

HOT SPLASHES!!

President

By Lee-Anne Greer

I've just finished packing to head off to Nepean for the Nationals -- a sure sign that another swim season is coming to a close. That, as well as the thinning numbers in the pool over recent days!

Hopefully everyone has enjoyed the year, and accomplished the goals you've set out for yourselves. Thanks again to Eli for all the great coaching, encouragement, and massages. Thank-you, as well, to the lifeguards who have given so much of your time this year. (As you'll see in Larry's article, some changes are in the works for lifeguarding next year.)

I would also like to extend thanks to the *many* people who volunteered their time to make our various fundraising/social events so successful this season. We once again had an excellent New Year's Eve Splash, which has helped those of us who are competing at Nationals. We also hosted for the second time a very busy and exciting Spring Splash Swim Meet. Although we've decided to hold-off on a New Year's 2000 party, we are hoping to make the Spring Splash Meet an annual event (especially since we've earned such a great reputation for our food!). Peter Carson has also continued to maintain a really impressive web site for us (if you haven't checked it out, go to www.pcclimited.com/mmac). His company, together with the Fitness Technique, also sponsored a club banner for us. Last, but certainly not least, we are all grateful to Martin Stanley for the time and effort he's put into making these newsletters look so good.

There was a lot happening this year, and your participation made it a real success! Somehow, through it all, a record number of us (or should I say you--since luckily I'm still managing to stay 'immune') have managed to become parents or parents-to-be! We've had talks with the pool management about the chemicals they're using -- there really does seem to be something in the water this year!

Eli

**Have a Great Summer
Thank You for your Coaching**

Congratulations everyone!!

Hope you all have a wonderful summer. I'm



STROKING FOR PLEASURE

sure I'll see many of you at the pool during lap swimming. Some people have wondered about meeting informally to swim, possibly with some coaching (if Eli has the time -- I haven't asked her yet!!). If you would like to continue meeting on one regular day to swim, give me a call and we'll try to set something up (878-8556, or e-mail: lagreer@yorku.ca)

Annual General Meeting & BBQ

By Gloria Hewitt

The annual Masters General Meeting will be held on **Saturday, June 12th** at John and Lynn Fisher's. There will be a meeting first at PM followed by a **BBQ** and social gathering.

All members and their families are welcome. There will be a sign up list on the bulletin board to bring one of the following:

Appetizer Salad Dessert

Steaks must be ordered in advance on the sign-up sheet. Pay Gloria or Vicky at the BBQ. (Cost will be posted on the sign up sheet)

Please **bring your own** lawn chars, drinks (of various types!), and insect repellent (just in case!) (Ed. not just in case, the bugs are hungry and John has lots).

Where?

John and Lynn Fisher's
13112 Fifth Line North
Nassagawaya

Map will be posted by the sign up sheet!

New Members: the annual meeting is a great place to **chat, meet swimmers** from other lanes, learn more about the club and how it works, find out about other athletic possibilities, and/or **just have fun!!!** Hope you can be there!

Nationals

By Christian Wassermann

What a great week-end! The Masters 1999 National Swimming Competition in Nepean, Ontario was a terrific success for all the Milton Masters who participated! The (extra long) week-end of May 14-17 saw 855 Masters Swimmers from across Canada flock to Nepean to compete.

Milton fielded 9 swimmers, some of whom persevered past burning cars on the 401 to reach the site of this four day event (Did you guys know that Lee-Anne and Scott have a Nissan Sentra 4x4? Ask them about Monster-Trucking the highway median in Belleville.). Chris McDonald, Laura Goodman, Lee-Anne Greer, Lisa West, Sue Trerise, Ted Read, Peter Carson, Tom Price and myself all put in fast swims. See info elsewhere in this newsletter for placings. We missed Anna Morris this week-end. She was all set to compete but decided to cancel at the last minute.

The Nepean Sportsplex, a very enjoyable facility for this meet, was a five minute drive from our... clean accommodation. Thank-you Laura for arranging the motel, registering everyone, and gathering our medals and times at the end of the meet. The 50 metre competition pool was divided into two 8 lane, 25 metre pools. The men and women switching ends every day, shallow to deep end. There was also a 3 lane 25 m pool available all day for warm-up\cool-down. The viewing gallery seated about 1,000 spectators and was about 90% full Saturday and Sunday. Some mentioned to me that they found the air a little warm but I thought it O.K.. This was the best meet I have ever been to regarding smoothness of operation. Aside from Pickering nabbing our cooler Saturday (returned Sunday) and Sue starting (50 Freestyle?) when the start went off for the men at the other end of the pool, it was all carried through very well.

Announcements and commentary were made during the weekend by a gentleman who does the same thing for 'the kids swimming' (Esso?). It was the first time I had attended a swim competition where the sound system didn't sound like that voice in the Charlie Brown cartoons.

Friday, the first day of competition, was a great day to relax and get into the feel of the pool. The 800m and 1500m Freestyle were the only events on Friday and although two competitors swam per lane, provided an introduction to the cool, fast water and solid starting blocks. The blocks were actually so coarse that Lisa cut her toe on one of her starts!

Saturday and Sunday were long days. Even though things were well run it seemed a lengthy bit of time between swims. Warm ups started at 7 a.m. both days and we got out of there between 4:30 and 5:30 in the afternoon. I guess next year we'll have to enter more events! We brought our own munchies on deck to keep us fuelled during the day, thanks to Chris for doing the grocery shopping on Wednesday before we all arrived on Thursday. Speaking of Chris, a relatively 'new' swimmer to Milton, it was very enjoyable to see her and Sue out at this meet. Swimming competitively is not new to Chris, she competed in the 1972 Olympic Trials, but Sue is someone I hadn't seen out before. Ted, after a lull last year was pumped and powerful in his swims (although **HE** didn't shave!) and nervous as heck for the 50 Fly. It was good to see that. What a great team we have!

We stayed pretty injury free at this meet! Lisa's toe laceration was accompanied only by Lee-Anne's sprained elbow from an energetic reach for the wall at a relay exchange and Chris's damaged ankle from her altercation with the gallery seating, (you know the arena style wood seats that flip down...) they can jump right out at ya!

Although not as exotic as the West Edmonton Mall (last year) we went out Sunday evening for dinner at The Outback Steakhouse. Good company was enjoyed along with good food but I found out I cannot eat a huge steak the night before swimming 100m Fly and not expect my arms and legs to feel like bricks after the 75.

Next year the Nationals will be held in Halifax. I look forward to another year of fun and fitness, swimming with the Milton Masters swim club. Thank-you Eli for guiding our energies this year so that we could all realize our best at this final competition.

Milton Masters Track Suits
Extra Large and Small \$67
See Rishia

Masters National Championships:

NEPEAN (MAY 14-17)

Sue Trerise 45-49	50 Free 200 Free 800 Free 50 Fly 100 IM	11th 10th 13th 6th 8th	:38.21 3:04.98 :39.03 :40.95 1:32.68
Lisa West 40-44	50 Free 100 Free 200 Free 400 Free 800 Free 1500 Free	7th 7th 6th 6th 4th 7th 2nd	:32.09 1:13.10 2:47.06 6:03.25 12:37.7 4 24:17.4 2 5:37.86
Chris MacDonald 40-44	400 Free 800 Free 1500 Free 50 Back 100 Back 200 Back 400 IM	2nd 1st 1st 2nd 3rd 2nd 1st	5:37.86 11:35.8 1 21:57.7 8 :36.36 1:20.90 2:54.57 6:21.34 5:44.27
Laura Goodman 35-39	400 Free 800 Free 50 Back 100 Back 200 Back 400 IM	10th 7th 4th 3rd 4th 6th	12:08.2 3 :37.48 1:22.60 3:02.98 6:46.00
Lee-Anne Greer 30-34	50 Back 50 Fly 100 Fly 100 IM 200 IM	1st 1st 4th 2nd 3rd	:33.16 :31.21 1:11.49 1:15.06 2:45.17
Ted Read 45-49	50 Free 100 Free 200 Free 50 Breast 50 Fly	12th 19th 17th 12th 15th	:31.46 1:13.23 2:53.09 :41.43 :35.93
Tom Price 45-49	200 Free 50 Back 100 Breast 200 Breast 200 IM	15th 10th 9th 11th	2:49.76 :40.26 1:29.92 3:20.59 3:08.44

Peter Carson 30-34	50 Back 100 Breast 200 Breast	5th 8th 5th	:33.76 1:18.56 2:52.55
Christian Wasserman 30-34	200 Free 400 Free 800 Free 50 Fly 100 Fly 200 Fly	6th 5th 2nd 7th 4th 3rd	2:11.75 4:53.76 10:26.7 4 :29.81 1:05.65 2:28.54

Relays

Mixed Medley "A" 4th 2:11.80

Christian, Peter, Lee-Anne, Lisa

Mixed Medley "B" 8th 2:28.19

Ted, Tom, Laura, Chris

Men's Free 7th 1:57.89

Ted, Tom, Christian, Peter

Mixed Free "A" 4th 1:57.76

Peter, Lisa, Lee-Anne, Christian

Mixed Free "B" 9th 2:10.94

Tom, Chris, Laura, Ted

Men's Medley 8th 2:14.42

Peter, Ted, Christian, Tom

Women's Medley 3rd 2:26.36

Chris, Lisa, Lee-Anne, Laura

Beat by Burlington

By Sue Stanley

The Heart & Stroke Foundation was the real winner as Milton Masters & Burlington Masters raised a combined total of \$4,798.00 for their worthy cause during our Swim for Heart this past February. Burlington topped our fundraising efforts with a total of \$2,615.00, while our total was an impressive \$2,183.00. Thanks to everyone who was involved by swimming, pledging and/or helping out. The Burlington chapter of the Heart & Stroke Foundation really appreciate our efforts too. It is a fun event for a worthy cause. Maybe we can reach \$5,000.00 next year!!

Volunteers Needed Women's Tri

In September

Contact Sue Leeder

Phone: (905)878-7329

Fax: (905) 878-0451

Email: womens.triathlon@hotmail.com

Flip'n Out

By Aunt Flipper

Babies, Babies – Congratulations Sue & Steve Morris! Jessi (the dog) has a new playmate, Sabrina. Rumour has it she is already doing perfect backstroke around the tub. With a little luck we should get to meet our new little swimmer at the AGM.

Meanwhile, Rhonda Scaiano is really hoping that she won't be available to attend the AGM that coincides with her due date. Good luck Rhonda, we hope you are back in the swim of things by fall!

Elsa Crisp has the same "medical condition". Aunt Flipper has it on good authority that Elsa just didn't want to go to Nationals this year and needed a good excuse. Seems to have worked! Good luck Elsa!

Then there is Rishia– has the pool water been tested??? Rishia's little bundle has disrupted her soccer career, for this summer. It won't just be the grass growing at Rishia's house this summer!

The Iron bug has bitten Janice and Marshall King, Janice Snow, and Jack Hewitt and they are all diligently training for Iron Man. The real scoop – they were all looking for a way to eat more and avoid doing housework. (Why else would anyone train for Iron Man?) Bon chance and bon appetite!

Please be advised that the authorities at the San Diego Zoo have been alerted that Shamu has been spotted swimming at the Milton Leisure Centre. He seems to prefer lane 2 and tries to disguise himself by changing his fins. (Too many toys in that bag, John!)

The new and improved version of John Mayes is sleeker and faster (and meaner according to his kids) these days. Watch for the upcoming centerfold as John poses for Aunt Flipper's Cabana Boy of the Month!

Have a fun filled summer. Create some good gossip for the September issue!

Milton Masters Swim Caps

Low Price

\$5 per Cap

See Rishia

Women's Tri

Swimming will soon be over!

Have you thought about what to do during the summer?

How about trying the 5th Annual Women's Triathlon/Duathlon? This year the program has been expanded to include a second longer distance Tri. This Tri is a great introduction to the sport or an excellent goal without having to train like an "Iron Women". The course is very scenic and seems to skirt the really challenging part of the Niagara Escarpment.

If you are not inclined to compete in the events, you can come and volunteer.

Contact Sue Leeder at

Phone: (905)878-7329

Fax: (905) 878-0451

Email:

womens_triathlon@hotmail.com

m

What Did He Mean?

By Martin Stanley

Emil at the last video clinic made comment on "being a long boat" or "front quadrant swimming". Just what was he talking about???

Emil was making reference to the difference between a cigar shaped speedboat and a barge. The speedboat is very narrow and long while the barge is wide. The speedboat slices through the water at high speeds while the barge plows through. What is the difference and how does it relate to swimmers?

The difference between the speedboat and the barge is how much resistance the water is generating, as speed increases the drag increases even more. For a boat to go twice as fast through water requires more than 4 times the effort without changing its design. The speedboat needs a huge heavy motor or reduce the resistance to it moving through the water. To reduce the drag the speedboat slices the water. A long narrow boat has less drag than a wide one.

"In the 1830s and 1840s, there was a fever among clipper ship owners to break the speed record for various ocean crossings. Because

they had only sail power to rely on and couldn't simply install a bigger engine, the only way to gain speed was to change boat design. A naval architect named W. Froude tested various vessel shapes in a water tank to figure out what ratios of length, width and draft would produce the fastest boat.

Froude's critical discovery was that, all other things being equal, the best way to reduce drag was to design the boat to be longer at the water line. To this day, "Froude numbers" are used in boat design, and if you look at any boat-built-to-go-fast, from the racing shell to an America's Cup yacht, they all have the same long, sleek shape."

This principal has been around a long time and applied to swimming. It was called "front quadrant swimming" by Emmett Hines and more recently "total immersion" by Terry Laughlin. If you reduce the drag the faster you will swim with no more effort. Terry Laughlin has taken the method much further developing drills to work on body position and balance.

Front quadrant swimming elongates the body by turning the front crawl almost into a catch up stroke. Keeping the arm extended as long as possible, then quickly placing the opposite arm in that position. This increases the length of your boat, if you include hip rotation and stretching forward you have Froude's fast racing shell.

The following exercises are from the internet by Terry Laughlin (I do not have the exact reference anymore)

One way to swim faster with no more effort is to keep your body as long as possible for as long as possible during each stroke cycle. There are three ways to do that:

1. Make sure that you extend your hand fully (forward not down)when it enters the water. Swimmers who think the hand is used only for pulling usually cut the extension short so they can begin pulling more quickly. They think reaching further is a waste since it doesn't propel them. All they're doing is making their body shorter and reducing its speed potential. Swimmers who realize the more critical function of the hand is to extend the body line reach out all the way and increase the body's potential for speed.
2. After you stretch your hand out, wait a moment before beginning to pull back. When I see someone start pressing down and back as soon as they enter the water, the pulling hand is usually back under the hips before the other hand enters the water in

front. They spend far more time in each stroke cycle as a 6-foot vessel than as a 9-foot vessel. When I see them pause and glide a moment with the hand extended before beginning their pull, the recovering hand has a chance to catch up a bit and enters the water over head by the time the pulling hand is passing the head. They spend far more time in each stroke cycle as a 9-foot vessel.

3. Roll to your side as you enter and reach. Another simple experiment: Stand facing a wall with your right arm stretched overhead. Leave your hand on the wall and turn your body so the right hip and shoulder face the wall. Your hand will stretch 4 to 6 inches further up the wall because you become "taller" when you turn to your side. Same thing applies in the pool. Roll to your side as you stretch your hand on entry and stay in that full-extended, side lying position for just a split second longer in each stroke cycle.

In the final analysis, there's no advantage to stroking faster if it reduces your reach. Keeping an arm outstretched in front of the body for just a bit longer during each stroke cycle allows your "vessel" to be longer for more of each stroke cycle and hugely reduces the drag on your body. You should feel a very slight overlap (or catch up) in your strokes. Too much overlap will mess up your stroke rhythm. Just a split-second longer can make a difference. You'll travel farther and faster with no more effort on every stroke.

There is a saying that swimming is more technique than strength. We all have seen someone swimming pushing a huge wave in front of themselves and realised that they are expending a lot of needless energy. These drills are just a few to improve your technique. Eli has given us many drills this past year, did you know that the goal of most of these drills was to improve our technique?

During your fun swims in the summer practice this elongated stroke. There will be no one around in the next lane to make it competitive (I hope), just relax and be a long boat.

Volunteers Needed

Milton Tri

July 10th

Contact: Sue Stanley

Phone: (905)876-1537

Email: sue@stanmar.net

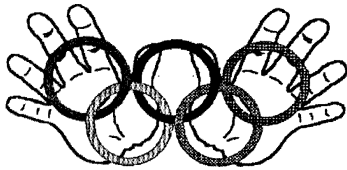
1. Trying to get Eli during public swims. Contact Lee-Anne
2. Saturday mornings at Kelso for the Tri inclined or just distance swimming.
3. Monday, Wednesday and Friday morning at Kelso (6:30 am). Please confirm these times.
4. President's Choice Milton Tri in July 10th As a volunteer or participant
5. Women's Tri in September.
6. Enjoy any beach

Elena Dimitrov

University Degree in Sport
Massage

And Reflexotherapy

Tel: (905) 878-4130



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