

Milton Masters Newsletter (\$100.00)

HOT SPLASHES!!

Masters National Finals 1998

By Christian Wassermann

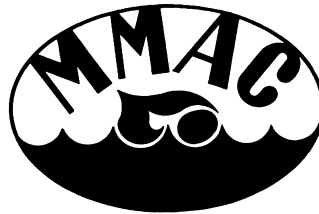
Thank-you ! To every-one who helped get eight Milton Masters and our coach to the 1998 Masters National Swim Competition in Edmonton 15-18 May. Lisa, Anna, Lee-Anne, Laura, Eli, Richard, Glen, Peter and I very much enjoyed our competition/holiday !

What a great week-end ! The only thing marring our adventure was the lack of an in-flight movie, but not to worry, *entertainment was provided by a screaming/spewing two year old.*

The pool was huge, part of the Kinsman Community Centre. As well as the Masters Meet there was a table tennis (**NOT Ping Pong !**) tournament going on and overlooking the pool was a two level weight room. The 50 meter pool we swam in over the four days was one of three pools at the centre. A shallow 25 meter pool and the diving tank were used for warm-up.

I wouldn't say it was the best organized meet I'd ever been to. Maybe because it was held in a large facility where so many other things were going on. The meet started Friday at 4:00 pm. Some of us swam our first events pretty late, I didn't swim until 10 pm! Opening ceremonies were at 10:30 am Saturday after a couple events had already been swum. There weren't as many people at the meet as had been hoped for, 540 managed to make it and 1,000 were expected, so the pool had a rather spacious and relaxed air about it. So much so in fact that we laid out a large gymnastics floor mat we found near the diving tank and hung out on that instead of the bleachers. Milton had arrived, we had prime real-estate, pool-side. **SOME people tried to move onto our turf, even tried to play our sympathies with small children, but we set 'em straight.**

We were definitely the best dressed team at the event. Through-out the week-end we all fielded questions such as; "How many of you Milton people ARE there any-way ?", "**Where is Milton ?**" and (directed to Eli) "How much is a massage ?". I'm sure glad Eli was able



STROKING FOR PLEASURE

to make the trip. Beside providing invigorating massages before our major swims, she was the cohesive agent keeping us a swim TEAM....

She watched all swims, commented on performances and times, lauded all efforts and gave the odd smack in the head Friday night to those that got all sucky because they swam 50 Fly two seconds slower than ever before. Every-one swam really well! I won't go into results here as it was in the Milton paper and will be some-where else in this publication.

Post swimming activities far surpassed any expectations I could have had.

In the West Edmonton mall, near the submarine ride and other such water attractions, lies a restaurant called Red's. If you have ever been to Red's you know that of which I now speak. If you have never been to Red's you must go to Red's. Red's is unlike any eat/entertainment play-land you have ever been to. Red's is housed in what used to be the Canadian Tire warehouse. Red's is huge. Red's is loud. Red's is large enough to house a bowling alley and you wouldn't even know it was there. Red's has a bowling alley. Red's has one floor dedicated to pool tables. Red's has an arcade. Red's has a dance club. We did it all !! I know that bowling is not something I excel at but after a few performance enhancing beverages I did improve. Lisa didn't want to show any of us up so she accepted an invitation to bowl with the next team over and whipped their butts real good.

Now, pool is a bar game right ? A round of pool should be a thoughtless, agreeable experience allowing you an easy sense of accomplishment justifying your next purchase of a pitcher of Canadian, right ? How come whenever I hit the cue ball and it hit the edge (bumper, whatever) of the table it launched into space ? I decided rather quickly that pool was not for me that day and

headed for the club. Those of you familiar with Toronto dance clubs will understand when I speak of the attraction of an empty dance floor. To not have to worry about jostling the patron beside you and subsequently wearing their elbow or something colder and sharper in your back-side is refreshing. I must say I took advantage of the tunes and space. Soon after every-one else did as well.

As all good things must come to an end, so did our evening. And where the heck WAS Richard anyway ? Wasn't he going to bike to the mall and meet us here !? Oh well, at 1:00 am. in the parking lot behind Red's, waiting for a Cab to take us to waiting slumber, I thought only of what an amazing week-end it had been.

Thank You

To the person who generously **donated** the air miles to **get Eli to Edmonton**. The whole club was proud to have our coach and team at the competition.

We appreciate your generosity

We'll Be Back

For those of you who like to plan your schedules ahead of time....The fall session will start on Tuesday September 15th, 1998. The cost will remain the same \$108.00 for full membership, \$70 for splits. Bring your post dated cheques to the AGM!! We even know the date of next year's AGM - Saturday June 12, 1999 - now that is notice!

Procrastinator's Club

Wings & Beer

Fitzwhiskey's on
July 7th @ 8:30 p.m.

For all those who missed last seasons

Finale

by Sue Stanley

What a way to finish off a great year - with 10 Canadian Champion titles in our midst! We couldn't be more proud of our National team and our coach who once again put Milton on the swimming map. I think it is amazing that out of eight swimmers every single race was a top ten finish. Well done everyone!

Over this past year we have asked for a lot of participation from our membership outside of the regular swims. You have risen to the occasion and we have been successful at every venture we attempted this year! At the start of the season we ran swim clinics which were very well attended, then the New Year's Party (remember, we'll be having it again!), in April we hosted our first ever swim meet to rave reviews, and now we are ready to close out the year with our year end party. In between all this we had our regular swims and actively participated in many of the competitions. We should all be proud of our accomplishments, it takes real team work!

Personally, it has been really fun being involved in the Executive this year, but I am looking forward to becoming just another swimmer in the pool again. Just wait till Lee-Anne sees the bags of Masters stuff that I have been storing for years and she doesn't even know exists!

Fit for Heart

'98

by Sue Stanley

Burlington Masters Rule! They had more participants, earned the most money, and one of their own swam the most laps (however, she hadn't done an hour and a half workout prior to the heart swim like Christian!) Richard Burgess redeemed us by raising the most pledges - thank you DupontPharma!!

Milton was represented by the following eight swimmers: Richard Burgess, Kathie Key, Gwen Jarrett, Vicky McGonigle, Glen McKenzie, Sue Stanley, Christian Wassermann & Marsha Zuest. Richard raised \$1000.00 making him the top fundraiser over all. Marsha was Milton's second highest pledge earner with \$294.00. All totaled Milton raised \$1899.00. This was an exceptional effort considering we had about half the participants of last year and came within \$300.00 of matching last year's amount. Well done everyone!

We also had a support crew who counted laps for us. Representing Milton were Steve Morris, Martin Stanley, and Cathy soon-to-be Wassermann (just my luck she won't be

changing her name and I'll have to find out what her real name is after all!). Of course these people were entitled to prizes at the social that followed. Burlington doesn't need any lessons on social gatherings either! Almost everyone who participated came out afterwards. It was lots of fun.

Burlington Masters have asked if we could reciprocate next year. They would like to see just how far and fast they can swim in a cool pool - their pool is about 10 degrees warmer than ours! It makes it easy getting in, but we found it hard to swim. We'll be talking to Patrick to see if Milton would be willing to donate an hour pool time to this worthy cause. It would be great if we could switch back and forth every other year. We'll keep you posted. Hopefully more people can join the fun, fitness and fundraising next year!

Thank You

Eli

We get Stronger and Stronger each year.

Thank you for all your patience and dedication. The tips and reminders **(we do listen)**

It has been a great season!

Have a good summer (do not spend too much time dreaming up new and nasty drills).

Deckside Gossip

by Aunt Flipper

And baby makes three! Kathy & Jeff Richardson have a new son, Clay Owen James was born on Friday May 29th, 1998. He weighed in at 10 lbs 2 oz and mom survived!! If all goes well, we should get to meet Clay at the AGM.

On July 11th Christian and Cathy will tie the knot. They have a romantic cottage wedding planned. We hope you get that car restored in time, Christian! All the best from your swimmer friends.

Our newest most improved swimmer, Marcel, is almost ready for race day. He has been training for the title Toughest Cop Alive. This is a competition between all law enforcement officers (Marcel works at the prison). On June 27th, Marcel and the other tough cops will compete in a 3 mile run, 16 lb shot put, 100m run, 100m swim, 20 foot rope climb, bench press, pull-ups and obstacle

course. We know you will excel in the swim. We're counting on seeing you back in September, to tell us all about it! Good luck, Marcel!

Phil Jarrett hasn't been seen at the pool lately because he is busy training for his first Ironman in Penticton on August 30th. He will be doing a 4 km swim, 180 km bike, 42 km run all in one day! Have fun Phil!!

Welland (Swimming Withdrawl)

By Lee-Anne Greer

- Not sure what you're going to do to keep fit this summer?
- Need a goal to keep on training?
- Can't imagine going 3 months without swimming?

Why not try an open water swim?

Welland Y Masters is hosting their annual open water swim on August 15. Swimmers choose from 1, 3, 5, or 10 km distances, and swim in the clean (honestly!), calm, and relatively weed-less waters of the Welland Canal.

Our last road-trip to Welland was loads of fun. 10 of us (including both 'competitive' and 'recreational' swimmers) made the trip from Milton -- **including Eli and Emil, who put us all to shame by swimming 10 and 5 km with almost no training ahead of time!**

Let's try to send even more swimmers this year. To add to the party atmosphere, Vicky McGonigle has even offered to drive a school bus to get us there if we have enough participants!!

There will also be a number of people who will be swimming in Kelso throughout the summer, if you'd like a chance to try open water training before making any commitments. I'll try to find out more about this.

So, give me a call (878-8556) if you'd like to give Welland a try this summer, or even if you just want some more information. Hope to see you out on the water!!

Swim Camp

If you would like to hone your skills this summer, consider doing a total immersion swim camp. There is one in Toronto July 18 - 19th. For info call 1-800-609-7946 or see web site www.totalimmersion.net for details.

Upcoming Events

June 13 nd	AGM & BBQ
July 7 nd	Last Day of Spring Session Procrastinator's Club Beer and Wings
July 18 nd	Milton Triathlon
Aug. 15 nd	Welland Swim
Sept. 6 nd	Women's Triathlon
Sept. 15 nd	Swimming Starts
Dec 31 st	New Year's Splash 2!!

Meet Results

By Laura Goodman

Burlington – February 15th, 1998
Personal Best Meet

There were no placings in this meet, so I'll just give you the times everyone did.

Richard Burgess	50 Breast	:39.13
	100 Breast	1:26.74
	200 Breast	3:08.95
	100 Free	1:11.16
Peter Carson	50 Breast	:37.26
	100 Breast	1:21.42
	50 Back	:34.30
	100 Free	1:05.17
	100 I.M.	1:12.74
Elsa Crisp	50 Fly	:41.67
	100 Free	1:22.46
	100 I.M.	1:33.50
Laura Goodman	50 Breast	:45.65
	50 Free	:32.72
	100 Free	1:12.50
	200 Free	2:40.79
Lee Anne Greer	50 Back	:34.61
	100 Fly	1:14.60
	100 Free	1:11.00
	100 I.M.	1:16.74
Anna Morris	50 Breast	:47.46
	50 Back	:47.57
	100 Free	1:20.64
	100 Breast	1:45.60
	100 I.M.	1:35.21
Tom Price	50 Breast	:40.34
	50 Fly	:37.24
	50 Back	:41.11
	100 Free	1:12.80
	100 I.M.	1:24.91
Larry Scott	50 Breast	:48.41
	50 Fly	:50.57
	50 Free	:37.09
Lisa West	50 Breast	:45.34
	50 Free	:32.35
	100 Free	1:13.41
	100 Breast	1:39.47

Provincial Championships Results Etobicoke – March 13 – 15 '98

Lee Anne Greer	1 st	50 Back	:33.98
	2 nd	100 Back	1:13.37
	2 nd	200 Back	2:41.43
	1 st	50 Fly	:32.14
	1 st	100 I.M.	1:15.71
	2 nd	200 I.M.	2:50.34
Laura Goodman	4 th	200 Free	2:42.12
	4 th	400 Free	5:50.59
	2 nd	50 Back	:37.70
	1 st	100 Back	1:22.91
	1 st	200 Back	3:05.58
	5 th	100 I.M.	1:25.24
Lisa West	4 th	50 Free	:32.44
	3 rd	100 Free	1:12.80
	6 th	800 Free	12:54.11
	8 th	1500 Free	25:07.66
	4 th	50 Breast	:44.60
	3 rd	200 Breast	3:38.47
Joan Whitman	8 th	800 Free	15:08.06
	12 th	1500 Free	29:16.90
Dorothy Kosciuch	11 th	1500 Free	28:20.07
Kathie Key	3 rd	800 Free	15:33.70
	3 rd	1500 Free	29:29.87
Christian Wasserman	5 th	200 Free	2:17.26
	5 th	50 Fly	:29.98
	3 rd	100 Fly	1:09.78
	3 rd	200 Fly	2:43.52
Peter Carson	5 th	50 Back	:33.66
	3 rd	100 Back	1:12.05
	5 th	50 Breast	:37.41
	4 th	100 Breast	1:19.52
Tom Price	14 th	100 Free	1:14.18
	7 th	50 Breast	:40.63
	11 th	100 I.M.	1:23.81
Richard Burgess	6 th	200 Free	2:34.85
	5 th	800 Free	11:31.60
	5 th	1500 Free	22:07.71
	6 th	100 Breast	1:25.21
Relays			
Goodman, Pittens, West, Stevens	2 nd	Women's 200 Free	2:09.08
Greer, West, Stevens, Goodman	2 nd	Women's 200 Medley	2:24.48
Price, Carson, Burgess,	13 th	Men's 200 Free	1:58.22

Wassermann			
Carson, Burgess, Wassermann, MacKenzie	11 th	Men's 200 Medley	2:10.32
Greer, Carson, Wassermann, West	4 th	Mixed 200 Medley (A)	2:13.26
Price, Burgess, Stevens, Goodman	10 th	Mixed 200 Medley (B)	2:25.49
Greer, Carson, Goodman, Wassermann	7 th	Mixed 200 Free (A) 120+	1:59.51
West, MacKenzie, Stevens, Burgess	3 rd	Mixed 200 Free (B) 160+	2:02.70

Canadian Nationals

Edmonton, Alberta, May 15th – 19th, 1998

Women's

Lee-Anne Greer	1 st	50 Fly	:31.81
30 – 34	1 st	200 Back	2:46.21
	1 st	200 Fly	2:57.15
	1 st	100 Back	1:15.68
	1 st	100 Fly	1:13.09
	1 st	50 Back	:34.31
Laura Goodman	1 st	100 Back	1:25.64
35 – 39	2 nd	50 Back	:37.71
	3 rd	200 Back	3:13.40
	3 rd	400 I.M.	7:05.15
	4 th	200 Free	2:44.90
	5 th	400 Free	5:57.18
Lisa West	4 th	200 Free	2:50.08
40 – 44	5 th	50 Breast	:45.35
	5 th	50 Free	:32.50
	5 th	400 Free	6:08.95
	6 th	800 Free	12:54.30
	6 th	100 Free	1:15.46
Anna Morris	3 rd	100 Breast	1:43.48
40 – 45	3 rd	200 I.M.	3:31.41
	4 th	400 Free	6:22.40
	4 th	50 Free	:34.87
	4 th	100 Free	1:18.82
	5 th	50 Breast	:47.77

Men's

Peter Carson	1 st	200	2:53.83
30 – 34	2 nd	100	1:12.48
	2 nd	50 Back	:33.01
	3 rd	50	:36.09
	3 rd	100	1:19.94
	5 th	200 I.M.	2:41.41
Christian Wassermann	1 st	400 Free	5:02.79
30 – 34	3 rd	50 Back	:33.22
	3 rd	200 Fly	2:40.05
	4 th	100 Fly	1:07.68
	6 th	50 Fly	:30.32
	8 th	50 Free	:27.57
Glen McKenzie	4 th	200 Free	2:32.79
40 – 44	8 th	50 Free	:29.38
	8 th	100 Free	1:06.94
Richard Burgess	3 rd	200 Free	2:32.62
40 – 44	4 th	1500 Free	22:55.47

Relays

Milton "A" Goodman, Burgess, Morris, McKenzie	5 th	200 Mixed Medley (160+)	2:30.03
Milton "B" Greer, Carson, Wassermann, West	2 nd	200 Mixed Medley (120+)	2:13.55
Milton "A" Burgess, Morris, West, McKenzie	7 th	200 Mixed Free (160+)	2:04.83
Milton "B" Carson, Goodman, Greer, Wassermann	3 rd	200 Mixed Free (120+)	1:58.65
Goodman, Morris, Greer, West	2 nd	200 Women's Medley (120+)	2:30.27

Carson, Burgess, Wassermann, McKenzie	2 nd	200 Mens' Medley (120+)	2:09.12
West, Morris, Goodman, Greer	**	200 Women's Free	2:08.61
Carson, Burgess, McKenzie, Wassermann	**	200 Men's Free	1:53.17

** results were not posted at time of departure from Edmonton



BEILO / ALLSPORT

Party (AGM)

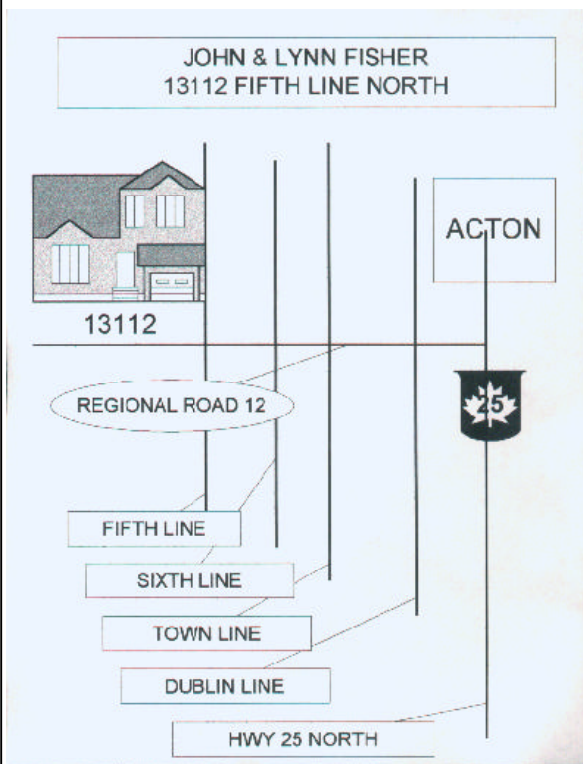
- AGM @ 6:30 pm
- BBQ @ 6:45 pm (Sue promises a short meeting)

Bring Your

- Own Chair,
- drinks
- bug spray

Viscious Rumour:

John has breakfast planned for us all Sunday morning (Unnamed and unreliable source Bob ?)



All Wet?

Now there's a bathing suit that actually makes you swim faster. The brain child of Canadian engineers John Waring and Ross Cowie, the suit has on its back raised chevron-shaped silicon ridge that is said to make a swimmer move three-tenths of a second faster every 100 metres.

SPOKES N' SLOPES

89 Ontario Street N., Milton
876-7676

Thank you for your support and generosity this season!

Remember to see **SPOKES N' SLOPES**

for all you biking Needs.