

Milton Masters Newsletter (\$19.99)

HOT SPLASHES!!

Where has everyone disappeared to? It must be spring!

By Lee-Anne Greer

Here's hoping everyone had a great 1999-2000 swim season. On the competition front, I think MMAC has continued to dazzle Ontario (and Canada!). Great work at Nationals! I wish I could have been there. Thanks to everyone for all of your hard work behind-the-scenes on this one--not just the Nationals competitors, but the entire team who again made it possible to bring Eli to Halifax. Special thanks to Peter for all your time and effort making the Calendars. Thank-you to everyone who bought and/or sold raffle tickets. And, our gratitude to the anonymous donor of the Aeroplan points for Eli's ticket. Everyone truly swims far, far better with Eli on deck to coach, massage, encourage, and occasionally console us.

It would seem that Eli and Emil are making sure that swimmers of all ages are putting Milton on the National map. Not only have they had record numbers of Marlins making it to National level competition (they actually have to qualify to compete, unlike us!), but Jennifer Porenta has just become the first Marlin ever to qualify for the Olympic Trials. Way to go -- and good luck Jennifer! We were proud to donate \$200.00 to her on behalf of MMAC, to help with her costs in travelling and competing in Montreal this weekend. No wonder Emil won 'coach of the year.' If there was a similar award at the Masters level, Eli, I think you'd win it hands down! Eli is now at the end of a gruelling two years in which she managed to go to massage school full-time in Toronto, coach us, co-coach the kids, as well as give massages in her 'spare time' and still be a wife and mother. Congratulations, Eli, you're almost done (with school, at least)!!!

But, it's certainly not all about competition. We raised an outstanding \$2309.00 for the Heart and Stroke Foundation (up from



STROKING FOR PLEASURE

\$2183 last year). Burlington still edged us out by a little (they raised \$3176.00), but we exceeded our goal of raising a combined amount of \$5000. Lisa Clark was our fundraising leader, managing to pull in \$645.00 from her sponsors. In general, I hope you all enjoyed Eli's workouts as much as I did this year. I watched my husband, Scott, go from a virtual non-swimmer to someone whose high elbows and body rotation in the water make me jealous!

At the risk of sounding overly sentimental, we really do have a wonderful club. With my move to Montreal coming closer and closer, I've found myself reflecting more and more on how lucky we really are here in Milton. We have an excellent facility, wonderful coaching, great swim times, and great people to swim with. I remember thinking, back when I joined the club 5 years ago, that this was one of the friendliest groups of people I had ever met. Well, I still believe that.. It's also something I've been told by numerous people from other clubs in Ontario. What a great reputation to have. I will miss you all, and wish you continued success and happiness in the future.

Of course, I'm not leaving quite yet. I do plan on swimming through the end of June and July somehow, somewhere. Emil and Laura are looking into summer swimming possibilities, and although I don't have any details yet, we do hope to have something worked out for you by the year end B-B-Q/AGM on June 10. Hope to see you all there!

Thank-You

From Eli

I would like to say thank-you to everyone in the club for all your support and help. Without the fundraising, and without the donation of Aeroplan points, I would not have been able to join our swimmers in Halifax for Nationals. It was an excellent meet, and I

had a really great time. Most of all, I was really pleased with everyone's performance. It is such a nice feeling, and so rewarding for me as a coach when I see people I've been working with swim so well, and achieve such success. Congratulations, and thank-you!

Annual General Meeting & BBQ

By Gloria Hewitt

The annual Masters General Meeting will be held on **Saturday, June 10th** at John and Lynn Fisher's. There will be a meeting first at 5:30 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!

Eli

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

MMAC needs you!

- Have opinions?
- Want to share them?
- Consider joining the 2000-2001 Executive.

If you are interested, please contact Tom Price (876-4596 or price@globalserve.net) or Laura Goodman (876-2723 or cgood@homefreeweb.com).

They can also be found in lanes 2 or 3.

Good to be back!!

By Lisa Clark

You may have heard of the difficulties experienced by Martin Stanley & Jim Nelson in their efforts to get to Nationals in the midst of an electrical storm. I, for one, teased them incessantly upon their arrival to Halifax and made many references to "Planes, Trains & Automobiles". Well, as you know, what comes around goes around. Little did I know that I was soon to have the worst traveling experience of my life that very week.

My trip to Nationals was extended by a business trip to Indiana, from which I was due to return on Friday, May 19th. On my way down to Indiana I discovered I would be traveling on a small plane with propeller powered engines for the first time ever. I have always enjoyed flying and did not mind this at all, even though there was quite a bit of turbulence. On my return flight I found myself on the same small type of plane with 17 other passengers. The weather was nice; it seemed to be a good day for flying until one of the propellers stopped turning.

This occurred about an hour into the flight, just after I had wolfed down the boxed lunch we had been served. All of the passengers on board immediately stopped what they were doing and began looking out the window and then at each other, and then to the flight attendant.

Our flight attendant advised us, and I quote, that "these planes can fly on one engine, I haven't had it happen before, but I'm sure it happens all the time". At this point I was wondering if my fellow passengers were as concerned about this turn of events as I was.

Within a minute or two, the pilots called the flight attendant on the intercom to update her on the situation. As you can imagine she had 18 pairs of eyes glued to her as she received her instructions. Immediately upon hanging up the "phone", her demeanor changed and she informed us that we would have to make an emergency landing in Mansfield, Ohio. Now, me with my active imagination thought that she had said "a man's field". This set the alarm bells ringing in my head as I pictured countless television reports of firey plane crashes in fields all over the USA. I can laugh about that now, but at the time it was a very serious situation. The flight attendant proceeded to demonstrate once again how to get the emergency doors off when we landed. Her hands were shaking uncontrollably as she did this. She then showed us the crash position that we would all have to take as soon as the pilots gave us the signal. We were told to forget about our belongings and focus on saving our lives. We were then advised that we would be landing in Akron, Ohio, rather than Mansfield as they had a full emergency crew on staff to handle the situation.

When the pilot gave us the signal, we had to put our head on our knees and hold onto our ankles (this is a position I couldn't have achieved a year ago!). The entire time the flight attendant was yelling at us to stay down, don't move, don't look up. I was seriously regretting having eaten that boxed lunch at this point, as I thought I was going to see it again. Thankfully, the pilot did a very good job of landing the plane with one engine; however, as soon as we hit the ground there were fire trucks racing along beside us spraying the plane with foam. As soon as we stopped they were at the door pulling it open and we were told to evacuate the plane as quickly as possible and run as fast as we could away from the plane. There were firemen in big chemical protection suits waving us away from the plane and yelling at us to run. There were ambulances and police cars on scene as well, ready to deal with the situation.

Once we were safely bused to the terminal, we learned that the pilots had received indicators that there was a fire in the engine. We were all very shaken up for the remainder of the day. To add salt and a bit of humour to our situation, we were bused to Cleveland to get another flight to Toronto and our bus driver was pulled over enroute by a state trooper and ticketed for speeding!! All in all I made it home about 6 hours later than I was originally supposed to.

I have always wondered how people in a plane would react knowing that they would have to make an emergency landing. I can honestly say that I now know because every single one of us on board the plane thought that this was "it". You can bet I have never been so glad to see my family as I was upon my safe return to Milton. I was also greeted with a phone call from my only brother, informing me that my one and only niece had just been born! What timing!!

On a final note, I was reminded once again how lucky we all were on that flight as we received the news report two days later that a small propeller plane had crashed in Pennsylvania, due to engine failure. There were 19 people aboard that plane with no survivors. Hearing this news was a very chilling moment for me and the others that were on my flight.

I'm not sure how to end this, so I guess I'll just say... go home & hug your family & don't take anything for granted!

Nationals

Natter

By Aunt Flipper

Just how many suitcases does it take to pack 1 bathing suit and a weekend trip? Answer according to MMAC competitors: at least two! It seems it is poor form to wear the same clothing to the pool and from the pool, not to mention the evening meals. If you are considering attending Nationals 2001, Aunt Flipper would highly recommend that you start shopping now!

How to train effectively for Nationals? Start going out for a fancy meal every Friday night, have plenty to drink, stay up late then show up for Saturday practice and swim hard. After you have accomplished this for several months you just might be able to withstand four "night-befores" at Nationals and still get a personal best.

Martin & Jim continued with their casual approach to training by not showing up until the Sunday events. Aunt Flipper has been informed that there was a substantial payment made to Canada 3000 to delay that flight so they would have a story to tell and a viable excuse, if needed. Only Lisa C. saw through this ruse and decided to show the guys up on their airplane story.

Eli is an expert at time management. She was able to give pre and sometimes post-race massages, pre-race pep talks and strategy, time every length of each of our swims, was always the first at the pool and the last to leave, and in her spare time she crammed for an exam! Aunt Flipper has no doubt who worked the hardest at this Nationals event!

Trying to compete with his lovely and talented wife, Emil "massaged" Laura's headache away. Laura's face was a picture of pain while Emil pinched her ears (therapeutically of course!). I suppose kicking her in the shins would have displaced the pain as effectively, but at least Laura didn't need her ears to swim! Aunt Flippers year-end tip: Never complain of pain or a cramped muscle in the presence of Emil. You will learn that it is possible to hurt worse!

Peer pressure is a wonderful thing! That is how Kathie was able to get a personal best in 50 metres fly as part of a women's IM relay. She also claims to have completed 15 flip turns in her 1500 freestyle, but why is there no record of any flip turns on the video??

Unofficial Results from Nationals

Halifax, May 12-15, 2000*

400 Freestyle	Kathie Key	7:27.85	6 th	200 Fly	Laura Goodman	:38.18	8 th
	Sue Trerise	6:30.12	5 th		Dawn Newman	:37.72	2 nd
	Anna Morris	6:22.06	4 th		Emil Dimitrov	2:54.15	2 nd
	Laura Goodman	5:47.18	6 th		Christian Wasserman	2:31.13	1st
	Emil Dimitrov	4:57.03	8 th		100 Breast	Jim Nelson	1:56.57
Christian Wassermann	4:47.96	5 th	Lisa Clark	1:51.32		7 th	
50 Freestyle	Kathie Key	:41.65	3 rd	Anna Morris		1:39.87	4 th
	Lisa West	:32.08	6 th	Sue Stanley		1:37.86	5 th
200 Back	Lisa Clark	3:32.07	6 th	Martin Stanley		1:36.89	14 th
	Laura Goodman	3:04.05		200 Breast	Dawn Newman	1:26.06	3 rd
	50 Breast	Anna Morris			:45.74	4 th	Jim Nelson
Lisa West		:45.37	8 th	Anna Morris	3:36.59	1st	
100 Fly	Sue Trerise	1:33.58	1 st	Martin Stanley	3:33.35	7 th	
	Emil Dimitrov	1:08.53	5 th	Sue Stanley	3:28.36	3 rd	
400 I.M.	Christian Wassermann	1:05.85	2 nd	Dawn Newman	3:06.91	3 rd	
	Sue Stanley	7:27.51	8 th	100 I.M.	Lisa Clark	1:38.78	8 th
	Laura Goodman	6:45.18	7 th		Anna Morris	1:32.28	6 th
100 Free	Kathie Key	1:38.20	6 th		Sue Trerise	1:31.75	5 th
	Jim Nelson	1:33.04	15 th		Dawn Newman	1:18.75	4 th
50 Back	Sue Trerise	1:22.98	7 th		Emil Dimitrov	1:09.13	3 rd
	Anna Morris	1:19.80	4 th	100 Back	Laura Goodman	1:23.64	5 th
	Martin Stanley	1:17.27	22 nd		Dawn Newman	1:20.67	2 nd
	Lisa West	1:13.81	6 th	800 Free	Sue Stanley	13:43.72	4 th
	Women's Free Relay	Sue T, Kathie, Sue S, Dawn	2:30.96		6 th	Sue Trerise	13:34.89
Laura, Lisa C, Anna, Lisa W		2:19.90	5 th		Christian Wassermann	10:24.85	3 rd
Women's Mixed Medley Relay	Laura, Dawn Christian, Emil	2:14.19	2 nd	1500 Free	Kathie Key	29:26.95	1st
	Anna, Jim, Sue S, Martin	2:28.42	11 th		Jim Nelson	29:07.10	
Women's Mixed Free Relay	Anna, Jim, Sue S, Martin	2:28.42	11 th		Martin Stanley	24:20.06	
	Lisa W, Laura Christian, Emil	1:58.75	5th	Lisa West	24:15.76	3 rd	
Women's	Lisa C, Sue S	3:01.82	5 th				

Medley Relay Kathie, Anna
Laura, Dawn, Sue T, Lisa W **2:29.05** **1st**

Men's Medley Relay Martin, Jim, Emil, Christian **2:28.26** **10th**

- Unfortunately, some of the results are not yet available.

Halifax

By Christian Wassermann

The 2000 Masters Swimming National Competition in Halifax, Nova Scotia, held May 12 to 15. I could have eaten my way to personal bankruptcy...but wait, I'm getting ahead of myself.

I thought I was pretty 'up' on the luggage technology that mankind has created in order to carry her luggage around this great world of ours. Lisa Clark has this refrigerator. Oh, it's only a small fridge but with a handle and wheels, it carries all her barest essentials. I was surprised as I was standing in the check in line at the airport that as Lisa opened the 'door' to her fridge I didn't see a little light inside and hear the rattle of salad dressing bottles in the door shelves.

I shall say little about our flight with Canada 3000 other than I was glad to get out of the plane in Halifax, so that I could breathe again. Who engineers the friggin' 'personal space' allotment in those planes anyway?

When you get to Halifax you must travel by some means to the city proper, as the airport is some distance away, maybe 25 Km or so. There's this little bus, looks like one of these mini school buses, that will do you a return trip for \$20. If you so choose to use this bus to get to the city **be sure it will start** before you get on. And pick one that has working interior lights, so that you can at least see the hand in front of your face if it's foggy. The ride's not luxurious but it gets you to your hotel. It'll even bring you there twice if you are too busy arguing with the bus driver about the address of the hotel to notice that you're stopped in front of it or if Dawn wants to see the cute guys with the kilts again.

The Waverly Inn, where most of the Milton Masters stayed, is a place to which you must go if you travel to Halifax. An old building that has been tastefully stocked with all kinds of antiques. It's got creaky floors, a flowing stair case that lands you gracefully down into the lobby from it's highest third floor. I know it has three

floors and the staircase doesn't seem so gracious when you're gasping up them with Anna's suitcase and Lisa's fridge. The Inn provides a full breakfast in the hospitality room from 6:30 a.m. to 11:00 a.m. and is then open from 2:30 p.m. to 12 mid-night for nibbles and coffee (and mix if you happen to enjoy a milk-based Kahlúa type beverage after a hard day at the pool). The provided breakfast was enough to keep me going for the whole day, with only a few munchies until supper. The rooms at the Waverly Inn were straight out of Ye Olde 'English mansion. The larger were furnished with huge four post beds, wardrobes, and tables, mirrors with ornate wood carved frames and elegant wallpaper. Everything was dark wood and embroidery covered upholstery. A large bouquet of flowers in a china vase greeted you at each landing of the stairs. A truly lovely building kept up by the people who were as warm as the home away from home, which was for us the Waverly Inn.

The Pool, "The Dalplex". What a great pool it was. If you've ever been to Etobicoke Olympium don't think of that when you try to imagine the Dalplex pool. It doesn't look like much at first but wait until you get into the water! Temperature is right on and good walls on the end (I thought) although some people found during backstroke that the wall position was a little closer than they were anticipating. The pool side has adequate seating and the gallery is quite large, but does not extend the full length of the pool although the whole pool can be seen. The air temperature at poolside was good too. Warm enough to keep you limber yet I didn't get dehydrated either.

You know how in some social groups there are individuals without whom the group would seem to lack direction, purpose and energy? Eli is that person for the Milton Masters Swim Club. Eli's calm, firm instruction before each race and her confident assurance of our ability to make a particular time, ensured that I was phukused. Ask Eli about the amazing Bulgarian art of Phukus. A method of culminating the many strength of human body and mind, then directing them to a specific task.

Not everyone had the luxury of actually arriving in Halifax when they had planned. Martin, Jim and Dorothy had the pleasure of sleeping over-night in the Toronto Airport.

They got caught in that huge rainstorm and left Sat. around 1 p.m. instead of Fri. evening. Kind of frustrating way to begin a weekend but they seemed in good spirits when they finally arrived.

An aspect of swimming that I have learned to appreciate more with age is the linear relationship between energy expended during the work-outs / racing and eating. Food is beautiful is it not? Coupled with good company, dining on good food is truly one of life's pleasures. The Milton Masters Swim Club endeavored to enjoy this pleasure to the utmost. It took my mastercard 2 days to cool down but it was worth it. The most recommended establishment?...Bud the Spud! A chip truck that by Lisa Clark's standards produces the best chips in the world. Lisa is a French Fry fanatic and if you're ever confined near her in a small space like let's say a small school bus, ask about the merits of the different fry species and you will be enlightened. Oh, John Fisher, the Five Fishermen was a great place, thank you for the recommendation, however they no longer serve the St. Andrew's Feast.

Yes we sure did eat well and it was deserved. Every-one swam hard and had a good time.

It was difficult to leave our comfortable Inn to come home Tues., however the bus ride back to the airport was much more pleasant as the weather was sunny and clear.

Did you know that on a Canada 3000 flight you are allowed only 20 Kg of Luggage? Hmm that doesn't seem like very much does it? Ask Anna and Laura how much 20 Kg feels like or rather what does 73 Kg feel like? Did you also know that Canada 3000 will charge you \$5/ Kg over your 20 Kg limit? Be warned! It didn't end up as bad as it sounds. Not every-one had reached their 20 Kg weight quota, so lots could be transferred. Much of it was taken on as 'carry-on' as well.

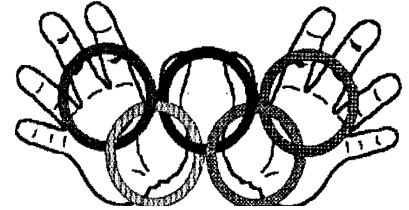
What a great weekend! Halifax was a thoroughly enjoyable place to discover in the time that we had. I had such a good time sharing the weekend with every-one! I will miss Nationals for the next few years, but the great memories of this one in Halifax will be more than enough to keep me eager to compete again!



Elena Dimitrov
 University Degree in Sport
 Massage

And Reflexotherapy

Tel: (905) 878-4130



Waterpolo

Anyone interested in joining a waterpolo
 program

On Thursday evenings?

Call Patrick at the Leisure Centre:

878-7946 ext. 25.

Thank You

Lee-Anne

For all your hard work.

We will miss you.

Good Luck in Montreal!

PS. Keep swimming Scott

SPOKES N' SLOPES

89 Ontario Street N., Milton
 876-7676



MMAC Sports Library

By John Fisher

The new MMAC Sports Library is here. A reference document of swimming, cycling, running books and videos that might help members reach their goals.

If you are interested in any of these resources contact the MMAC Member.

Borrowing privileges and protocols are between the owner of the material and the borrower. The reference document simply says what material is available and who has it.

Type	Sport	Title	Author	Publisher	MMAC Member
	Cycling	Ride like a pro	Bicycling magazine	Bicycling magazine	John Fisher
	Cycling	Science of Cycling	Edmund Burke	Human Kinetics	John Fisher
	Cycling	Serious cycling	Edmund Burke	Human Kinetics	John Fisher
	Cycling	The cyclists training bible	Joe Friel	Velo Press	John Fisher
Video	General	Swiss Ball Exercises for Athletes	Paul Check	Paul Check Seminars	Martin Stanley
	General	The Complete Guide to total Fitness	Jan Percival	Prentice-Hall	Martin Stanley
	Psychology	The Inner Athlete	Robert Nideffer	Thomas Crowell	Martin Stanley
	Running	Better Training for Distance runners	David E. Martin Peter Coe	Human Kinetics	Martin Stanley
	Running	Endurance Athlete's Edge	Marc Evans	Human Kinetics	Martin Stanley
	Running	Galloways book on running	Jeff Galloway	Shelter	John Fisher
	Running	Lore of running	Tim Noakes	Liesure Press	John Fisher
	Running	Run fast How to train for 5k or 10k	Hal Higdon	Rodale	John Fisher
	Running	Serious Training for Endurance Athlete's	Rob Sleamaker Ray Browning	Human Kinetics	Martin Stanley
	Stretching	Scientific Stretching for Sport	Laurence Holt	Sports Research Lt.d	Martin Stanley
	Stretching	Stretch Book - Active Isolated Stretching	Jim & Phil Wharton	Random House	Martin Stanley
Video	Swimming	Butterfly	Byron Davis	ASC1999 world clinic	John Fisher
Magazine	Swimming	Fitness Swimmer (4 Years)			Lisa West
Video	Swimming	Freestyle	Lindsay Benko	ASC1999 world clinic	John Fisher
	Swimming	Swimming into the 21st century	Cecil M. Colwyn	Human Kinetics	John Fisher
	Swimming	The Complete book of swimming	Dr. Phillip Whitten	Random House	John Fisher
	Swimming	The guide to fish like swimming	Terry Laughlin	Total Immersion	John Fisher
Video	Swimming	Total Immersion	Terry Laughlin		John Fisher
	Swimming	Total Immersion	Terry Laughlin	Simon & Schuster	Martin Stanley
	Training	Training Lactate Pulse rate	Peter Janssen		Martin Stanley
	Triathlon	Time Saving Training for Multisport Athlete's	Rick Niles	Human Kinetics	Martin Stanley
	Triathlon	Triathlete's Training Bible	Joe Friel	Velo Press	Martin Stanley