

Milton Masters Newsletter (\$99.99)

HOT SPLASHES!!

Stop Poking And Start Stroking!!

By Lee-Anne Greer

One issue that seems to have been around as long as Milton Masters has been a club is how to get ourselves into the pool 'on time' (or at least within the first 5-10 minutes!). Statistics show that people actually get more exercise swimming than talking on pool deck!

While being a laid-back, talkative bunch has its merits, MMAC swimmers and coaches over the years (read Eli's Coach's Corner this issue) have also emphasised the need to properly stretch, warm-up, finish the entire workout, warm down and generally not waste our money on pool time that isn't being used.

So, back by popular demand is –

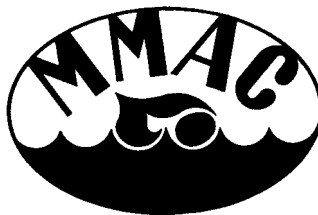
THE 10 MINUTE WARM-UP!!!

For those of you who have wondered what those (sometimes muddled) whistles 10 minutes into the workout signify--Eli and the guards are letting us know that warm-up time has ended. If you haven't yet warmed up, then you'll be starting the workout cold.

If we all pitch in, we should be able to stretch, get the lane ropes in, and warm-up in the water by 10 minutes into our pool time. That means we have the remaining 1 hour and 20 minutes for the workout and warm-down. The best way to accomplish this is to arrive 5-10 minutes ahead of our scheduled swim time. This gives us time to stretch, pull out all of our toys, and put the ropes in (the ropes can very often be put in before our start time, when it doesn't interfere with other programs running before us).

Maybe this time around we'll set a trend that lasts!!

P.S. I'd like to thank the guards for not only watching the clock for the 10-minute mark (and watching us for that matter!), but also for putting in the back stroke flags each workout. Thanks! It's nice to know our chances of crashing into the wall have now been substantially reduced!



STROKING FOR PLEASURE

Survey Results

By Lee-Anne Greer

Thank-you to everyone who completed surveys this past month. Of the 42 who responded:

- 79% of us try to regularly swim each Tuesday, 71% each Thursday, and 69% on each of Saturday and Sunday.
- We consider ourselves to miss Thursday and Sunday practices slightly more often (26% and 24% respectively) than Tuesdays and Saturdays (19% and 21% respectively).
- Our main reasons for missing workouts are:
 - conflict with work or other commitments (43%)
 - workout is too late (24%)
 - workout is too early (14%)
 - too crowded (2%)
 - skip breaststroke night (2%)

Given these results and the concerns expressed by some about crowded lanes, we counted the number of swimmers who attended each workout in October. Surprisingly, the numbers were not all that different across the 4 workouts!! There were an average of **30** swimmers in the pool on **Tuesdays** (range 27-32), **21** in the pool on **Thursdays** (range 17-27), and **27** in the pool on **Saturday and Sunday**. Numbers of swimmers per lane were generally even across the pool.

While this shows that we seem to have the hardest time making it out on Thursday nights (often as a result of the lateness of the hour), it also suggests that our perceptions about Tuesday night overcrowding may be slightly exaggerated. Perhaps the noise and bodies of the public swimmers in the other pool increase our own feelings of crowdedness (or maybe we reach a "critical mass" at n=30)? It also suggests that the lane crowding/imbalance issue has improved since the beginning of the session.

- In terms of clinics: 79% of us are interested in having them on Sunday mornings.

Preferred topics were fairly evenly split: fly (50%), back (40%), breast (43%), free (43%), turns (60%), and starts (40%). Other suggestions included video clinics, swim meet preparation and training, warm-ups, stretching, and weights.

- Given these results, we are offering a turns clinic on November 15, and a swim meet preparation clinic on November 29. Deadline to sign-up is one week prior to each clinic. See Lee-Anne if you have not yet received a flyer. Video clinics will be offered during regular swim times in the winter session.
- 60% said they would like to have time trials in the winter session. 35% would not, and 5% were undecided.
- A small number (4%) were interested in renting lockers from the leisure centre at \$5/month.

For those who would like lockers, please go to the front desk at the Leisure Centre to have this arranged.

Membership!

By Gloria Hewitt

We have a healthy membership this year!

A welcome back to all Veterans and
A welcome to all New Members!

- \$108 per session**
- \$10 discount per session for lifeguards
- Winter Split Memberships are sold out (1st paid – 1st get)

Get on the Spring Split Session

About The Coaches!

By Gloria Hewitt

The Milton Masters Swimming Group is extremely fortunate to have two former Olympic Swimming experts, Eli and Emil Dimitrov. Both coaches were Olympic contenders but were victims of the L.A. Olympic boycott in 1984. Both are graduates in Physical Education and in swimming coaching. Originally from Bulgaria, Eli and Emil moved to Canada with their two sons George and David, both swimmers as well.

Eli brings us insight into our Backstroke and free style technique, having specialized herself in the long distance events, while Emil is a master of the Butterfly and freestyle stroke.

Now raising their family in Milton, both coach the Marlins Swim Team and since 1992 have taken a novice team to national recognition. Emil is also a specialized coach for the Provincial Modern Pentathlon.

When Eli is not coaching at the pool, you might find her busy out of water caring for all those aches and pains that we all experience from time to time in our endeavours to stay fit and healthy. In the past year, Eli had returned to Bulgaria and received a University Degree in Sport Massage and Reflexotherapy.

Eli and Emil have jointly brought Milton swimmers into the forefront of the news. The last National Swim meet in Edmonton proved to be highly successful with many of our Masters ranking in the top three places.

Eli and Emil's enthusiasm, dedication and weekly well planned sessions allow us all to benefit so that we can continue to improve on our healthy life styles.

Upcoming Events

Nov 8 th	Deadline For Turns Clinic
Nov 15 th	Turns Clinic
Nov 22 nd	Deadline For Swim Meet Strategy Clinic
Nov 29 th	Swim Meet Strategy Clinic
Nov 29 th	Deadline To Sign-Up For North York Meet (See Laura)
Dec 1 st	Wings & Beer
Dec 13:	North York Pentathlon Meet
Dec 17 th	Fall Session Ends

Dec 31 st	New Year's Splash 2!!
Jan 2 nd	Winter Session Starts
March 21 st	Winter Session Ends
March 23 rd	Spring Session Starts
May 14 th -17 th	Nationals—Nepean
June 12 th	Spring Session Ends

New Year's Eve

By Sue Stanley

Where were you New Year's eve 1997????

If you remember a fun time, with friends and music was it

THE *SPLASH* FUNDRAISER

New Year's Eve Party

If not!! Plan to spend New Year's Eve

1998 at the *SPLASH*.

Last year the party was so much fun that it is on again! Everybody who attended last year's party had a great time; they kicked us out well after closing. The food was good, prizes were many and dancing was great. Singles and couples mixed and matched, everyone is welcome (even non-swimmers!).

The \$40 ticket price includes:

- Upgraded dinner – corn chowder followed by chicken breast stuffed with ricotta cheese and spinach accompanied by roasted potatoes, green bean almondine, and glazed baby carrots, with choice of apple or blueberry pie for dessert.
- Dancing to Music by Marty (back by popular demand)
- Door prizes
- Party favours
- Champagne at midnight
- Fun! Fun! Fun!

Invite your family and friends. Tickets are on sale now. See Sue Stanley, Lee-Anne Greer, Christian Wassermann, Vicky McGonigle or Barb Ferris for your ticket to this town's hottest party. Let's party till we drop and support our Nations Team!

The party is at the Bavarian Chalet, 324 Steeles Ave. E., Milton. Doors open at 7:00 PM. See you there!

Special Thanks

To Our Lifeguards

Stay Awake

Back Splash

By Kathie Key

Did you know....

- 1985 Start of Masters Swim as a program administered by the Town of Milton and coached by Carole Murray. We swam in the 25 yd pool at E.C. Drury.
- 1987 Town of Milton, in keeping with their new policy regarding community programming, asked Masters' to organize their own club, and also be responsible for the 2 half-hour weekly adult lap swims. The group then became (Milton Masters' Aquatic Club MMAC). The club elected its first executive and devised a constitution.

The club was coached by volunteer members; Ron Armstrong and Steve Brown. They were outstanding university swimmers. For the 1st time the club provided its own volunteer lifeguards.

1992 Leisure Centre opens (Finally 25 meter pool!). We were given more pool time and our 1st professional coach was Cathy Camazzolla, (soon-to-be aquatic coordinator for the leisure centre)

1993 Emil took over coaching of MMAC. Soon we were all swimming Butterfly!

1996 Emil moves on to bigger and better things and Eli takes over coaching. Through the fall of 1997 Eli takes a leave of absence and comes back as a Sports Masseur and Reflexotherapist.

Equipment Report

By Rishia Burke

Fall Equipment Activity

The club suits have been ordered and the order will begin to arrive the week of November 16th. Rishia or another executive member will be handing these out to those who ordered them as they come in.

Equipment focus for the winter session

- The club still has t-shirts that are only \$12 (great stocking stuffers?!)
- We also have a couple of track suits left. If there is enough interest Rishia will place an order for more track suits, including "junior" sizes that will better fit those of us in the club who are vertically challenged! If you are interested please let Rishia know and she will order samples for us to try on.
- There have been a couple of requests for paddles. Please see Rishia if you are interested. We need an order that is large enough to get a good price

Coach's Corner

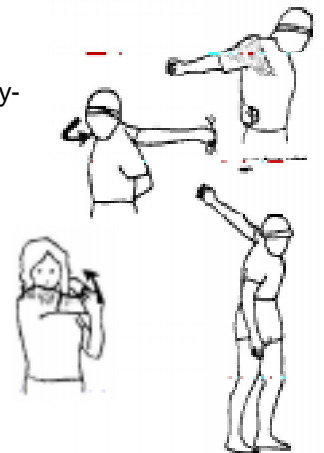
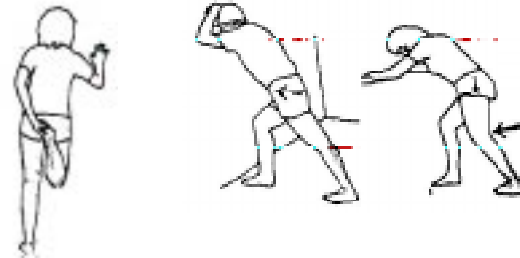
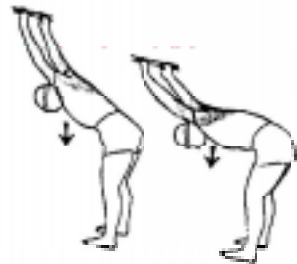
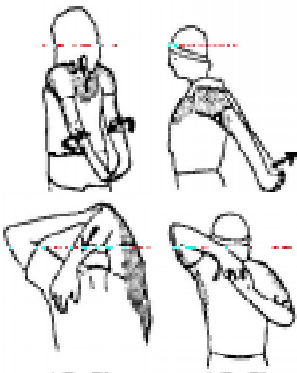


Q: Should I be doing dry land/weight training? Can you give us suggestions about this?

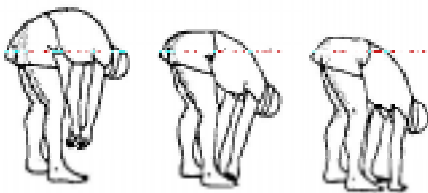
A: While weight training can help to build strength, it is much more important to **STRETCH** your muscles. Since stretching is more important, I'll talk about this now and answer questions about weight training in the next newsletter.

Why stretch? Stretching relaxes your mind and tunes your body-it should be part of your daily life. Regular stretching will do the following things:

- Prevent injuries such as muscle strains. A strong, pre-stretched muscle resists stress better than a strong, unstretched muscle.
- Increase range of motion.
- Help coordination by allowing for freer and easier movements.
- Promote circulation.
- Reduce muscle tension and make the body feel more relaxed
- It feels good!



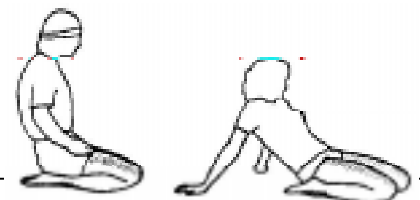
Stretching is also part of a good **warm-up**, which is a necessary beginning for any workout. A warm-up, by definition, **warms up** your joints and muscles. It prepares all of your body systems for the workout to follow.



Cool-downs are just as important, since they bring the function of the muscles and body systems back to normal.



[Eli's Conclusion: Find time to stretch, warm-up and warm down properly each time you exercise!]



Spokes N' Slopes
and
Milton Masters Aquatic Club

Invite You To

THE *SPLASH* FUNDRAISER

New Year's Eve Party

Proceeds to National Championship Swim Team Travel Fund

Thursday, December 31, 1998

Bavarian Chalet, 324 Steeles Ave. E., Milton

- ◆ 7:00 PM Doors Open
- ◆ 7:30 PM Dinner
- ◆ 9:00 PM Dancing — Music by Marty
- ◆ **\$ 40 per person**
- ◆ Lots of Draw prizes
- ◆ Cash Bar
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Coach's Corner (Continued)

Q: Can you suggest the best types of food to eat, and times to eat before workout?

A: In terms of the types of food to eat, any light food is okay. In other words, avoid heavy foods that are greasy or fried, and try to eat food that is easier to digest. Some examples might be pasta (without a lot of red meat), salads (e.g., chicken salad) or sandwiches. However, large helpings of anything will be too heavy!

In general, you should eat a full meal no sooner than 1 1/2 - 2 hours before working out. Unfortunately, this isn't always possible. So, for each swim day, I'd suggest:

Tuesdays: Try to eat around 5 p.m. But, try to eat only half of your meal at that time, and eat the remaining half after workout when you'll probably be hungry again.

Thursdays: It should be easier to eat your regular meal by 6 p.m.

Saturday and Sunday mornings: Wait until after swimming to eat breakfast. A serving of fruit beforehand, or some juice or tea are also fine.

Lifeguarding

By Larry Scott

We will be offering a Lifeguarding course in January. If you are interested, see Larry Scott Sat. or Sun. or Laura Goodman. For all those guards who need to recertify we will do this in February. I will let you know the exact date, when it is finalized.

Ontario Top Ten

Rankings Sep 97 To Sep 98

By Laura Goodman

Wassermann, Christian (25 - 29)

7 th	2:17.25	200 Free Style	Apr 1998	Milton
4 th	4:56.73	400 Free Style	May 1998	Edmonton
9 th	1:16.43	100 Back Stroke	Jan 1998	Alderwood
6 th	1:06.33	100 Butterfly	May 1998	Edmonton
2 nd	2:36.85	200 Butterfly	May 1998	Edmonton

Carson, Peter (30 - 34)

6 th	:32.35	50 Backstroke	May 1998	Edmonton
5 th	1:11.03	100 Backstroke	May 1998	Edmonton
7 th	:35.37	50 Breast Stroke	May 1998	Edmonton
4 th	1:18.34	100 Breast Stroke	May 1998	Edmonton
5 th	2:50.35	200 Breast Stroke	May 1998	Edmonton
8 th	2:28.18	200 I.M.	May 1998	Edmonton

Burgess, Richard (40 - 44)

7 th	2:29.57	200 Free	May 1998	Edmonton
10 th	5:33.68	400 Free	May 1998	Edmonton
7 th	11:31.60	800 Free	Mar 1998	Etobicoke
5 th	22:07.71	1500 Free	Mar 1998	Etobicoke
6 th	:37.06	50 Breast Stroke	May 1998	Edmonton
7 th	1:24.91	100 Breast Stroke	May 1998	Edmonton
5 th	3:07.41	200 Breast Stroke	May 1998	Edmonton

Mckenzie, Glen (40 - 44)

8 th	2:29.73	200 Free	May 1998	Edmonton
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Greer, Lee-Anne (30 - 34)

6 th	:31.05	50 Free	Feb 1998	Dalewood
8 th	1:11.00	100 Free	Feb 1998	Burlington

1 st	:33.62	50 Backstroke	May 1998	Edmonton
2 nd	1:13.37	100 Backstroke	Mar 1998	Etobicoke
2 nd	2:41.43	200 Backstroke	Mar 1998	Etobicoke
3 rd	:41.54	50 Breast Stroke	Dec 1997	NY Pentathlon
2 nd	1:32.42	100 Breast Stroke	Apr 1998	Milton
1 st	:31.17	50 Butterfly	May 1998	Edmonton
1 st	1:11.63	100 Butterfly	May 1998	Edmonton
1 st	2:53.61	200 Butterfly	May 1998	Edmonton
2 nd	1:15.71	100 I.M.	Mar 1998	Etobicoke
3 rd	2:50.34	200 I.M.	Mar 1998	Etobicoke

Goodman, Laura (35 - 39)

10 th	:32.72	50 Free	Feb 1998	Burlington
8 th	1:12.50	100 Free	Feb 1998	Burlington
7 th	2:40.79	200 Free	Feb 1998	Burlington
6 th	5:45.26	400 Free	Apr 1998	Milton
3 rd	:36.96	50 Backstroke	May 1998	Edmonton
4 th	1:22.91	100 Backstroke	Mar 1998	Etobicoke
1 st	3:05.58	200 Backstroke	Mar 1998	Etobicoke
8 th	1:30.73	100 Butterfly	Apr 1998	Milton
7 th	1:25.23	100 I.M.	Dec 1997	Ny Pentathlon
1 st	6:56.65	400 I.M.	May 1998	Edmonton

West, Lisa (40 - 44)

7 th	:31.85	50 Free	May 1998	Edmonton
6 th	1:11.00	100 Free	Jan 1998	Alderwood
8 th	2:46.68	200 Free	May 1998	Edmonton
7 th	6:01.57	400 Free	May 1998	Edmonton
8 th	12:38.81	800 Free	May 1998	Edmonton
8 th	25:07.66	1500 Free	Mar 1998	Etobicoke
8 th	:44.44	50 Breast Stroke	May 1998	Edmonton
9 th	1:39.47	100 Breast Stroke	May 1998	Edmonton
6 th	3:38.47	200 Breast Stroke	Mar 1998	Etobicoke

Morris, Anna (40 - 44)

10 th	1:41.41	100 Breast Stroke	May 1998	Edmonton
9 th	3:27.18	200 I.M.	May 1998	Edmonton

Key, Kathie (50 - 54)

9 th	:45.72	50 Free	Dec 1997	Ny Pentathlon
5 th	15:33.70	800 Free	Mar 1998	Etobicoke
3 rd	29:29.87	1500 Free	Mar 1998	Etobicoke
7 th	:57.19	50 Butterfly	Dec 1997	Ny Pentathlon
8 th	2:10.35	100 I.M.	Dec 1997	Ny Pentathlon

My Vacation

By Rhonda Schop

1996 It all started very innocently a few years back during a vacation to the Canadian Rockies. We had been doing the usual sort of things, rock climbing and scrambling, when a friend of ours (Ken, a local from Jasper) suggested we do one of the classic alpine climbs, Mt Edith Cavell. From the town site of Jasper, this mountain dominates the skyline with its impressive Angel Glacier. There are several routes to the top and the one we had selected was a Class 111 adventure involving a bit of very easy technical climbing.

Our first attempt began with an alpine start (3:30 a.m.), a slog uphill though snow, scrambling over ice covered rocks, through an ice chute and finally reaching the shoulder at around 12:00 noon. Here we enjoyed lunch on a truly glorious day with brilliant sunshine. Due to the recent snowfall, the technical climbing part (and the last section of the climb) was not possible as the rocks were covered in about 3 feet of snow! On advice from Ken (whom we were now jauntily calling Hans, our Austrian guide), we elected to glissade down the south face of the mountain and walk out the drainage till we met up with the main trail. At 12:30 a.m. that night (morning!!) Mark finally let me lay down to sleep. We just slept where we lay! The fact that we didn't have any bivy gear or extra food or clothes was irrelevant. The next day we walked out to the highway for a total of a 40 km walkout! "Hans" was now delegated to "Helmut". From the highway we tried to hitch a ride into town but no such luck. Finally, I saw a Parks truck and forced him to pull over. He informed us that

they were not allowed to pick up hitch hikers but I assured him that we have probably been reported missing and that if he gave us a ride in he could probably get credit for finding us. As it turned out, our lateness in returning to Jasper did result in our friends contacting the warden who had indeed gone to look for us.

1997 Our second attempt also began with an alpine start but this time it was in a slight drizzle. This time we got only as far as the ice chute. Since none of us had crampons and our ice axes were ineffective on the ice, we decided to bail. This time, however, we had brought the cell phone, called our friends to tell them we were heading for home and came down the way we had come up.

1998 Our third attempt (are we ever going to make it?) began as always with an alpine start. This has been an exceptionally dry year and our progress was unimpeded by either ice or snow. We reached the shoulder around noon where we roped up for the last bit (around 1500 feet). The climbing is quite easy (grade 5.3-5.7) but it is very exposed (very airy). The views were tremendous but definitely not for the faint of heart. After a few pitches we heard this great thunder and looked down to see seracs from the Angel Glacier cascading down the mountain. Very cool. We continued to climb although I was slowing down considerably. Martin had worked pretty hard to get me into good physical condition (on track) and I readily admit that my chances of success would not have been so good had I not been doing the track sessions this summer. All in all, I had been going uphill for almost 10 hours! Above 10,000 feet, my breathing was even more labored. The summit was within reach; it was just a matter of time. Upon finally reaching the summit, a storm that we had been watching come through the valley descended upon us. At over 11,000 feet, snow fell on us in what was really an electrical storm. My mountain axe started arcing and my hair started humming!! A quick (very quick) picture at the top and a phone call to our friends in Jasper and we scampered like bandits off the ridge. It was the most frightening experience for all of us. A three hour walk down the most difficult scree brought us to the main trail. From there it was another three hours in the pouring rain out to the car. By 10:00 p.m. we were back in Jasper having Pizza and Beer and considering next year's challenge, perhaps the Ramparts, stay tuned. *Ed. - What is bivy gear??*

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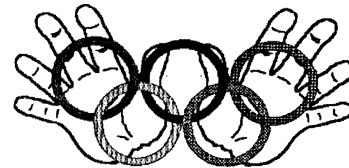
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Help needed...

Seeking Prizes for the **SPLASH**

New Year's Party

If you or your company would like to
donate a prize

please contact Sue Stanley

Aunt Flipper wishes you a Merry Christmas
and a happy New Year.

**Remember She looks at the Naughty List
only.**

See you at the New Year's Party

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