

Milton Masters Newsletter (\$6.50)

HOT SPLASHES!!

AGM Procedures

by Sue Stanley

Saturday June 14, 1997 will be our AGM and closing BBQ. This is a fun family event and the meeting is kept very brief! Reserve this date in your calendar now!

To bring forward a motion and have it placed on the agenda for this AGM, the motion must be presented in writing to the secretary (Sue Morris) no later than 30 days prior to the meeting (by May 15th). This is in accordance with our Constitution.

There will be more details to follow as we get closer to the this date, but for now let's enjoy our last swim session of this season!

Video Clinic

Emil has video taped most people who were interested in a video clinic. Due to the Leisure Centre's new rule about electrical equipment on deck (or maybe the enforcement of an old rule??) we were unable to show the video at practice.

So...sounds like a good excuse for a party!!! Date, time and location to be announced at a pool near you. Hopefully we can arrange it for sometime in April.

In the meantime, if you have not been video taped and are interested, please speak to Sue Stanley (Head Shark). We might be able to convince Emil to come one more time!



STROKING FOR PLEASURE

Masters Have Heart

by Kathy Richardson

☺☺Way to go Milton Masters👏👏!

On behalf of the Heart and Stroke Foundation, I would like to thank all the participants and sponsors in our Swim for Heart. Their outstanding effort resulted in a contribution of **\$2,206.00**, an increase of \$824.00 from last year's total.

Very special thanks to our top canvassers, **Richard Burgess** with **\$714.00** followed by **Steve Morris \$335.00** and tying at **\$230.00 Marsha Zuest and Larry Scott.**

The incentive gifts should arrive 📦 for distribution in early April.

Thanks again, to each and every one of our participants for a job well done!

DuPont Pharma

deserves special mention for their generous contribution of **\$500.00** for the Heart & Stroke Foundation.

WELCOME

New Guards:

by Karen Haist

The classes are over, testing complete! Have you noticed the new guards on deck? We would like to express our appreciation for the hours they have spent in training (and missed practices). Thank you for your commitment to the club by volunteering your time!

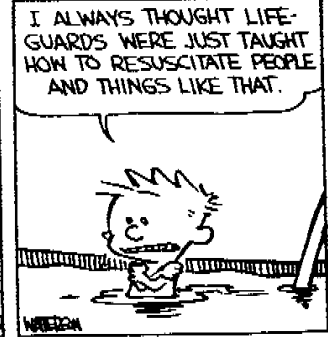
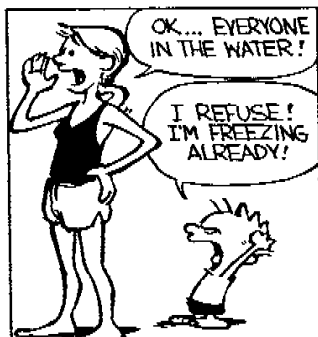
Congratulations:

- Rishia Burke
- Elsa Crisp
- Gwen Jarrett
- Deb Mondoux
- Steve Morris
- Sue Morris
- Judith Rouse
- Rhonda Schop
- Larry Scott
- Bob Webb

We're happy to have you on deck!!

Also a warm welcome back to Sue Leader who will be guarding and swimming with us this spring.

Thank You
Eli



Tri Season

Spring has sprung (Well according to the calendar it has). That means that those people who have a lot of "free" time will be wanting to swim lot's of freestyle. Those crazy triathletes are back (they never really left, just behaved themselves). Eli is preparing special work outs for them on Thursday nights. If you are not inclined to want to swim, ride a bike and run, Thursday night is still technique night.

Annual BBQ (AGM)

Needs a home? If you are interested in **hosting the dry land event** for a bunch of "fish" please contact any member of the **executive (SHARKS)**. The scheduled "fish fry" is **Saturday June 14th**. (Please, Please, Please!!!!!!)

A school of fish are required to organize the BBQ (June 14th), if you are interested in being part of the school (committee) contact your local shark (executive member). (Would the person who mentioned Karaoke like to step up to the mike!!!! We know who you are).

Guard News

by Karen Haist

- Did you know that it is mandatory to have your Bronze Cross card with you **on deck** every time you guard? Please ensure that your card has a safe spot inside your swim bag!! (Maybe get it laminated and attached to your whistle)
- Refresher courses are run each session for **all lifeguards** (yes that means you, you know who you are). Watch for April and May dates and plan to attend at least one.

 **Wanted!!!!**

MMAC needs you! 

A nominating committee will be formed soon. They will be looking for volunteers for the 1997-98 executive. Yes you too can be a shark. Contributions of your time are appreciated and required to

keep MMAC running smoothly.

Lowblaws

BBQ

by Kathy Richardson

We will be holding a fund raising BBQ at Lowblaws again this year. **Saturday May 31st** is the day. A sign up sheet will be posted at the beginning of May. We'll need **volunteers to man the BBQ for 1 hour** shifts. Please try to reserve 1 hour for your club that day. Last year we raised \$183.00!!

Swimmer's new twist

from the Globe & Mail

When U.S. swimmer Misty Hyman set a world record with only 16 strokes of the butterfly at the Canadian Open in Quebec City (Sport, Dec. 2), she was adding a new twist to her tail-end by turning on her side under water. "instead of the dolphin-kick, she was now mimicking other marine life" that weaves along with a lateral movement, reports The Sunday Times of London. Her coach's idea was that the eddies she created would generate continuous energy without being interrupted by running into the surface of the water above or the bottom of the pool.

**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!

Official's Clinic

by Martin Stanley

MMAC has always been active in swim meets, over the last year we have done extremely well (see meet results). Going to a meet is always fun and exiting, so we are considering holding our own meet. Crazy you say, insane, no way well you could be

right or wrong. Instead of jumping headlong into such an undertaking Lee-Anne, Laura, Elsa, Vicky, Sue Stanley and myself attended a workshop on running a swim meet put on by SWIM ONTARIO.

The day started by us arriving at the designated meeting place (Tim's by CANADIAN TIRE). We arrived well before the Saturday 8:30 am meeting time, got our breakfasts and settled down to wait for the others. Shortly everybody turned up but Lee-Anne, when she arrived we all thought she was late. Lee-Anne was on time its just we were so early it seemed like she was late.

The course was divided into 6 sections that were repeated in the afternoon. In an effort to maximize our time we each tried to go to a different section in the morning. I went to the starter clinic, Elsa the referee,

I entered the room, where they promptly start talking about a starters responsibilities. It went well except for the odd feeling that I was missing something. They then said come up and get your certificates signed, I did not have one but neither did other people. At lunch we talked amongst ourselves and found out we all had the odd feeling. Elsa felt even more out of place, everyone knew each other in her clinic.

We resolved our problem, yes Virginia we were missing something. The one class we figured was not important was called Level 1. The clue was this was the only course like this. What we were all missing was the introduction provided by this course. There is a structure and requirements to who can do and be what in a swim meet.

The majority of position's; eg timers can be filled by anyone with about 1 hours training. The rest of the positions clerk, starter, turn judges can be filled by those who have attended the appropriate clinic at courses like we did (there will be another course Oct 18th). Other positions such as referee, meet manager and chief timer require people with more experience than we have. Laura, from her involvement with the Marlin's knows some of people who might be willing help.

The Marlin's have many parents with the necessary skills, maybe if we're nice ...



Would you like **MMAC to host swim meet** sometime in the future?

Would you be willing to **help organize** an MMAC swim meet?

Name: _____

Comments:

Wings and Beer

Same Time,
New place???

May 6th
(I never joke about wings)

Alderwood

Congratulations Lee-Anne! Her 1st place finish in 100 back was fast enough to break an Ontario Record!!! Now Lee-Anne has the time to beat. Way to swim! Let's see your name on the 100 metre list, too!

**Alderwood Teddy Bares -
January 26, 1997**

Note: This one is a yard pool!!

	Event	Place	Time
Elsa Crisp	50 fly	1	0:38.41
	50 free	1	0:34.82
	100 fly	1	1:39.75
Ed Doherty	50 back	3	0:47.23
	50 fly	1	0:39.87
Laura Goodman	500 free	3	7:08.90
	100 back	1	1:19.14
	200 IM	2	2:57.64
	50 free	2	0:30.85
Lee-Anne Greer	100 free	1	1:02.76
	100 back	1	1:07.91
	200 IM	1	2:35.30
	100 fly	1	1:07.44
	100 fly	1	1:07.44
Kathie Key	500 free	2	9:22.60
	100 free	2	1:34.54
	50 fly	3	0:50.40
	200 free	2	3:25.51
	50 free	2	0:39.03
Deb Mondoux	50 breast	3	0:44.45
	100	3	1:40.20
Ted Read	breast		
	50 free	6	0:42.83
	100 free	6	1:08.99
	50 fly	6	0:32.64
	100 free	6	1:08.99
	50 breast	6	0:37.84
Larry Scott	100	2	1:25.89
	breast		
	50 free	6	0:29.60
	500 free	2	9:29.79
	50 back	1	0:42.84
	50 fly	3	0:43.71
	50 breast	1	0:41.94
	50 free	1	0:32.56

**Burlington
Swim Meet**

This was our most popular swim of the season with 14 people attending. There were some impressive feats accomplished at this one.

Christian should be congratulated on completing his first competitive 200 metres fly. He took time to get focused and swam beautifully. We even captured him on film and after 200 metres his arms were still in that perfect position!

👉 **Kathie Key was flipping all day** (almost anyway!) Flip turns that is - way to go Kathie!! 🐣.

Martin learned the hard way why Eli is always stressing to **finish the breast stroke by touching with 2 hands that are level**. She wasn't joking! Ask Mr. DQ (disqualification 😊).

Sue Stanley made a cameo appearance, becoming the 4th member of the women's relay team. (Why not to go as a spectator and have your swim bag in the car!)

**Burlington Swim Meet -
February 16, 1997**

	Event	Place	Time
Peter Carson	50 breast	2	0:38.18
	100 back	1	1:14.33
	50 free	4	0:29.52
Elsa Crisp	50 back	1	0:34.27
	100 fly	2	1:48.33
	50 fly	2	0:43.37
	50 free	4	0:38.14
	100 IM	3	1:38.87
	100 free	2	1:09.43
	50 fly	4	0:36.30
John Fisher	200 free	1	2:40.16
	100 free	3	1:11.37
	50 free	4	0:31.47
	100 IM	2	1:30.91
	200 free	2	2:46.97
	100 back	1	1:25.76
Laura Goodman	100 back	1	1:25.76
	50 fly	3	0:39.87
	200 free	3	2:50.11
Lee-Anne Greer	100 fly	1	1:15.11
	100 back	2	1:15.74
	50 free	2	0:31.80
	200 back	1	2:48.23
	100 free	2	1:43.91

	50 fly	2	0:55.83
	50 free	1	0:44.02
	200 free	1	3:47.33
Deb Mondoux	50 breast	4	0:48.52
	100 breast	3	47:02.00
Tom Price	200 breast	2	4:03.00
	50 breast	4	0:39.89
	100 free	5	1:10.86
	50 fly	3	0:35.90
Ted Read	100 IM	2	1:22.63
	50 back	1	0:40.23
	50 breast	5	0:41.20
	50 fly	4	0:36.63
	100 breast	4	1:34.05
Larry Scott	50 free	4	0:32.54
	50 breast	1	0:45.85
	50 fly	3	0:53.33
	100 breast	2	1:50.48
	50 free	6	0:36.50
	50 breast	DQ	0:47.14
	100 free	2	1:17.86
Martin Stanley	50 fly	5	0:42.83
	50 free	1	0:34.16
	100 IM	4	1:35.31
	50 back	3	0:47.31
Christian Wassemann	100 fly	3	1:09.58
	100 free	1	1:01.12
Bob Webb	200 fly	2	2:44.20
	50 breast	1	0:43.69
	100 free	3	1:25.11
	50 free	2	0:36.82
	50 back	2	0:47.82
Relays			
	Event	Place	Time
Lee-Anne, Peter, Christian, Laura	200 IM	1	2:18.20
	200 IM	5	2:52.34
Martin, Bob, Elsa, Deb	200 free	1	1:58.42
	200 free	2	2:24.90
Christian, Tom, Karl, Peter	200 free	1	1:58.42
Elsa, Laura, Sue, Lee-Anne	200 free	2	2:24.90
Martin, Deb, Kathie, Ted	200 free	1	2:30.67

Up Coming Meets

Provincial Championships Brantford May 23 - 25th

There sounds like a fun party on the Saturday night!! Anyone can come, there are no qualifying times.

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



Starting Block's! Where??

At the North York Pentathlon we had to improvise on starting blocks for the 100 IM relay (a real team event).

'Clear the Pool'

Or

One Long Whistle

Lifeguards and the Lesuire Center use this signal to get everybody out of the pool. It signals a problem or end of a public swim.

Let's hope we never use our whistles

Ask the Pros

by Sue Stanley

Christian on fly:



New swimmers (fly-ers) concentrate on getting their hands out of the water. This often results in bent arms when clearing the water. He advises that you forget about your hands. Instead, think about **getting your head out of the water first**, followed by your shoulders, then your arms;. Your hands will automatically follow and they will likely be in a more correct position.



Rick on kicking:

Most people are looking for that magical way to kick that allows for a nice easy cadence with lots of propulsion. According to Rick, "**there is no magical way, you just have to kick like hell!!!**" Take a minute to watch the wake behind all the lane 3 swimmers and compare it to those swimming in your lane -

DMS ENTERPRISES

EAR CANDLING

Miles Stanley

My 100 Fly

by Elsa Crisp

After 13 years of no competing, I decided to give it a go & for some insane reason one of the races I signed up for was 100 yard butterfly. It was a yard pool so I thought I might actually finish it. (I also believe that I did it to prove to myself that you can do anything that you used to do! Ha!

The day finally arrived, January 26th 1997, Alderwood Swim Meet & as we walked on the poolside all the memories of my childhood swimming came back, my stomach was churning inside. As I waited for the 100 fly, I was starting to regret the decision to swim, I must be insane; I won't be able to finish it. Everyone tried to keep me calm and focused, it was tough. Eventually it was my time to prove to myself. As I stood on the blocks all I could hear was "you can do it, Elsa!" (I just hoped they were right.) As the gun went off I said to myself, "it's now or never".

The first 50 felt good, but as I turned for the second 50, I thought to myself, "uh-oh, I've got to do this all over again. The third 25 was tough but it was seeing everyone at the end of the pool cheering me on that kept me going. As I made my third turn everyone was shouting "GO ELSA GO". I was certainly having my doubts. The last length was the longest length I think that I have ever swam. I kept saying to myself you're almost there, but the end of the pool didn't seem to be getting any closer. I could hardly get my arms out of the water. When it did cross my mind to give up I heard a voice in the background. It was Laura, "Kick, Kick, KICK". I kicked and finally I touched the wall, I had done it! As I got out of the pool (by the steps) I could hardly walk, I was exhausted.

Although my time was 35 seconds slower than what I used to swim as a kid, I didn't care, it felt great!

I just want to thank everyone for their support. I couldn't have done it without you!

(From the first time we saw Elsa "fly" down our pool, there was never any doubt that she could do it! Congratulations Elsa!! - Ed.)

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

Heart Rate Monitors

by Martin Stanley

Heart rate monitors are the new training aid (not that old, but not that new). In the fall I talked about standardized target training heart rate for swimming. I suggested a modified Conconi test to determine your heart rate zones for the monitor.

The heart rate monitor is designed to measure heart rate as you work. There is a very strong relationship between how hard you are working and the heart rate. It is a straight line upto the point of anaerobic work, this point is called the VO_2 Max. or the maximum amount of oxygen your body can carry to the working muscles. VO_2 Max can be estimated from the heart rate or blood lactate levels. Heart rate is used because it is repeatable and easy to measure.

Blood lactate is a direct result of the efficiency of the working muscles to burn oxygen. As the muscles work harder requiring more oxygen, they supplement the energy with anaerobic energy. Lactate is a by product of the anaerobic energy cycles. This relationship is directly related to VO_2 and heart rate. Lactate measurements require a small blood donation and immediate analysis.

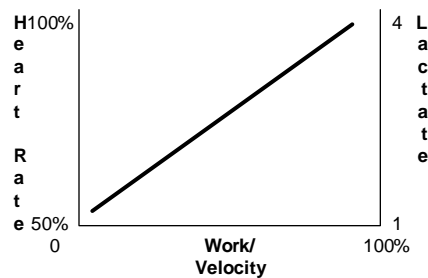
To effectively use a heart rate monitor for training you need to know how your body responds to increasing work loads. Ideally you would do VO_2 max test in the same sport. The next best test to take blood lactate while doing the sport. Plotting your heart rate against work is the easiest. That is a Conconi test I suggested for swimming.

Some people expressed interest trying this test. Bob Webb has access to several of heart rate monitors that can be downloaded into a computer. Bob has offered to set up a test one Saturday morning; to try the Conconi test and take some other measurements. (He is good at measuring responses to environmental conditions). Bob would like to take measurements again in the future, to look at training effects. If you are interested, speak to Martin or Bob.

Kathy Key is making arrangements to have lactate testing done at Personal Best. If you are interested please talk to her. If you are serious about training; this is a must test. It would enable you to design an effective training program. The heart rate zones you would use will be exact and not estimates.

People talk of zones 1, 2, 3, 4 or levels 1, 2, 3, and 4. Sometimes they refer to levels as V1, V2, V3, V4 they are the same thing. The level is the estimated heart rate that will produce blood lactate of 1, 2, 3 or 4

milliMoles/l (mM/l). The V is the estimated velocity producing a level of lactate and the heart rate is estimated from this lactate level. The zones are the heart rates between these levels. A blood lactate level of 4 mM/l is the point where the energy supply changes from aerobic to anaerobic, (work increases with no increase in heart rate). Level 1 or 1 mM/l is just above resting. To accurately determine these heart rates you should have a VO_2 Max done or have lactate tests done.



Flip Turns (or how to splash the coach)

The flip turn or how to splash the deck, is a goal of all swimmers (well some). It is supposed to show to anybody watching that “**I really do know how to swim**” (you do not really have to know how). For many of us; we have tried to emulate those who can (Lee-Anne, Rick, Christian etc). We watch them as they effortlessly come up to the end of the pool and just flip!! We ask them for their secret?. The answer is just do it thousands of times and it will come. Lee-Anne was once pressured into giving an impromptu clinic, so that those of us going to a meet would not embarrass ourselves (some of us still did!!). As a follow up to this clinic Lee-Anne has found some articles explaining the mechanics of the turn.

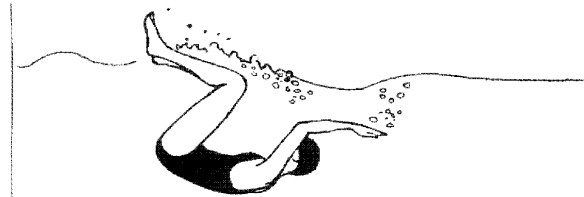
“THE FLIP TURN” from The Complete Book of Swimming by Phillip Whitten 1994.

The flip turn is, by far, the fastest way to do a freestyle turn. In my experience, almost everyone loves doing it. I have taught the turn to hundreds of people—from children as young as five to adults as old as eighty-six. It seems that as soon as people learn the crawl stroke, they want to learn how to flip.

What you are trying to accomplish with the flip turn is reversing the direction of your body in the shortest time, without losing speed and while using the least amount of energy possible. The sequence of the drawings below illustrates the phases of the flip turn.

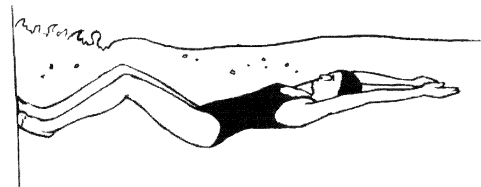


As you approach the wall, stop recovery of one arm and hold it at your thigh. Take the final stroke with the other arm. Then hold both arms at your sides, palms facing down.

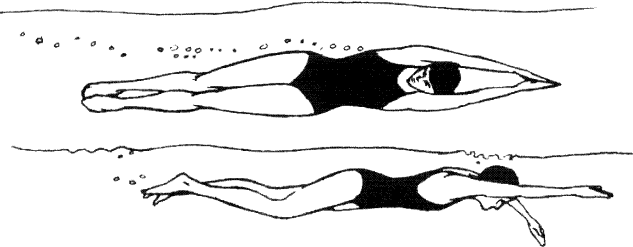


Begin the somersault by ducking your head and shoulders. At the same time, press down with your palms. Add a dolphin kick to help raise your hips and rotate your body.

With your body in a pike position and your hands still pushing down, complete the somersault by bringing your legs over the water. Move your hands towards your head to reduce resistance and prepare for a streamlined push off the wall.



Whip your legs directly overhead. Then plant your feet on the wall. Now, as you bring your arms forward, push off the wall with your legs. With the thrust off the wall, extend your arms, keeping your head squeezed between your upper arms, and streamline your body.



Finally, as you push off, twist your body so that you “corkscrew” through the water and end up on your stomach before taking your first stroke.

The time you spend on the wall should be very little—half a second or less.

As soon as you feel yourself slowing down, begin flutter-kicking with a small, fast kick. Then let your head break the surface and begin stroking.

When you practice your turns, remember to explode off the wall, assume a streamlined position, and kick hard. You should be able to glide four or five yards, or even farther, before stroking.