

HOT SPLASHES!!

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

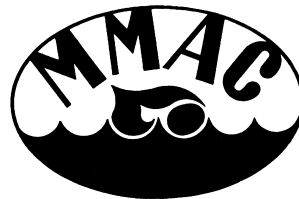
the way so that swimmers coming in can reach the wall.

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.



STROKING FOR PLEASURE

If you have any recommendations, please pass them on to one of our Board Members. We are always open to new ideas.

MEMBERSHIP REPORT

By Gloria Hewitt

Our Milton Masters Aquatic Club is again filled this season. Our popularity continues to grow as once again this year we have a waiting list. MSO (Masters

Swim Ontario) membership cards have arrived so would members please try to catch me before they swim to pick up their card.

Welcome to all first time members and welcome back to all previous club members. Applause to all for helping to promote and support the club!

NEWS FLASH!!

The bulletin board at the end of Lane 6 contains current news about the club. Please check it out every now and then. The board also lists after-swim clean-up dates for each lane. Ease the load by being aware of when it is your lane's turn to take down flags and pick up equipment. Many hands make light work!

SECRET SWIM CODES

What does Eli mean when she writes these funny symbols on the board? Here's the scoop...

FR	Freestyle
FL	Fly
BR	Breast stroke
BK	Back Stroke
IM	Individual Medley (FL,BK,BR,FR)
↑	Hard
→	Casual
Z	Zoomers
PADD	Paddles
K	Kick
P	Pull
F	Full
LS	Left Side
RS	Right Side
C-UP	Catch Up
C-DOWN	Catch Down
C-ABOVE	Catch Above
LA	Left Arm
RA	Right Arm

COMPULSORY VOLUNTARISM?

By Sue Martin

Yikes! It's an oxymoron. Bottom line – we need your help to run the events throughout the year.

I like to call it TEAM CONTRIBUTION TIME or for short – "TeamTime". The events are fun, interesting and a great way to get to know fellow swimmers who normally just whiz past you or swim in another lane. It's a swim club after all, so the more people feel involved, the more enjoyable our swim times will be.

For those of you who could care less (and everyone has different opinions, let's be honest)... We need your help for about 4 hours once throughout the year... put in your time and you're done.

Our goal is to have events run smoothly and not have to enforce a COMPULSORY helping time like many other clubs. They require your time and if you don't show up or don't do it, you lose your spot and are placed at the bottom of the waiting list. I think that sounds truly awful and I'm pretty sure that we've got a reliable and helpful group who will help us avoid taking such measures.

Presented here is a list of the jobs. I sorted through the sheets you filled out with your applications. If you have a question mark (?) beside your name, it means that I placed you in something that was NOT one of your three choices. I did my best but let me know if you have a strong aversion to the job I've assigned you.

The major event is our MILTON SWIM MEET which is on March 23, 2003. It's fun to host the event; people love

coming to Milton because they say we host the best meet of the year. If you're 'on' for that day, please mark it down and if you're not 'on' for that day, please feel free to come anyway... we always need extra bodies for timing when volunteers want to join in the races. Donna Baron-Meier is coordinating the day and will be in touch with specifics closer to the time.

Other than that, jobs are throughout the year and if you'd like to switch, please find someone who will be willing to switch with you and let me, the event coordinator, or one of the members on the executive know. If you are not on the list, that means that I don't have a sheet for you. Please let me know where you would like to offer your time.

If you don't know that your job is or how to do it, ask any one of the executive members, under the guidance of Laura Goodman as our President, and we can help you figure it out. Thanking you all in advance for a great year of swimming in Milton!

MMAC TEAM CONTRIBUTION TIME

EXECUTIVE

President Laura Goodman

Vice-President Jim Nelson

Past President Tom Price

Treasurer Lisa Gable

Home Meet Convenor
Donna Baron-Meier

Membership Gloria Hewitt

Secretary Marsha Zuest

Equipment Manager

Assistants
Kathie Key
Linda Savelli
Ed Doherty

Volunteer Directors
Sue Martin
Rhonda Schop

MILTON SWIM MEET

Morning Lane Timers:

Bob Mitchell
Larry Scott
Carla Roselle
Mark Kimmerer
Mary Schroder
Trigg Hall
Cathy Hall
Bruce Beckett
Cameron Mahon
Kim Ikeno
Christian Wasserman
Donna Hart
Ed Doherty?
Angela Wilson
Sue Martin

Afternoon Lane Timers:

Sue Stanley
Barb Ferris
Carla Roselle
Richard Davis
Trigg Hall
Cathy Hall
John Mayes
Bruce Beckett
Cameron Mahon
Christian Wasserman
Donna Hart
John Fisher
Joy Shi
Kim Ikeno
Sue Martin

Chief Marshall
Ted Read

Assistant Chief Marshall
Erol Okitan?

Morning Starter
Anna Morris?

Afternoon Starter
Martin Stanley?

Chief Food Boss
Katrina Murphy

Assistant Food Boss
Barbara Williams
Chris MacDonald?

Final Place Judge
Linda Jameson

Head Computer Maestro
John Mayes?

Data Entry
Jack Hewitt
Jeff Burgess
Judy Zapata

Chief Timer
Peter Carson

Stroke and Turn Judges
Rick Madge
Jon Tracy

Prizes
Sue Trerise

Video Review

Coordinator Fall Session
Nancy Cole-Hryciw

Hosts for Fall Session
Phil Payne
Carolyn Austin-Smith

Coordinator Winter Session
Sonia Boucher

Hosts for Winter Session
Peter Carson
Kathleen Lawday

Swim for Heart

Sue Stanley
Barb Ferris

AGM

Host for AGM
John Fisher
Lynn Fisher

Organizers of AGM
Karen Lockhart?
Sue Trerise

BBQ Chef
Jack Hewitt

Newsletter

Marsha Zuest
Kristen McElhone
Jon Tracy

Summer Swim Organizers
Colin Cumberbatch

Webmaster
Peter Carson

Member Contact Info
Maintenance

Lisa Clark
Stacey Safran



A STAR IN OUR MIDST

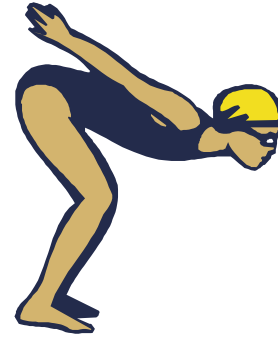
A film crew followed Stacey Safran (Lane 4) during her training and as she ran the 30km Around the Bay running race on March 23, 2002. We can all view her inspirational story on the Discovery Health network on January 9 (Episode 1), January 23 (Episode 3) and February 6 (Episode 5). The show is called **New Year's Resolution** and it will also be shown on the Life Network.

Stacey went on to run the National Capital Marathon in Ottawa on May 12: **Way to go, Stacey!!!!**

IMPORTANT DATES

Videotaping is coming!
Stay tuned for more info

Dec. 3 Beer and Wings
Dec. 10 Executive Meeting
Dec. 22 Last swim 2002
Jan. 4 First swim 2003
Jan. 7 Beer and Wings
Jan. 14 Executive Meeting
Feb. 4 Beer and Wings
Feb. 11 Executive Meeting
Mar. 23 Spring Splash



COMPETITIVE SWIMMING FOR THE YEAR 2002-2003

By Donna Baron-Meier

PLEASE! PLEASE! PLEASE! Don't let the title scare you. All registered Master's swimmers are eligible to swim in MSO sanctioned swim meets. Swimmers range in age from 20-80! Yes, there are actually 70+ year olds swimming events like 200 fly, 400 I.M., etc.

Competitive swimming is one way we can measure our improved strength and ability from all those exhausting workouts. You decide how many events you will swim during each swim meet (with the exception of the North York swim meet on Dec. 15).

The benefits you will receive from entering one or all of these meets are:

1. A measure of your progressive improvement over the year!
2. An enjoyable day socializing with your teammates!!
3. A delicious lunch which is included in the price of the competition!!!
4. A chance to win prizes just for swimming!!!!

We went to our first meet in Brantford this year on October 26... five women on a mission to set the standard for the rest of the year! Some women were braver than others and actually did a 100 free! The results of our first competition follow:

Katrina Murphy

5th in 25 free
6th in 50 free
3rd in 100 free
1st in 25 back
2nd in 50 back
5th in 25 fly

Judy Zapata

2nd in 50 free
1st in 100 free
1st in 50 back
1st in 50 breast
3rd in 25 fly
1st in 50 fly

Donna Baron-Meier

2nd in 25 free
2nd in 50 free
1st in 25 back
1st in 50 back
2nd in 50 breast
1st in 50 fly

Laura Goodman

1st in 25 free
2nd in 25 fly

Kathie Key

1st in 25 free
2nd in 50 free
3rd in 100 free
2nd in 25 back
1st in 25 breast
3rd in 25 fly

Congratulations to all the swimmers but particularly to Katrina who was a first-time competitor as a Master swimmer. Ask her how much fun she had!

If you would like to read about the Masters program, please go to the official website at: www.sentex.net/mso. There are many meets listed on the web page including those out of the country! As a team we generally have 5-10 swimmers going to each meet

from the list below. Please ask about the meets in which you are interested. P.S. You don't have to dive off the block or do flip turns!!!

Dec. 15 North York**
Jan. 19 Etobicoke
Jan. 26 Alderwood (yard pool)
Feb. 16 Burlington
Mar. 2 London
Mar. 23 Milton***
Apr. 4-6 2002 Ontario Championships
Apr. 27 Toronto (long course – 50m)

** North York meet is run differently than the others. Each swimmer swims a 50 m of each stroke (fly, back, breast, free) and a 100 I.M. (one length of each stroke). Each swimmer's times are added up and the top three swimmers win a prize... we actually go for the food and fun!!!

*** Please start to think about our meet! We were really short on volunteers last year. If your company or anyone you know has any "give away" products please let Sue Trerise know as she has volunteered to give out the prizes at our meet. Thanks Sue! Last year we had company logo bags, key chains etc... music CDs, hand cream etc... no "freebie" will be turned away!



TRIATHLON REPORT

By Anna Morris

Many of our members participated in triathlons over the summer. Congratulations to all of you on your great performances.

MILTON WOMEN'S TRIATHLON

The Milton Women's Triathlon was another great success this year, raising \$15,000 for the Big Sisters of North Halton. Thank you all Milton Masters swimmers who volunteered and the great effort you put forth to make this event happen, this and all other years.

The year 2002 was the inaugural year for the Ontario Women's Triathlon series and a serious sponsorship from Weight Watchers.

Good job to the Race Committee!

Congratulations to Milton Masters swimmers who participated in the series.

Orangeville June 8, 2002

Try-a-Tri:

Rhonda Schop
Gloria Hewitt

Triathlon Sprint:

Shonagh Love
Sue Trerise

FOR YOUR INFORMATION

Swim and Sports offer a 25% discount on training/racing suits and 10% on everything else.

Team Aquatic offers a 15% discount on everything.

Have your MSO card available to identify yourself as a Masters Swimmer.

London July 27, 2002

Sprint Triathlon:
Rhonda Schop

Milton Sept. 1, 2002

Give-it-a-Tri
Joan Whitman
Triathlon Sprint:
Sonia Boucher
Kim Ikeno
Sue Martin
Lisa Clark

Milton Master swimmers have been active in other Triathlon events as well.

Congratulations to the following:

1st Time Ironman

John Fisher Lake Placid
Trigg Hall Lake Placid
Kathie Key Lake Placid (3rd)
Ed Doherty Lake Placid
Anna Morris Penticton

Those with a few under their belt:

Janice Snow
Penticton 2002
Lake Placid 2000
Penticton 1999

Jim Nelson
Lake Placid 2002
Penticton 1999

Jack Hewitt
Florida 2002
Lake Placid 2002
Penticton 1999

Nancy Cole-Hryciw
Lake Placid 2002
Hawaii 2002
Brazil 2002

**MORE TRIATHLON ACCOMPLISHMENTS**

Cathy Hall
Muskoka Long Course
Lake Placid (1st attempt)
Orillia Triathlon

Sonia Boucher
Guelph Lake II
Orillia Triathlon

Mark Hurtig
Chemong Triathlon
Gullivers Lake
Esprit ½ Ironman

Jon Tracy
Hamilton Tri
Mississauga Triathlon
Guelph Lake I & II
Wasaga Beach

John Fisher
St. Mary's 5km Swim
Muskoka Long Course (3rd)
Peterborough ½ Ironman
Belwood Lake (1st)
Milton Triathlon (1st)
Gullivers Lake
Triathlon World
Championships: Can Cun

Janice Snow
Peterborough ½ Ironman
(3rd)
Kingston Long Course (2nd)

Colin Cumberbatch
Orangeville Triathlon
Guelph Lake II

Trigg Hall
Muskoka Long Course
Orillia Triathlon

Rhonda Schop
Guelph Lake I

Rick Shire
Milton Triathlon
Guelph Lake I & II
Peterborough Sprint
Bellwood Lake
Niagara Triathlon

Nancy Cole-Hryciw
Subaru Series Winner
Multisport Series Winner
Ontario L.D.
Championships; Collingwood
Canadian L.D.
Championships; Beachburg
Triathlon World
Championships; Can Cun

Jack Hewitt
Muskoka Long Course
Peterborough ½ Ironman
Esprit ½ Ironman (2nd)
Goderich Triathlon (2nd)

Anna Morris
Peterborough ½ Ironman
Kingston Long Course (3rd)

Shonagh Love
Peterborough ½ Ironman

If I have missed you, got your results wrong, or if there is a particular accomplishment you would like to share with swimming friends, or if you have any announcements pertaining to Triathlon, please contact me at 905-878-9847 or email:

amorris@cmmorris.com.

**VISIT MMAC ON THE WEB**

www.pcclimited.com/mmac

DO YOU REMEMBER?

Anne-Marie who swam in Lane 4 last year had a baby girl named Jessica on August 9. She is now swimming in Georgetown but misses all of us.

SWIMWEAR AND ACCESSORIES FOR SALE

Men's Suits:

1 Size 32	Tyr black, training	\$15
1 Size 32	Tyr navy, training (long)	\$20
1 Size 34	Speedo blue, training (performance)	\$25
1 Size 34	Speedo racing Aquablade	\$40
1 Size 40	Tyr black, training	\$15

Women's Suits:

1 Size 34	Speedo black Aquablade	\$72
1 Size 36	Speedo green Aquablade	\$72
1 Size 44	Speedo black, training	\$40

Swim Caps:

Grey with green "Milton" lettering	\$4
------------------------------------	-----

T-shirts:

Sizes medium (4), large (4) and XXL (1)	\$12
---	------

Green golf shirts with MMAC logo on front:

No lettering on back, Sizes medium (3)	\$27
Milton on back of shirt, Sizes M (2), L (1), XL (1)	\$29

Navy and Green Track Suit Jackets:

Size small (1)	\$40
Size XL, no lettering (1)	\$40

New this year!

Order your own MMAC Green Fleece Jacket	\$56
---	------

Please see Kathie Key if you are interested in purchasing any of the above.
Payment is by cash or cheque up front.



Merry
Christmas
and
Happy New Year
To all MMAC
members
and their
families