. Gloria has your MSO card so pick it up from her next time you see her. You will need the card to enter meets and you can use it to receive a discount when you shop for swimwear at some outlets.

Swim and Sports offer a 25% discount on suits and 10% on accessories.

Team Aquatic offers a 30% discount on suits and 15% on accessories.

Carole Murray's Swim Academy offers a 25% discount on all merchandise.

SWIM FOR HEART

February is Heart Month and for many years MMAC has sponsored swimming fund-raising events to support the Heart and Stroke Foundation. This year, there are two events that members can participate in.

Great Lakes Swim

During the two week period beginning Saturday, February 19 and ending Thursday, March 3, MMAC members can log their swim distances to accumulate enough kilometers to cover the distance represented by the Great Lakes. Last year, as a team, we swam across Lake Superior and Lake Ontario. Swimmers collect pledges for their swimming so you may participate by collecting pledges yourself or supporting one of our swimmers with your pledge.

Burlington Challenge

On Sunday, February 27 from 3:30 p.m. to 4:30 p.m. the Burlington Masters will be coming as guests to our pool to challenge us to a half-hour length swim. We would like to get as many of our members as possible to participate in this fun event. You will need to collect pledges for the Heart and Stroke Foundation to attend. After the swim, we will get together at a local watering hole to celebrate.

Let's participate in this very worthy cause and have some fun!! Every kilometer gets us closer to our goal. Come out, swim at your own pace, and participate. For more information, please see either Nancy Cole or Gail Lunan

EQUIPMENT UPDATE

The club has a number of items currently in stock that are available for purchase by club members. Items for sale include "View" goggles, green fleece jackets, Milton swim caps, and various club t-shirts. If you are interested in obtaining further information about these items or other equipment needs, please see Lisa Clarke.

If you have any news items, upcoming events, training tips, gossip (we miss you Aunt Flipper!), etc. for the next issue of **Hot Splashes**, email Marsha Zuest at zuestm@hotmail.com.