

# HOT SPLASHES!!



**STROKING FOR PLEASURE**

***Milton Masters Aquatic Club  
Annual General Meeting  
Saturday, June 12, 2004  
Come out and socialize with your fellow swimmers!  
A great way to end a great season!***

**Where:** The Home of John and Lynn Fisher  
13112 Fifth Line North, Nassagaweya  
(East of Guelph Line, West of Hwy 25,  
Just north of 25 Sideroad)

**When:** Gather and socialize at 5:00 p.m.  
Meeting at 6:00 p.m.

Dinner and social gathering following short business meeting

All members and their families are welcome. Steaks will be provided by the club. Sign up sheets will be posted soon for contributions of an appetizer, salad, or dessert. Bring your own lawn chairs, drinks, and insect repellent.

## POOL ETIQUETTE

The following rules are designed to help us to co-exist peacefully within our lanes and to prevent swimming from becoming a contact sport! In order for each of us to get the most out of our swim time and from the excellent coaching we have available, it is very important that we respect one another's "space" in the pool.

If the lane you normally swim in is crowded and the next lane has fewer swimmers, the fastest swimmer in your lane should move up. If you normally swim on the recreational side of the pool, try the competitive side.

Keep to your side of the lane when swimming.

If you don't feel like swimming as fast on a given workout, move to a slower lane.

If you are swimming faster than the swimmer in front of you and you want to pass, touch the swimmer's foot prior to reaching the end of the pool. If you are touched on the foot by the swimmer behind you, offer to let her/him go ahead when you get to the wall. Passing mid-length is not a great idea unless you are very aware of oncoming traffic on the other side of your lane. The safest place to pass is at the end of the pool.

Don't stand up in the middle of the pool. When you have completed your drill set or if you are taking a break, move out of the way so that swimmers coming in can reach the wall.

Be aware of space. Leave room ahead when you start out. When it is possible, 5-10 seconds might be a good guide.

Remember we are each stronger or weaker on different strokes. Try to adjust your starting order in your lane based on how you are with that specific stroke.

If you are varying your swim from the drill the rest of your lane members are doing, please try not to interrupt the pace of the majority of the swimmers in the lane.

If the swimmer in front of you is doing flip turns, try to leave them enough room to come off the wall safely.

**RESPECT YOUR FELLOW SWIMMERS!**

## MMAC EXECUTIVE

<b>President</b>	Laura Goodman
<b>Vice-President</b>	Rick Madge
<b>Past President</b>	Tom Price
<b>Treasurer</b>	Lisa Gable
<b>Home Meet Convener</b>	John Mayes
<b>Away Meet Convener</b>	Katrina Murphy
<b>Membership</b>	Gloria Hewitt
<b>Secretary</b>	Dawn Newman
<b>Equipment Manager</b>	Kathie Key
<b>Volunteer</b>	Sue Martin
<b>Directors</b>	Rhonda Schop

## TRIATHLON REPORT

The Triathlon Correspondent is unable to provide a Triathlon Report at this time. Watch for a complete report following the 2004 season.

Congratulations to Nancy Cole:  
***Canadian Long Distance Triathlete of the Year 2003***

Good Luck to all triathletes in the coming Triathlon season. Provide your 2004 race results to **amorris@cmmorris.com** for inclusion in the September 2004 report

Good Luck to the Local Race Directors:

The Ontario Women's Triathlon Series:  
**www.womenstriathlon.com**

The Milton Kids of Steel: **www.miltonkos.com**

Interested in Open Water Swimming contact The Milton Triathletes: **amorris@cmmorris.com**



**ON DECK****By Aunt Flipper**

John Fisher has gone to Madera, Portugal to test the waters during the World Triathlon Championships. Good luck John!

It seems the taper has already started for our team of 7 Milton Masters that will be heading to Edmonton for the National Masters Championship on the long weekend in May. The razors will be ready for the shaving ritual – be prepared Andrew! Swim well Laura, Lisa, Lisa, Katrina, Donna, James and Andrew!!

What a pig! Did you know that Janice Snow celebrated her 50<sup>th</sup> birthday by travelling to Cincinnati with 44 of her closest friends to compete in the Flying Pig Marathon? What a way to mark half a century! Congratulations Janice! Run piggy run.

Traffic signs were not obeyed. Recently a mid-lane collision occurred sending one swimmer to the recovery lane with a non-life threatening injury. Aunt Flipper would like to remind all swimmers to obey the traffic rules and swim with your eyes open. Please be courteous to your lane mates.

## Have a great summer!!

**Hot! Hot! Hot!** Things only the sauna stretchers know...

Who is older Carla, Jim or Ed?

Which master only stretches vicariously?

Who is the sauna greeter and how did he get the title?

What happens when the lights are turned off?

Good News! The “recovery lane” is recovering! Dale has recently left his crutches at home and is mobile again. Although still wearing a brace, Rhonda has been able to ditch the cane. This winter Injured Swimmers Anonymous congregated in lane 6. It is nice to see the meetings are less well attended these days. “Swim to get better” has taken on a whole new meaning

Tadpole alert! Kim and Colin recently had a baby boy named Seth Elijah.

**Congratulations Colin & Kim!!**

**WEEKEND TO END BREAST CANCER**

Three teams from Milton are participating in the Weekend to End Breast Cancer.

During the weekend of September 10-12, these teams will walk 60 km to raise funds for the Princess Margaret Hospital.

The three teams are:

**Fish Outta Water**

Katrina Murphy, Lisa Clark, Kristen McElhone, Lisa Gable and Laura Goodman

**The IronWomen**

Anna Morris, Janice Snow and Anita Warner

**Eli's Angels**

Erynn Mayes, Jacqueline Clarke, George Dimitrov, Aaryn Fraser and Kristen McIlroy

Please support the walkers by contributing to this very worthy cause.

Website address: [www.endcancer.ca](http://www.endcancer.ca)

**MEMBERSHIP UPDATE****From Gloria**

We have had a fantastic membership this year with over 70 swimmers each session. This is encouraging. With Milton's growth, along with our members' continued enthusiasm, our dedicated coaches, and public awareness of the importance of physical activity, our membership will hopefully continue to thrive.

Registration forms and information for the 2004-2005 season will be sent to all current members in the last week of July. **Have a Great Summer!**

Last swim is  
Saturday, June 12

## ***Life in the Fast Lane***

### **AWAY MEET REPORT**

MMAC has been very busy this year. We have gone to six swim meets, consistently placing in the top three and obliterating the competition. This year, the Provincial Championships were held in Etobicoke. Laura Goodman, Lisa Gable, Donna Baron-Meier, Dawn Newman, Nancy Cole-Hryciw, and Katrina Murphy all had outstanding performances, returning home with hardware to mark our achievements.

"What's next?" You may ask. Well, you might be wondering about the "Wet T-shirt Club". We have begun training for the Canadian Championships in Edmonton, May 21-24. The t-shirts are a 'drag' but they will make us stronger in the long run, so Milton can once again KICK A#@! If you see Laura Goodman, Lisa Gable, Lisa Clark, Donna Baron-Meier, Katrina Murphy, Andrew Morris, and James Erskine, give them a pat on the back and wish them a 'P. B.' for Edmonton. We, of course have to admire the tenacity of our honorary Wet T-shirt Club members, Rick Madge and Bruce Beckett. If you can believe it, they are doing it for fun. *GO, Rick! SWIM, Bruce!*

### **Swim for Heart By Sue Stanley**

Congratulations Masters!! As a team we swam the furthest combined distance in our history!! For the first time ever, we managed to cross Lake Superior!! We even had just enough kilometerage left to cover Lake Ontario. Our total distance was 342 kilometers – way to go team!!

It was the participation of everyone that enabled us to reach our goal, however there were a few individual outstanding performances that gave us that little extra edge. Nancy paddled 25.5 km over the two week period. As the rules allow, Nancy also recorded her swim lengths outside of Masters times and it really pumped up her distance. Katrina swam an amazing 22.6 km, while Rick recorded 19.9 km in just six swims!

A total of three swimmers attended the Burlington Challenge. Headed up by Nancy, thank you Jim and Christian for attending. Next year the challenge will be in our pool.

In addition to our swimming results, Masters came through for the Heart and Stroke Foundation raising a total of \$1476.00. This is a truly amazing feat in a year when Masters' minds are on other charities. Thank you to everyone who donated and especially to the individuals who collected pledges. A special thank you to Jim Nelson, Sue Stanley, Janet Jackowski, Sue Martin and Dawn Newman for the pledges collected. The Heart and Stroke Foundation extend their sincere appreciation for our donation.

Thank you so much for your participation.

Here's a plug for our next fundraising venture. Please remember to pledge for our team, Fish Outta Water, that will be walking the 60 km St. Margaret's Breast Cancer Weekend Walk. Let's show our solidarity for Eli by supporting this team.



**VISIT MMAC ON THE WEB**

**[www.miltonmasters.ca](http://www.miltonmasters.ca)**

*Thank you Eli and helpers for doing your best  
to make us do our best*