

HOT SPLASHES!!

President

by Sue Stanley

How quickly time flies, it's hard to believe we're ready to break for the summer. Overall it has been a good year. The lane changes that were implemented in September are now old hat and are working well.

Milton Masters were well represented at swim meets this year. It really is fun, so keep it in mind for next year. The more the merrier!

Let's send our collective good wishes and positive thoughts with our team that will be making the trip to Montreal for the Nationals. Swim well and have fun!

I would like to publicly thank all the people who served on the Board of Directors this year. They spent a lot of time behind the scenes making sure that everything ran as smoothly as possible. **Job well done!**

Have a fun filled & safe summer. See you in September!

Loblaw's BBQ

by Kathy Richardson

We Milton Masters can really cut the mustard, raising \$168 at our Loblaw's Barbecue, May 31. I relish the opportunity to thank all of you for helping at the fund raiser.

Even one of Milton's Finest supported our cause, after being flagged down by our president Sue.

Time flew by, with us ending our shifts much too soon. Everyone had a great day helping and promoting our fine club.

Eli
Great Coaching
Thank You



STROKING FOR PLEASURE

You're Invited

What: Milton Masters General Meeting and Family Barbecue

When: Saturday June 14, **6:30 PM**

Where: Bob Webb's back yard. 60 Mill St. (corner of Elizabeth and Mill) downtown.

RSVP: Sign-up sheet at pool. What you are bringing, how many hamburgers and hot-dogs required by you and your family.

Bring Your Own Drinks and Lawn Chairs

Swimming Addicts

For Those interested in swimming during the Summer, you have several options:

- Join those crazy triathletes in Kelso Friday nights at 6 pm
- Adult Swims at the Lesiure Center (876-Swim)
Monday, Tuesday Wednesday, Thursday 9 to 10 PM
Sunday 10 to 11 am

Lee-Anne is trying to setup a once per week coached workout during an Adult Swim. Coaching costs are shared by all.

If interested contact Lee-Anne at 878-8556.

Our Trip To Provincials

Laura Goodman

From May 23rd - 25th, eleven "masters" went to the Ontario Provincial Swimming Championships in Brantford.

A good time was had by all, everyone swam over and above their expectations; improving their personal bests (Eli take note -ed.).

Name	Place	Event
Lee-Anne Greer	Gold	50M Back
Laura Goodman	Gold	100M Back
	Silver	50M Fly
	Silver	100M Fly
Lisa West	Gold	100M Back
	Bronze	100M I.M.
	4th	400M Free
	5th	100M Free
	Silver	800M Free
Kathie Key Richard Burgess	6th	400M Free
	4th	100M Free
	4th	200M Free
	7th	50M Free
	Silver	1500M Free
	3rd	800M free
	10th	100M Free
56th	400M Free	
4th	200M Breastroke	
7th	50M Breastroke	

The other participants were Elsa Crisp, Anna Morris, Deb Moudoux, Christian Wassermann, Peter Carson & Karl Finstad whose results I fail to remember - sorry! Will let you know in the next newsletter.

The best part, though, was when we got back to the hotel and broke out the vodka coolers (just to relax, of course..., after all the tension & to relax us for the next morning). Dinner at East Side Mario's on Saturday night, where to the best of our abilities we ate (washed down with some beer)!! After dinner, we all gathered into one of the hotel rooms to chat (have some red wine) about all of our swims and falls. (Lee-Anne decided that it would be fun to take the hard/fast way to get out of the pool by

slipping down the bleachers). Fortunately, she was not seriously hurt (at least, her body wasn't, just her pride) - don't worry Lee-Anne (Scott), we'll take care of you (her) when we go to Montreal.

Sunday morning (day 2) @ 7.00 a.m. found us at Tim Horton's for coffee & donuts (a healthy way to start a day of competition!). Needless to say, we were not feeling all that great - but once we got in the water (cold) we were all woken up and the stress/nerves started again.

Our relay teams performed fantastically and we all had a great time.

Women's 200 Free Relay	1st
Women's 200 Medley relay	6th
Men's 200 Medley relay	5th
Men's 200 Free Relay	2nd
Mixed 200 Medley Relay	4th
Mixed 200 Free relay	10th

We hope that more of the Milton Masters will join us next year.

Our **deepest thanks go to Eli** for getting us in shape for this - **we couldn't have done it without you!**

Now, **seven of us are heading to Montreal for National's at the end of June** - wish us luck!!! (we'll need it!).

Ancaster March 23, 1997

	Event	Time
Richard	100 Breast	1:27.44
Karl	100 Free	1:09.50
Elsa	100 Free	1:24.04
Elsa	100 IM	1:34.81
Richard	100 Free	1:10.55
Lee-Anne	100 Free	1:10.52
Lee-Anne	100 IM	1:17.14
Laura	100 Free	1:15.36
Sandra	100 IM	1:34.61 JD
Karl	200 Free	2:37.61
120-159	200 Relay	2:06.66
Karl	400 Free	5:50.47
Larry	401 Free	8:12.80
Larry	50 Back	0:52.60
Lee-Anne	50 Back	0:35.44
Larry	50 Breast	0:47.92
Dorothy	50 Breast	0:52.39
Karl	50 Fly	0:35.42
Elsa	50 Fly	0:43.10
Karl	50 Free	0:31.09
Sandra	50 Free	0:36.19
Laura	50 Back	0:39.32
Sandra	50 Fly	0:45.66
Richard	50 Free	0:32.39
Dorothy	50 Free	0:44.34

Dorothy 50 Back 0:50.72
Larry 50 Free 0:35.18

Up Coming Meets

Canadian Championships Montreal June 23 - 26th

Feel like a road trip?? There is a group planning on going to Montreal. If you're interested talk to Lee-Anne!

Welland Open Water TBA

St. Mary's Open Water September 7th

Thank You
Spokes & Slopes
TYR
Fitness Technique

For their generous donation of door prizes for the AGM

Lest You Think We Are All Wet . . .

Here's what people are doing outside the pool!

by Karen Haist

Kathie Key qualified for the Boston Marathon. After that accomplishment, **she managed to swim her best time ever in the 1500 meter at Provincials.** If her cycling is as fast as her swim and run, she's a sure thing for this year's triathlon season. If you see a silver and yellow streak fly by you, that will be Kathie training on her new bike. It certainly looks fast!

Connie Hearty clocked a great time in the Sunnybrook Half Ironman. At **1:46:09, she came in faster than Martin . . .** but then, who's counting?

John Fisher, Gwen and Phil Jarrett, Sue Leeder, Janice and Calvin Snow, Anita and Courtney Warner, among others who will remain nameless, just returned from running the Cabot Trail.

Calvin is doing great on his Ironman training, but we hear Janice's grocery bills have doubled.

Now that **Phil is back,** you will be seeing a flashy new blue and yellow streak on the roads. Gwen has her pedals all adjusted so we should see her clocking the kilometers without any new injuries.

Milton's own polar bears are at it again. **Harry Barnes, Courtney Warner, Martin Carney, and Connie Hearty have all been seen swimming at Kelso.** I'll stick to the pool this time of year -- it's a lot warmer!

If you see a blue - well not really a streak - **that's me, "training" for my bicycle tour in August.** Maybe I'll put a nice wicker basket where everyone else has their aero bars.

Don't miss the Annual General Meeting and Barbecue on June 14. Find out even more about what's happening with your fellow members. You even get to see everyone with their clothes on!

Have a great summer. See you "out there"!!!

MSO Web Site

by Martin Stanley

Masters Swim Ontario have posted a Web Site at **WWW.SENTEX.NET/MSO.** This site has meet schedules, results, MSO administrative information, links to other web sites and club home pages. When I checked this site for the results of the provincials, it was not current (rumour says that the provincials are now posted)

Only Nepean had an active home page, with their newsletter posted. There were articles on coaching and training.

Guards
Your donation of time
is greatly
appreciated

I Sink:

by Martin Stanley

I really try to kick and use my legs to swim. All that happens is that I am faster without my feet. When swimming my feet sink. Do you have the same problem?

Shortly after I started swimming with masters and had to go to the back of the lane when we did kicking, several people told me to "PUSH THE T". I never really understood what they meant. Hopefully this article helps?

Recently while looking for information on swimming/training I came across several articles on this problem. I never got the actual authors name because the articles all lead to the same conclusion "to lean this technique attend my weekend swimming camp in California." So I culled the key parts.

Water is a frustrating medium for the person trying to move through it, and the nature of that medium makes the swimming puzzle far more difficult to solve than running and biking. Let's compare it with running. A runner, with each stride, gets to push off solid footing while moving forward through thin air. The swimmer, on the other hand, with each stroke has to push against a liquid that seems to do nothing but swirl away when you try to push against it. And to compound your difficulty, in propelling yourself forward, you have to thrust your body through a medium that is a thousand times denser than air. For a runner, this would be like trying to run across a field of Jello into the teeth of a gale-force wind.

Most novice swimmers try to compensate by kicking harder. Wasteful. Especially if you're swimming the first leg of a triathlon. The last muscles you want to tire while swimming are the ones you'll use to pedal or run. But what if you could balance the body just as you do a see-saw, by lengthening and adding weight to the front end to effortlessly lift the back end? That's "Pressing the T." Follow instructions and your butt will soon be gliding effortlessly along the surface, not dragging you down:

1. Use your head. Connecting your head to your spine and hips adds about 12 inches and 14-16 lbs. to your front end. So first, imagine that a straight iron bar joins the top of your skull, spine, and hips. Lift your head even a little bit off that line (as many novices do to breathe), and your hips will sink. Don't do it.
2. Press the T. If you draw a vertical line from your chin to your sternum and a horizontal line from one shoulder to the other, they intersect at your "T." Add valuable weight to your front end while

swimming by leaning on it (like someone's pressing on your shoulder blades as you swim). Keep the T-pressure steady even as you roll and breathe.

That's usually all it takes to get the body in balance, using no extra energy and eliminating annoying lead-butt. Use the following partner drills for learning how to press the T before getting into the water.

Stand facing each other on deck, arms at your sides, your partner's inside wrist against your chin and the inside of your partner's elbow against your sternum. Lean forward trying to distribute pressure equally between chin and sternum, your partner telling you how well you're doing. Keep straightening up and rebalancing until you get it right.

Remember how it feels on deck because you want the same feeling in the water. Leaning on your chin while you swim sounds like a demonstrably silly thing to do, but steady pressure there, just as you practiced it on land, is the key to in-water balance.

Now, use it to release your hips and legs to the surface where they belong, with just the skin of your suit at the buttocks at the surface. Your partner watching to help you adjust position, kick lightly on your stomach, arms at sides, head in line with spine and hips, leaning on chin and sternum. It's an alien feeling at first, so you'll probably need to press harder than you think you should. Just don't bury your head.

Now you're ready for balanced kicking for short distances (25 yds. or less) on your stomach, holding steady T-pressure. Every time you lift your chin to breathe you'll lose T-pressure and balance, and get the chance to practice re-balancing. Practice this for at least 10 minutes before experimenting with it in your stroke.

Finally, once you're a T-pressing ace, alternate kick and swim lengths with it, thinking of nothing else but getting the force right. Short distances (25 yds.) only. Your hips should now feel light and your legs relaxed. The main sensation you should get when swimming with "t-pressure" is that of swimming downhill. (One triathlete described it as similar to the feeling of leaning into the wind while running into a strong wind.) Keep the pressure steady as you swim, as if someone was pressing down on your back between your shoulder blades while you swim freestyle. And if you're swimming on your back, then you lean on the back of your head and shoulder blades, but without putting your head back--keep your chin slightly tucked while swimming on your back.

It's not a big project. Most Total Immersion campers master T- pressure in about an hour. Happy laps!

Greater stroke efficiency is a combination of two efforts: minimizing drag and maximizing overall propelling efficiency

These articles and others actually explain what is happening in great detail. Balancing your body is the first step in improving your swimming speed. I will be happy to provide copies of the articles or tell you where I found the information.

I Swim Therefore IM Tee-Shirts available

\$10 for guards;
\$12 for everyone else,

See Karen Haist or Kathy Richardson.

All sizes available.

Be a team player - buy a shirt!

Wanted

by Kathie Key

Milton will be the site of (at least) three triathlons and two duathlons this summer; on Sunday, August 16th, the President's Choice Triathlon Series and Sunday August 31, the 3rd Annual Women's Triathlon/Duathlon.

The President's Choice will stage 3 events:

- a short "try-a-Tri" 375 m swim, 10 km bike and 2.5 km run
- a longer triathlon of 1 km swim, 30 km bike, 8 km run
- duathlon of 2.5 km run, 20 km bike and 8 km run.

The Women's Triathlon:

- a short triathlon: 300 m swim, 10 km bike and 2 km run
- duathlon: 2km run, 10 km bike and 2 km run.
- applications are available in the brochure display rack at the front of the Leisure Centre lobby.

Volunteers are need for both these events to help in such tasks as registration, marshaling and setting up/ taking down the bike racks in the transition area. If you haven't participated in a triathlon or duathlon, it's a great way to see what's involved in the sport, as well as cheering on the many athletes. In a addition you will receive a meal

and souvenir T-shirt from the event.

To volunteer for the August 16 tri/du please contact Harry Barnes at (519) 856-1154. For the August 31 event, please contact John Sliemers/Anna Morris at 878-9847.

An Evening At The Symphony

by **Stephanie Kimmerer**

Hey Masters swimmers! Are you looking for something different to do on a Friday night? Something fun, entertaining, and a change from what you may be used to? Why not try the North York Symphony Orchestra, right here in Milton!!!

Milton Concert Presentations brings the North York Symphony Orchestra to Milton for four concerts a year. This is a world-class orchestra, led by a world-class conductor, Maestro Kerry Stratton.

You may think "Why should I go see the symphony in Milton?" I don't make the effort to see it at Roy Thompson Hall in Toronto, or at the North York Centre for the Performing Arts in North

York?"

There are several reasons to try it in Milton. First, **it's more FUN in Milton!** And more intimate too. The concerts take place at the Milton Alliance Church on Friday evenings. The back row there is like the Front Orchestra section at Roy Thompson Hall. Kerry Stratton introduces the music selections with funny, entertaining stories about the composers who wrote them. This makes "Mozart" and "Beethoven" seem like real people, rather than some important, formal names from long ago.

Second, you can **go with FRIENDS!**

Regular attendees include Kathie Key and her husband, Dick, Sue and Steve Morris, Stephanie and Mark Kimmerer (Mark actually attends willingly these days!), Anna Morris (Anna is also a corporate sponsor through C.M. Morris Design Ltd.) and a few others who have attended occasionally, Sue and Martin Stanley (Sue and Martin took in the last performance of last season for her birthday in April).

Third, **there are DESSERTS** offered at intermission. Aha, now I've got you interested!!! Yes, indeed, there is a selection of desserts from the La Rose bakery available during the intermission. Brownies, Nanaimo Bars, Date Squares, etc. are served, along with coffee, tea and water. This is not exactly "carbo-loading" for the Saturday morning swim, but it is a nice

way to complete the evening. Watch out, though! The orchestra members like the desserts, too, so you have to be quick off the mark to get into the lineup.

Fourth, **the PRICE IS RIGHT!** You may attend a single performance for \$20.00, or subscribe to all 4 concerts for \$60.00. Where can you find prices like that in downtown Toronto? It's also a good way to expose your kids to classical music. Kids (students) can attend for \$15.00 for a single performance, or subscribe for \$40.00 for all 4 concerts. There is also a "Tooney Tunes" Children's Concert scheduled for Friday, February 20th, entitled "Choo Choo Cello meets the Soprano from Milano". It's great value for only \$2.00 per person.

Why not **give it a try next year?** The first performance on October 24th promises to be great fun, since it is also Kerry Stratton's 45th birthday, and there are some special festivities planned. If you have any questions, speak to me or to any of the regular attendees mentioned above, or call the number on the enclosed flyer.

Hope to see you there next year..... just don't try to get ahead of me in the dessert line!

SPOKES N' SLOPES

**89 Ontario Street N., Milton
876-7676**

BIKE TUNE-UPS REG \$39.95 - SAVE \$10.00 - NOW \$29.95

ACTIVA STORMFRONT JACKETS - Reg \$250.00 Special \$150.00

TERRY SADDLES FOR WOMEN - TERRY SPORT \$39.99

XLR8 16 oz. with Waterbottle \$21.99

POWERBAR \$1.75 ea. \$38.00/case

RESULTS \$1.75 ea. \$38.00/case

COOLMATE Personal Portable Cooling System (Not a Fan!!!) \$34.99

WHITE LIGHTNING Lube 4.0 \$8.99

Heart Rate Monitor CATEYE 10-function \$99.99

SIGMA SPORT Computers with cadence \$59.99

L. Garneau running tights from \$39.99

Chain cleaning kits \$12.99

DEVINCI Autobahn (52 cm), Shimano 105 STI, Mavic CXP 14 Rims \$1,200.00

DEVINCI Autobahn (48 cm), Shimano Ultegra 600 STI, Mavic CXP 14 Rims \$1,850.00

SPINERGY Wheels - set \$900.00

SUGOI, GT, ACTIVA, BRODIE, MONGOOSE, DEVINCI, GARY FISHER, NORCO, BELL ROAD, MOUNTAIN, HYBRID, BMX

DMS ENTERPRISES

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Miles Stanley

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