

HOT SPLASHES!!

President's Message

by Sue Stanley

This session we have 2 main events to focus on and they both happen during the same week in February! The first is **February 13th** Fit for Heart swim. Let's support our community by either participating or sponsoring someone in this worthwhile event. Look for more details elsewhere in this newsletter.

February 16th is the Burlington swim meet. This meet has traditionally been very popular with our Club - it's close, it's well organized, it's a nice pool facility, and it caters to novice swimmers. The more participants we have the more fun it is. Consider giving a meet a try - you really don't have to be a great swimmer to have fun. There will always be people who are faster and slower than yourself. Eli will gladly help estimates times for anyone who doesn't already know their time, and she can also suggest which events she thinks you should enter. Remember, each heat only lasts a matter of seconds the rest of the time is social, you'll get to know some people outside your usual lane. Last year we took 20 people, let's try to exceed that number this year! Come out for a Social Sunday with your Club members - you will have fun!!

Due to the flurry of activity in February - lifeguard training/testing, Fit for Heart Swim, & Burlington Swim Meet - we will not be holding a Fun Night this session. However the Wings and Beer at Millside Restaurant will continue on the first Tuesday of every month. Join us!

LIFEGUARD CERTIFICATION REVIEW SESSIONS

SAT FEB. 8 and SAT FEB. 15
7:30 A.M. - 9:00 A.M.



STROKING FOR PLEASURE

Swim For Heart

Kathy Richardson

It's that special time of year again! February is "**Heart Month**". Once again we Masters have the pleasure of hosting a "**Swim for Heart**". It's slated for Thursday February 13th, so mark your calendars.

This year we'd love to see all members participate. For this special event, split members who do not regularly swim on Thursday are welcome to participate; Guests are also encouraged. If you're not able to swim, please sponsor a fellow Master. Pledge envelopes can be obtained from Marsh Zuest or Sue Stanley.

Participants must swim for a continuous half hour (using any stroke or combination you choose - we'll be watching for your half hour of fly, Joan!). We will warmup (and get organized) between 8 and 8:29 p.m. The timed swim will start at 8:30 p.m. There will be lap counters so you don't have to keep count. Everyone knows Masters can not swim and count at the same time!

The prizes are beautiful and well worth the effort (have a look at the poster at the pool). Don't miss this opportunity to help such a worthy cause. **It's easy! It's fun!**

Marsha Zuest collected the most pledges last year, let's give her a run for her money!

Thank you in advance for making this year's swim a success.

SWIMSUIT UPDATE

by Lee-Anne Greer

Well, the sale of teamsuits this past fall was a success! Over 40 swimmers purchased suits, and we received several compliments about them at the North York swim meet in December. Special recognition should definitely be given to Keith MacKay of 'The Fitness Technique' for all of his hard work and good natured persistence in persuading TYR to part with the suits (and in having those with minor defects repaired and returned so quickly). Thanks, Keith!

Since the Milton pool is notoriously rough on swimsuits, a number of people have also inquired about purchasing 'training suits.' These are made out of thicker, much more durable material than the typical lycra swimsuit, and are therefore more practical for day-to-day use (and not for swim meets). They are usually solid colours such as navy or black, and are quite inexpensive: between \$30-\$40 for women's, and \$20-\$25 for men's, tax included. Our swimsuit committee, along with Keith, are investigating the options for these. Watch for them to bring samples to the pool.

PLEASE, if you are interested in more information, or in buying a training suit let either Lee-Anne Greer or Laura Goodman know. You'll find us in Lane 3.

Thank You Eli

Your time and dedication is Appreciated

Next wings & beer night

February 4th
at
Millside Restaurant.
Plan to attend!

North York Pentathlon

by Sue Stanley

I started to question my decision to enter the North York Pentathlon when they told me we had to meet in the Leisure Centre parking lot at 6 AM the day of the event. It was still dark and quite cold as we gathered in pre-race anticipation to arrange our car pool rides. The key to which car makes the trip is availability of trunk space, you would think we were going for the weekend with the amount of luggage (not to mention food, right Anna?) we carried.

We arrived in perfect time, just before the warmup started. We chose our spot on the deck and prepared ourselves for the warmup period. At first not many swimmers were in the pool, but after a few minutes it became evident to all of us that the warmup our Coach had given us could not be completed. You can't do drills when there are about 20 people in each lane trying to swim! It wasn't long before all the Milton gang had straggled back to our deck space, each of us giving up our warmup. It would be less frustrating without it. At least the water was warm!

There were a couple hundred people registered in this meet. There were swimmers of all ages and abilities. Crushing my premise that this would not be a well attended event because of the necessity to compete in all strokes. Surprisingly the self seeded heats went really quickly. They started with the fastest heats first. This gave those of us that were slower the opportunity to learn race etiquette before our turn. The judges were no where near as strict as I had imagined. They let people get away with all sorts of slight infractions - like toes over the end of the block before the whistle. The starting procedure was quite orchestrated and very well run.

In between events we had just enough time to get recovered and prepare for our next race. The wait was surprisingly short, especially considering the number of participants. It was great to watch our team members and cheer them on. Our team suits attracted lots of attention as did the performance of our elite.

After our individual events, we competed in relay events. The relays were fun, everyone took part. We learned some interesting race strategies like improvised starting blocks for back stroke in the shallow end - make use of your team mates ankles!

At the end of the day, I was pleased to have reached my goal - not to be disqualified! I completed all my starts and turns (thanks

Eli!) and I had fun. At the awards ceremony it was with great pride that we stood together and cheered as it was announced that Jason placed first in his age group, Lee-Anne placed second and Anna placed third. In addition one of our relay teams took first place (and it was a tight race!). We were all pleased with our performances. It was worth the 6 AM rendezvous!

Name	Age	Rank	Total
Jason Van de Sande	20-24	1	195.30
Christian Wassermann	25-29	7	205.67
Peter Carson	30-34	6	206.56
Lee-Anne Greer	30-34	2	218.28
Laura Goodman	35-39	5	252.04
Lisa West	35-39	7	254.51
Anna Morris	40-44	3	267.14
Martin Stanley	35-39	21	278.21
Sue Stanley	30-34	17	284.18
Larry Scott	45-49	5	288.13
Ed Doherty	45-49	6	306.49
Kathie Key	50-54	7	347.24

Relays

Name	Age	Rank	Total
Christian Jason Laura Lee-Anne Lisa Peter	100+	1	389.16
Anna Ed Kathie Larry Martin Sue	160+	4	493.80

LIFEGUARD BRONZE CROSS TEST
FOR NEW GUARDS AND RECERTIFICATION
 FOR EXISTING GUARDS IS SCHEDULED FOR **SUNDAY FEB. 16 AT 8 P.M.**

ON GUARD

By Karen Haist

A ROUND OF APPLAUSE FOR OUR LIFEGUARDS!!!

I know all of you join me in thanking our hardworking MMAC lifeguards for serving our Club by donating their time to guard for us. Each week we ask for a total of 12 guard hours from our volunteer guards. If we were to pay for lifeguards from the Town, the cost to MMAC would be \$120.00 every week.

A normal session runs approximately twelve weeks. Therefore, the cost to the Club for lifeguards would be \$120.00 x 12 weeks or \$1,440.00 for each session. Our membership fees would have to be increased by over \$20.00 for every member if we did not have our guards to cover for us.

This year we lost some of our longstanding guards, making it necessary for each guard to be on duty once every two weeks. Fortunately, we now have new guards scheduled for Bronze Cross certification in February, and that should alleviate some of the pressure on our existing guards.

We need the help of as many of our members as possible to share in the work of providing a Masters swim club in Milton!! If you are interested in volunteering to be a guard for MMAC, and if you are interested in certifying for Bronze Cross, please contact Karen Haist at 878-9239 or any member of the MMAC Board.

P.S. Rumour has it that Baywatch is looking for new guards!!! Maybe . . .

For Sale
Road Bike: MIYATA 721
 21 Speed: BIOPACE
 SHIMANO EXAGE 500
 Components
 Medium Frame
Good Condition 4 Years Old
 - \$500
 Bob Webb: 905-875-0595

DMS ENTERPRISES

EAR CANDLING

Miles Stanley
 Tel: (905) 884-8726

Interview with Coach

Goals for this session?

Competitive

- Improve times
- Encourage more people to attend meets
- Have fun and enjoy the practice

Fitness

- Improve technique and times
- Move more people into competitive lanes

Have fun and enjoy the practice

Drills?

What is the purpose of the drills?

- In every kind of sport we use simple exercises called drills to improve our skills. They form the basis of the whole highly coordinated motion. Drills are the only way to form proper habits. (Did you catch that John!?!)
- General condition
- Strength
- Flexibility

What is the purpose of Switch?

- Develop Balance in the water
- Timing of the stroke
- Where is the end of the pulling?
- How to do "height of elbow" and relax
- How to do the full range of motion
- Rotation which give you a longer stroke
- Improving the strength of muscles used in the motion
- Shoulder flexibility
- Feeling the compression of the water and moving above the hand

Why do we do kicking with our arms behind our backs and heads up?

Different position of the arms during the kick will give you:

- Better balance (by changing the point of gravity)
- More resistance (improves the strength of the kick)
- Independent work of the legs (by feeling the pressure only on your leg muscles)
- The right feeling of the force, which moves you forward.

How long should I hold a Catch Up?

Catch Up can be done two ways "6 Kicks or 3 Kicks"

6 Kicks

- Range of motion (straight, bent arms)
- Breathing
- Stretching, compressing, accelerating and relation phases of the stroke

- Balance

3 Kicks

- Range of Motion (coordination)
- Acceleration (strength)
- High Elbow (flexibility)
- Breathing (general condition)
- Active and passive phase

What does Catch Down mean and do for us?

- Extending (stretching)
- Catching (compressing) the water
- Pulling over the hand
- Acceleration (the end position)
- Balance

What does it mean to feel the water?

- Feel the water means your hand should be aware of all the changes in water pressure during all the different phases of the stroke.

When Should I practice turns?

- Whenever possible
- All the time

Why should I do the Warm Up and Cool Down?

Warm Up

- Your skin to adapt to the water temperature
- To warm up your joints and muscles
- To prepare all your body systems for the workout

Cool Down

- To bring the function of the muscles and body systems back to normal.

If the workout is too hard for me what should I do?

- Change Lanes

On Technique night what should I be paying attention to?

- All the little details

Did you know??

Masters meet for wings & beer, nachos & pop, etc.

at Millside Restaurant on the first Tuesday of every month.

Mark Tuesday February 4th and

March 4th on your calendars!

Swimmer's Ear

by Sue Stanley

For those of you that have not yet experienced this swimmer's affliction, here are the gory details. Ears are prone to this infection because of the enclosed canal which becomes a nice warm breeding ground when you add a little moisture - swimming or even showering! Apparently people who produce a lot of wax are more prone because this makes it even harder to dry your ear completely and provides a medium for the infection to cling to.

The first symptom is an unbelievably itchy ear. At this point if you can recognize the symptom, you can use an over-the-counter ear drop such as liposporin immediately and likely save yourself from stage two.

Next your ear will become extremely painful but the pain manifests itself in your outer ear rather than inside where the actual infection is thriving. If it hurts to pull on your ear lobe, to sleep on that side, or even to wear glasses, then you likely have swimmer's ear. Depending on the person, this stage can sometimes be controlled by the over-the-counter medication, others require prescription ear drops, and some people will have to take a full course of antibiotics to rid this bothersome infection.

According to Coach Eli, in Bulgaria they do not use medicated drops or antibiotics. They treat swimmer's ear by ear candling. When training for the Olympics you don't have time to wait for this pesky infection to disappear, so they immediately candle it out. In my experience it works, but you have to be prepared to use several candles to get all the infection out (and you won't believe what comes out of your ear!).

Apparently there is no real risk to having swimmer's ear, only discomfort. You don't even have to stop swimming, once you can handle the pain.

In an effort to try to prevent swimmer's ear some people wear ear plugs, others religiously apply drops before and/or after swimming, but blow drying your ears after swimming and showering should suffice. If you keep your ears dry, you shouldn't be bothered by swimmer's ear.

MMAC thanks

our highly skilled
Lifeguard Team!
Your time makes our swims possible.

Missing in Action

Whatever happened to Randy Schubert?? This former lane 3 swimmer has completed OPP training and is stationed in Napanee.

Congratulations Randy!

Remember to carry your MMAC Membership Card if you are ever speeding through his territory!

Remember "Aunt Flipper", she was the local swimming gossip (ie Editor) and turned traitor marrying a Georgetown runner. She could not stand the disgrace so they moved to B.C. Maureen recently sent a message:

"Great news - I have found a swimming coach and now have coaching twice a week. There are about 8 swimmers - this is at Radium Pool - still outdoors - swimming in the snow!"

Maureen Thorpe's address is

R.R. 1 341 Timber Ridge
Invermere, B.C.
VOA 1K0
Phone # (604) 342-0453

Christmas Party

by Martin Stanley

A good times was had by all, (the pool had to kick us out). Everybody left well fed on mostly healthy snack food. Thank you to all who contributed munchies.

Thanks to the generosity of members we were able to give Eli a pair of dolphin earrings. As well as giving Eli and Emil a night at the movies and dinner at the Keg.

Remember the drive (bribe) to bring in new members. The only person we could bribe was Sue Morris who brought us 2 new members. Sue received a body shammy and a swim cap. Both were provide by Keith at the Fitness Technique.

The MILTON RUNNERS tribute to their coach (Courtney) was shown for those who are interested. Did you know that several of our members have committed themselves to doing the 1997 IRONMAN in Penticton BC.

Weight Training For Swimmers

by Keith MacKay

Weight training is supplementary training modality used to prevent injuries, improve performance or rehabilitation following injury. In swimming most injuries are of an overuse nature; where the repetitive nature of the movements result in tissue breakdown. In order to prevent injury it is necessary to perform the swim strokes correctly, gradually increasing the training load, maintain a proper rest regime, an adequate diet and develop the musculature. In an effort to provide rest and development of different muscles, coaches have all swimmers perform all strokes in an effort to prevent overuse injuries (editor Take Note Triathletes), improve the feel for the water and develop accessory muscles. Another technique is to use weights in dryland training. Weight training is designed to condition the primary, accessory (helping) and supportive muscles.

I use the Cylinder training System to design weight training programs where body segments are considered cylinders. Muscles within these cylinders and muscles crossing the cylinder joints are the targets of training.

Body Segments as Cylinders

Head/Neck
Upperarm
Torso
Forearm
Thigh
Lower Leg

Our discussion here will be confined to prevention and improved performance. The most common swimming injures are primarily the shoulder (rotator cuff), knees of breast stokers and secondarily to the lower back. By gradually increasing the training regime the primary, secondary and supporting muscles will be improved. The greatest emphasis will be placed on the largest cylinders and proportionately down to the smallest. The following phase 1 program is designed to be completed at home using dumbbells, a bench, tubing and wrist/ankle weights.

Lifeguard Refresher Courses

will be scheduled
for March
for guards who are not testing this year

Repetitions: 15-20 each exercise
Sets: 1
Weights: The maximum weight that can be lifted in 15 repetitions (reps) but not in 20.
Warm Up: Aerobic exercises lasting 8+ minutes using the upper and lower body (all cylinders)

Standing

Squat

Arm Curl

Arm Raise to Front

Arm Circles in Front

Arm Raise to Side

Bench

Seated Over Head Press

Bench Press

Leg Extension

Supine Arm Raise

Supine Flys

Prone Flys

Leg Curl

Triceps Extension

Standing

Arm Circles to Front

Arm Circles to Sides

Bent Over Rowing

Upright Rowing

Floor Exercises

Rear Leg Raise

Abdominal Curls

Abdominal Crunch