

HOT SPLASHES!!



STROKING FOR PLEASURE

WELCOME BACK EVERYONE AND WELCOME TO OUR NEW MEMBERS!!!

So, are you all ready for a good year of swimming?

Eli has already put us in the lanes that she thinks we should be in. This will alleviate some of the problems we have had with overcrowding in some lanes and hardly anybody in others.

We are also planning on doing our video clinics again. We'll aim to do two per session (beginning and end) – just keep checking the notice board for when. And I'm sure that there will also be time trials – these are good for checking on our progress over the year.

Remember that we have our “Beer & Wings” night on the first Tuesday of each month. At least, that's the plan – is anyone willing to take the on the task of organizing this?

We will be hosting our own Spring Splash again – to be held on Sunday, March 6, 2005 – please mark this date down on your calendars now. We'll need your help and I'd also like to see as many of our swimmers try at least one race or even a relay.

The Milton Marlins (kid's swim team) is hosting a 2-day swim meet on November 6 and 7 (there will be no Masters swimming!). If you can take some time to help on those days, please put your name down on the list on the board indicating when you'd be available.

If anyone needs any questions answered, please do not hesitate to ask any one of the Board members.

Laura Goodman – President (Lane 3 – until Eli decides otherwise!)
Rick Madge – Vice-President (Lane 3)
Lisa Gable – Treasurer (Lane 3)
Gloria Hewitt – Membership (Lane 5)
John Mayes – Home Meet Manager (Lane 2)
Katrina Murphy – Away Meet Manager (Lane 3)
Lisa Clark – Equipment Manager (Lane 4)
Marsha Zuest – Secretary (Lane 6)

We are still looking for a “Team Time Coordinator” for the club – any volunteers?

Yours swimmingly,

Laura Goodman

SWIM ETIQUETTE

Take a moment to read up on swimming manners. Tom Price wrote this a few seasons back and it is just as relevant now as it was then.

Observing lane etiquette keeps our workouts fun. Frustration and friction between swimmers are inevitable when the simple rules of consideration are not followed.

Do the 'V' (or the 'U') at the end of your lengths.

When turning at the end of a length (whether flip or open turn), approach the end of the pool on the side of the pool that you have been swimming on. As you come to the very end of the lane, move to the middle of the lane and do your turn. Then push off in the direction of the other side of your lane. Failure to make this transition to the opposite side of your lane after turning can result in a painful collision with a person who may be following you.

The lane rope is your friend. Stay on your own side of the lane not too far from the lane rope. You shouldn't be constantly brushing up against the lane rope, but you should never get too far from it. If you are far away from it then you are wandering into the other side of the lane where the swimmers are going in the opposite direction to you! This is even more important when swimming backstroke. When doing backstroke, you may need to look down towards your feet occasionally to see where the lane rope is, instead of looking up only.

First, last or somewhere in the middle? Develop an awareness of the capabilities of your lane-mates and how your speed in various strokes 'fits in' with the group in your lane. It is common that while you may be, let's say, the fastest front crawl swimmer in your lane, you may be the slowest breast-stroker or flutter-kicker in the lane. Let others lead when you have seen that they are faster at a particular stroke or drill than you are. Then you can focus on improving your technique in your weak stroke rather than pushing too hard and getting nothing out of the effort. A good way to improve your swimming is to improve your stroke technique.

Eyes in the back of your head... Keep an eye on people coming up from behind. Be prepared to stop at the end to allow a faster swimmer behind you to pass. You can tell they want to pass because they will touch your foot indicating their intention (or they may exhibit signs of wanting to run you over).

My Foot! When you want to pass and someone is in front of you, touch the foot of the person in front of you to let them know that they should stop at the end of the pool and let you by. Passing mid-length is not a great idea unless you are very aware of oncoming traffic on

the other side of your lane. You risk a nasty mid-pool collision if you pass in the middle of the length. The safest place to pass is at the end of the pool.

Don't Stand Up in the Middle of the Pool. If you need to pause to catch your breath, stop at the end of the pool. If you stop in the middle, it usually comes as a big surprise to someone who may be following you. After they run into you, they then have to decide if they are going to stand there, or try to get around you, risking a collision with people in the oncoming side of the lane.

Ask Eli

Have questions about:

*The Workout? Proper technique?
How to improve your technique?
Sore muscles?*

Our coach is always ready to help

MEMBERSHIP REPORT

By Gloria Hewitt

This year again we have a healthy membership, and new faces are still showing up this month. Milton Masters wants to **WELCOME** all the newest members to the club this year as well as our faithful returning members. We continue to reap the benefits from our focused and well-planned workouts whether we are here for fun, fitness, competition, or daily training. Continue to encourage interested swimmers to give us a call if they are interested in joining. The waiting list moves along usually quite well as peoples' lives, goals and priorities change. Let's all have a great swim year!

MEMBERSHIP INFORMATION

All members receive a membership from MSO (Masters Swim Ontario) when they join MMAC. The card has your registration number on it for use when you compete in meets. It also allows you a discount at some stores. Please pick up your card from Gloria.

No refunds on membership fees will be given after one month from session start date has passed.

VISIT MMAC ON THE WEB

www.miltonmasters.ca

SWIM SHORTHAND

FR	Freestyle
FL	Fly
BR	Breast Stroke
BK	Back Stroke
IM	Individual Medley (FL,BK,BR,FR)
MI	Backwards IM (FR,BR,BK,FL)
↑	Hard
→	Casual
Z	Zoomers
PAD	Paddles
K	Kick
ROT	Rotation
P	Pull
F	Full

LIFE IN THE FAST LANE

AWAY MEET REPORT by Katrina Murphy

During the long weekend in May, seven dedicated swimmers made their way to Edmonton to compete in the Canadian Masters Swimming Championship. It was the culmination of weeks of training put to the test. Lisa Gable, Donna Baron-Meier, Lisa Clark, Katrina Murphy, Laura Goodman, Andrew Morris and James Erskine all had personal goals in mind—to improve personal best times and swim Eli proud.

Our efforts were rewarded, ten-fold. All competitors, in all the events, finished in the top ten. Overall, we swam 38 events with 32 top 5 finishes. An outstanding performance! Laura Goodman, Lisa Gable, Donna Baron-Meier, and Katrina Murphy represented Milton in two relays placing 2nd and 3rd in the 4x50 Medley Relay and 4x50 Relay, respectively.

What's next? Attending local meets and enjoying being in the company of friends and teammates. If you haven't competed before, or it's been a while, consider coming to a swim meet this year. It's a great way to get to know some of our fellow swimmers and not a bad way to spend a morning. I was hooked after my first Brantford meet, two years ago in late October. It was thrilling to plunge into the water and swim my heart out. I was able to get a benchmark time to measure my progress for the rest of the season. It was utterly gratifying to watch my times drop every time I pushed myself to do my best. Goals are a good thing. Striving to do my best in all things, is what I live for.

Look in the **Important Dates** section for a list of upcoming meets for you to consider. Keep in mind, the hosting club feeds us, too! If you would like to attend the Brantford Fall Sprint Splash—talk to Katrina in Lane 3. There's always room for more swimmers!

COOKS' CORNER

Welcome to the domestic section of this newsletter. Since Martha Stewart is presently indisposed, someone must pick up the slack. John and Brenda Mayes bring this dish to every swim function that they attend and, after some persuasion, they were willing to share it with members.

SOUP SALAD

1 bag broccoli slaw
1 ½ cups toasted, slivered almonds
1 package of Ramen noodles (Dry)

Dressing:

½ cup oil
¼ cup sugar
3 tablespoons vinegar
1 teaspoon soya sauce (or to taste)
Seasoning packet from Ramen noodles

Crush noodles before opening package. Pour salad into serving bowl. Pour crushed noodles and toasted almonds over salad. Blend/whisk dressing ingredients together and pour on top of salad ingredients just before serving (this is important to avoid sogginess).

Enjoy!

WHAT I DID THIS SUMMER an essay by Lisa Clark

I imagine as time passes, when I think of the summer of 2004, the one memory that will always be in the forefront of my mind is the many miles spent walking with my fellow teammates, training for the Weekend to End Breast Cancer.

As many of you know, three walking teams were spawned from Milton swim clubs, all of us intent on making our little contribution to the fight against breast cancer. There were two teams containing members of MMAC. The "*Fish Outta Water*" team consisted of Laura Goodman, Lisa Gable, Lisa Clark, Katrina Murphy and Kristen McElhone. The "*Iron Women*" team consisted of Anna Morris, Janice Snow and Anita Warner. Also, a group of awesome young ladies from the Milton Marlins formed a team called "*Eli's Angels*" including Kristen McIlroy, Erynn Mayes, Jacqueline Clarke, and Aaryn Fraser. When the big weekend finally arrived, our three teams walked as one unit, sharing laughs, supporting one another and cheering each other on! When all was said and done, our group of 12 had raised a total of \$33,881.06 & we felt invincible!

These are some of the things I learned during our training walks this summer:

- Walking is NOT as easy as I originally thought it would be!
- Much to my delight, Pringles Potato Chips are an acceptable form of nutrition when walking long distances in the heat!
- Frogs become quite suicidal on rainy days if only I had a dollar for every squished frog I've seen...
- Freshly washed athletic shorts will actually emit soap suds when you walk in heavy rain (to attempt this you must be "blessed" with ample thighs that create friction when walking).
- Women, of all ages, can accomplish incredible things when they set their minds to it.

We set out to do this walk to help raise money for breast cancer research and to show support for the people we love who have had to endure this disease. What we accomplished was so much more. I will always remember the friendships that were fostered during the hours of training together. The feeling of satisfaction in meeting the fundraising and training goals we had set for ourselves is a feeling everyone should experience at least once in their lives. Most of all I will always remember crossing the finish line as a group, holding hands and chanting our team cheer... **"WE FEEL SO GOOD, OH, WE FEEL SO GOOD! WOO!"**

BLOW YOUR OWN HORN!

Many club members achieved milestones in their training over the past summer. If you participated in a marathon, half marathon, triathlon, duathlon, Ironman, reality television program, etc. (or if you have a friend you would like to brag about), I would really like to celebrate your achievement by listing your name in an upcoming issue of Hot Splashes. See Marsha in Lane 6 at the pool, send an email to zuestm@hotmail.com, or phone me at 905-878-1562. If you were involved in a brawl, got an unfortunate tattoo, or had a near-death experience, pass that information on to me and I will see that Aunt Flipper is informed.

To start the ball rolling, I would like to acknowledge the efforts of Lisa Clark, Katrina Murphy, Laura Goodman, Kathie Key and Anna Morris. They acted as "Swim Buddies" for the Women's Triathlon held at Kelso Conservation Area on September 5. Thanks to them, women attempting a lake swim for the first time were given an extra boost of courage knowing that they were in safe company.

FOR YOUR INFORMATION

Swim and Sports offer a 25% discount on suits and 10% on accessories.

Team Aquatic offers a 30% discount on suits and 15% on accessories.

Carole Murray's Swim Academy offers a 25% discount on all merchandise.

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

Team training suits will be sold by MMAC at a discounted price sometime during this session. MMAC has no plans to replenish our equipment stock of fins and paddles. Plan to purchase your own equipment (and mark it with your name) and avoid being disappointed when there is not enough club equipment available for all members.

ATTENTION LANE 1 SWIMMERS!

Lane 1 swimmers are responsible for removing flags after every swim. This means you!

IMPORTANT DATES

Oct. 16	Brantford swim meet
Nov. 2	Beer and Wings
Nov. 6	NO SWIM (Marlins meet)
Nov. 7	NO SWIM (Marlins meet)
Dec. 7	Beer and Wings
Dec. 19	Last day of fall session
Dec. 19	North York swim meet
Jan. 4	First day winter session
Jan. 4	Beer and Wings
Jan. 23	Alderwood swim meet
Feb. 13	Burlington swim meet
Mar. 6	Milton Spring Splash!

Did you work up an appetite after swimming?

On the first Tuesday of every month, a small but devoted group of hungry and thirsty swimmers get together for Beer and Wings. The next social gathering is planned for:

**Tuesday, November 2 at
The Ivy Arms**

201 Main Street East in Downtown Milton

***Come join us for a chance to share fish tales
and chicken wings.***