

*Milton Masters Newsletter (\$6.50)*

# HOT SPLASHES!!

## Welcome Back!

By Sue Stanley

This summer has been a time of growth, companionship & competition for our club.

First, we saw a group of swimmers head off to the Nationals. This was the **first** time Milton Masters have ventured beyond Provincials. Milton is officially on the swimming map!! See elsewhere in this newsletter for details.

Early in the summer we were drawn together in tragedy. The real depth of this club was quickly evident as everyone pulled together. We really do have a special group here. We all should be proud to be a part of it!

Many of our swimmers spent the summer training & competing in various sporting events. It was especially fun to see how well attended the Milton Woman's Triathlon was by Masters swimmers in both the competitive and volunteer capacity.

Speaking of volunteers, on behalf of the Club I would like to express our gratitude to the people who in recent weeks have spent some of their time representing the Club at community open houses. The exposure is necessary to keep our Club in the public eye and without volunteers we could not attend these worthwhile events. Thank you!

You may have noticed that we were able to start the fall session a couple of days earlier than usual. This is due to the funds raised at the Loblaw's BBQ. Please remember how great it was to start a little earlier when we need volunteers next spring!

We do not have many changes planned for this season. Please be sure to give feedback to any member of the executive committee about things that could be improved, changed or added. We value your input. Taking your cue, the executive has decided not to hold any fun meets this year. While workouts were always well attended, numbers certainly dropped for fun meets. For all those beer & wings fans, we will continue with our regular festivities on the first Tuesday of every month. Please join us, all are welcome!



STROKING FOR PLEASURE

## Annual General Meeting Highlights

By Sue Morris

The Annual General Meeting for the 96/97 season, held in Bob Webb's beautiful backyard, was well attended. Here are some of the highlights, for those of you unable to attend, and for the rest of us to refresh our memories (Oh, what a party!?!):

- the club ended up with a small profit from the 96/97 season (~\$75)
- the club participated in 7 swim meets last year and sent 6 people to the Nationals in Montreal
- we changed the official year end date to May 31
- we elected many new people to the executive committee (Laura Goodman, Vicki McGonigle, Gloria Hewitt, and Christian Wassermann)
- there was much discussion on how to cover the increase in operating expenses (20%), the club was presented several options and voted on an increase in fees and keeping the split memberships, but limiting them to 14 spots
- the club voted in favour of hosting our own swim meet
- prizes for the evening were donated by Spokes and Slopes, TYR and the Fitness Technique

## Thanks!

**You Really Are Masterful!!**

I'm grateful for this opportunity to thank you all for the support you gave me this summer when my husband died. I'll never forget the way you gathered around me to offer sincere condolences and practical help. It was, and is, truly a comfort to me, and lifted my spirits when I really needed it. Thank you also for the club's donation to the Heart and Stroke Foundation in my husband's memory.

I consider myself very lucky to have such wonderful and caring friends.

Kathie Key

P.S. The reason some of you haven't had serving dishes, baskets, etc. returned to you is that the labels came off when they were washed!!! Please contact me so I can return them to their rightful owners.

## LifeGuarding

By Larry Scott

This Fall, 19 members of MMAC have volunteered to be lifeguards. They do this in order to keep our fees down. (They would be about double if the Leisure Centre provided the guards). We have 53 swims, requiring two guards each; **most guards will be on duty six time this fall.** I would like to bring this down to four times for the winter session.

There are two members not swimming this fall who plan to guard in the winter, this is a start. For those of you who have had lifeguard training in the past and would like to help, we can arrange to have you recertified in November ( alot of our current guards have to recert this fall)

We would like to hold lifeguard training in December and January for those interested. These courses cost MMAC members \$10.00. Come and See me for more information if you are interested in helping share the load.

**Thank You  
Marsha's  
Delivery Service**  
(For Your Speedy Flier  
Delivery)

# Lane Etiquette And Safety

By Karen Haist

We are again in our busy season at MMAC. 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.

Here are some suggestions that seem to help.

- 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. Check the chart to see which direction your lane should be 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.
- 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. On Thursday nights for the technical swim, you might find that you swim in a different lane each week.
- 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.

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

Thank you  
to all Masters who  
volunteered at the  
Women's Tri  
Tina Braam

## Proposed MMAC Swim Meet

As those of you who attended the A.G.M. and BBQ last June already know, we had hoped to run our own Master's Swim Meet this March. Well, unfortunately, this plan will have to go "on hold" until next year.

As it turns out, the date for the Master's National Championships this year has been moved up 1 1/2 months earlier than last year's date. The same goes for the Provincial Championships, which look like they will occur some time in April 1998. That has led the people who run the already established meets (i.e., Etobicoke and Ancaster) to move their dates ahead (Etobicoke's Annual Invitational Meet is scheduled for March 8, and Ancaster's 15th Annual Meet is on March 29).

In the end, we would have had to run our meet on the same weekend as one of these clubs, or on a weekend right after them. While many Master's swimmers love to compete, it's doubtful that we would love it enough to attend two meets in two weekends -- or 3 meets in one month! Unfortunately, the Leisure Centre had no other available times for us to work with.

But, we're not giving up hope! There is still 1998-1999 to look forward to, and we will continue to try to arrange a Milton Masters Swim Meet for that year (maybe in the fall, who knows!). On the up side, this gives us more time to learn about how to run swim meets. Although we haven't yet received formal notification, a Swim Official's Clinic is planned for October 18 in Toronto. Several of our club members attended this clinic last year, and found it really educational. (P.S. Thanks to Vicki McGonigle for using what she learned to be a timer at last year's provincials!). Running a meet requires a lot of volunteers and officials, so please consider attending this clinic. When we receive additional information, we'll pass it along. If you are interested, let Laura Goodman know.

### The Swim Meet Committee:

Laura Goodman  
Lee-Anne Greer  
Sue Morris  
Steve Morris

# Secret Swim Codes

What do those funny symbols that the coaches use mean? No it is not some secret Bulgarian dialect. It is actually short forms for swimming strokes and toys.

	Meaning
FR	Freestyle
FL	Fly
BR	Breast Stroke
BK	Back Stroke
IM	Individual Medley
↑	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

## SWIM CLINIC

New This Fall!

First Clinic on

### Flip Turns

1 Hour Intensive Coaching  
Not During Regular Swims.

Date and Time TBA  
Modest Fee

# National Masters Swimming Champion In Our Midst:

By Laura Goodman

On June 27th, six Milton Masters swimmers headed to Montreal for the Nike Canadian Masters Swimming Championships and returned home on Canada Day with Lee-

Anne Greer leading the way as our National Champion in 50M Backstroke! All six of the swimmers swam impressively, making Milton a known name in the Masters swimming field.

### The six were:

#### Lee-Anne Greer

1st	50M Back	0:33.33
2nd	100M Back	1:13.07
2nd	100M Individual Medley	1:14.74
2nd	200M Individual Medley	2:47.23
2nd	50M Fly	0:32.01
2nd	100M Fly	1:13.05

#### Laura Goodman

3rd	50M Back	0:37.76
4th	800M Free	12:29.18
5th	100M Free	1:13.77
6th	200M Free	2:43.24
8th	50M Fly	0:38.96
9th	200M Back	3:13.46

#### Lisa West

3rd	800M Free	12:22.18
5th	50M Free	0:32.41
5th	400M Free	5:55.62
6th	100M Free	1:13.89
7th	200M Free	2:45.88

#### Elsa Crisp

8th	100M Fly	1:43.35
8th	400M Free	6:34.90
10th	50M Fly	0:41.23
11th	200M Free	3:06.06
16th	100M Free	1:21.97
16th	50M Free	0:35.64

#### Peter Carson

4th	50M Breast	0:37.11
8th	50M Back	0:32.46
9th	100M Back	1:11.74
9th	50M Free	0:28.36

#### Christian Wassermann

3rd	200M Fly	2:46.90
3rd	100M Fly	1:08.89
8th	50M Free	0:27.42
11th	50M Fly	0:29.44

### Relay results

Women's 200M Free	2nd	2:10.29
Mixed 200M Free	3rd	1:58.86
Women's 200M Medley	4th	2:30.58
Mixed 200M Medley	4th	2:12.92

### Now, we can get to the fun stuff!!

Well, it took about seven hours just to get there (believe it or not, they do have road construction in Quebec as well!). Our next stop was to get the rest of the groceries, milk etc., and then the important stuff, the liquid refreshments. Our total grocery bill

came to about \$100.00 - our refreshments cost \$90.00 - and we call ourselves athletes!!!

After going to the pool to register and check the place out, we drove around trying to decide what to have for dinner - we got fed up with too many choices and Christian decided on PIZZA to be delivered to the hotel - this was so that we could drink and eat and be merry.

Saturday saw us at the pool at 7:45 a.m. for a very long, long day - we got out of there about 4:40 p.m.

We went back to the hotel, changed and got the subway to downtown for dinner and sightseeing. Well, we were all so hungry that we forgot about the sightseeing and found the closest restaurant (literally) that had room enough for six (Peter decided that being with his wife, alone, would be better for him than being with us!!!) - we wonder why??? - After dinner, (Greek, healthy food!) we walked up the street for a way and bumped into a "person" begging for money - actually, it was a guy dressed up in woman's clothing for his "stag" - it was quite a sight to see!! We decided that we were all exhausted and headed back to the hotel, where, of course, we had a couple of nightcaps - just to help us sleep, of course!

Sunday was not quite as long, and we visited St. Catherine's street for the Jazz Festival for about one hour - it was good to see, but again, we were walking asleep on our feet - back to the hotel for nightcaps.

Monday ended up being quite a short day - we got out around 1.00 p.m. - all very happy at being finished (except Lisa and myself - we could not lift our arms - after just finishing the 800m free!). We drove downtown and headed for "Old Montreal". Of course, the first thing we did was eat & partook of some famous "Sangria". After that, the "fab four" (Lisa, Elsa, Lee-Anne & I) started to take in the sights, quite enjoyable - but after three hours, our legs began to give out from under us.

We got back to the hotel, more nightcaps (at 6.00 p.m.!!) - this time we didn't have to think about watching how much we had - as we only have to drive all the way home the next day. The drive home was a lot shorter which was greatly appreciated.

It was, however, very very sad to say farewell to each other when we got back to Milton - we felt like we had been joined at the hips for about three months!!

Well, we did have a good time and are setting our sights on Edmonton next year - so if anybody knows of anyone who is rich and wants to sponsor us - please let us know!!!!

## Social Clinic AKA Beer & Wings

Tuesday Oct. 7  
Location TBA  
Modest Fee

## MMAC Needs You Be A LifeGuard!

See Larry Scott

## Are you ready to swim ?! Of course you are !!

By Christian Wassermann

I trust everyone is enjoying the summer ! I don't know what all of you people have been up to but I look forward to hearing of you adventures when I see you at the pool ! I did hear of a small but fiercely dedicated group of people keeping a relentless regime of weight lifting and out-door swims at Guliver Lake, Kelso (until... "What is that **smell** ?") and the Leisure Centre. See if you can pick out who these die-hards were. 'Give ya a clue. It won't be any of the people going "Breast- stroke ? Yeah right. How does that go again ?" (that will be me) or those rediscovering their triceps and pec's. Remember: no water wings allowed.

Masters Swimming Nationals 1998 will be in **Edmonton**. Think about it. Visualize it. Make it the reason you do the **whole** practice **every** practice ! I went to my first Nationals this year because it was close by-Montreal. Seven members attended from Milton. I am so glad that Lee-Anne coerced me into the thing. Swimming aside, I benefited from being with Elsa, Lisa, Peter, Laura, Lee-Anne and Richard for three days. The club means a little more to me now, seems to have a little more substance to it.

Attending a Nationals meet does not require any qualifying times and **all** age groups are represented. Attending Nationals does require a bit more coin. A popular topic around the pool this fall and winter will be fundraising ideas for those who wish to attend this meet that is happening far far away like, you have to ride a jet to get there (= big \$). Any and all suggestions as to what

you think Nationals attendees could do to raise some cash will be appreciated.

I look forward to seeing everyone back this fall and expect new faces too. I'm slowly getting pumped to swim again after avoiding structured physical activity since July. I think I saw my goggles kicking around here somewhere....

### Fund-raising ideas;

- design and market a swim related product
- haunted hayride at Halloween (any-one have a farm they could lend ?)
- pyramid scheme <-- ha ha
- letter stuffing, stuffing envelopes for big companies
- newspaper delivery
- dance

## Adventures, Misadventures And Milestones!

By Karen Haist

As you have no doubt heard, our MMAC competitive swimmers turned in some great performances at the Nationals this summer! Congratulations to all of you for your efforts and competitive spirit!

Other "Milestones" from our members this summer? . . . Petra Halk placed first with a time of 1:36:40 in the 50-54 age group in the President's Choice Triathlon/Duathlon Series in Peterborough. And that was before she had her flashy new bike! Kathie Key placed third in the Olympic Triathlon in her age group with a time of 2:55:07. Tina Braam followed closely in fourth place. Gwen Jarrett placed fourth in the Women's Sprint in the 30-34 age group with a time of 1:19:19. Gwen also placed first in her age group in the Barry's Bay Triathlon. Phil competed in the Welland Duathlon, the Peterborough Triathlon, and Gwen and Phil both plan to compete in Guelph. At this writing, Phil is sporting his "pirate's look" with yet another eye patch.

In the President's Choice Milton Triathlon, Anna Morris placed second in the 40-44 women's division with a time of 2:02:28. Tina Braam took second in the 50-54 women's division with a time of 2:04:11. Martin Stanley competed in the Milton Triathlon August 16 – why leave home if you don't have to? Sue has been playing golf regularly, but she would not divulge her handicap to the writer—or anyone else for that matter. Janice Snow took it upon

herself to help other swimmers, including total strangers, in the fog at the 1/2 Ironman in Tupper Lake, New York.

Our lake swimmers have been seen regularly circumnavigating Lake Kelso under their own power –Harry Barnes, Tina Braam, Martin Carney and Connie Hearty, Jack and Gloria Hewitt, Petra Halk, Gwen and Phil Jarrett, Sue Leeder, and Anna Morris.

Sue and Steve Morris did the 24 Hours of Adrenaline at Hardwood Hills August 16-17 (17 laps x 18.5Km), and at this writing were in training for a century ride on their tandem bike with the Oakville Cycling Club. Sue has also managed to fit in some soccer, along with Rishia Burke, who reached that personal milestone of 30 this summer.

Calvin Snow finished the Ironman in Penticton, B.C. in 11:24. Martin Carney improved his time over last year by an hour, and Connie shaved 70 minutes off last year's time! Courtney & Anita did not compete, but were a great cheering section.

Vicki McGonigle has been working on her rollerblading. Rishia Burke, Judith Rouse, Marsha Zuest, Gwen Jarrett, Brenda Mayes, Gloria Hewitt, Mary Schroder, Linda Savelli., Lisa Boehmer, Mariella Rusheleau and Joan Whitman all competed in the rain in the Milton Ladies' Tri on August 31. Gwen placed fifth overall, first in her age group with Rishia breathing down her neck in second place. Marsha was the big winner — a new TV! Marsha also tells me she has been working on her "fan form" and "sword form" in Tai-Chi.

Paul Strome managed to fit in a trip to Winnipeg this summer, and then headed to the East Coast for some rubber rafting and kayaking in Nova Scotia.

Esther MacLean and her family also headed east recently for a whirlwind tour of Maine, Nova Scotia, and the Newfoundland coast.

Me? So glad you asked! I did a one-week bike tour of the Gulf Islands off the B.C. coast. "Gently rolling hills", that's what the catalogue said!!! I travelled with nine other guests and the two greatest guides you could ever imagine by bicycle, ferry, and kayak through the Gulf Islands. After we sampled the first meal, the guides just had to tell us where the next meal would be served. We got there! Wonderful country inns, picturesque mountain hikes with wonderful views over the straits, and "gently" rolling hills with very few cars! Morning "Rides with the Guide to the Sunrise" with coffee in our water bottles. I will never complain about getting up to swim on Saturday mornings at 7:30 again – at least not until the end of September.

## **SPOKES N' SLOPES**

89 Ontario Street N., Milton

876-7676

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