

Milton Masters Newsletter (\$0.50)

HOT SPLASHES!!

Welcome

By Lee-Anne Greer

Welcome back (and, to our new members, WELCOME) for another season! We hope you all enjoy swimming with MMAC this year. Lucky for us, Martin Stanley has agreed to continue publishing our newsletters. Martin, you continue to do a wonderful job, and your effort is greatly appreciated! In this edition, you'll see some reprints of previous articles (e.g., on etiquette and Eli's symbols), which should be useful to newer members. I'd also like to thank Eli for returning for another year. I wasn't able to make it out to the pool very often during the summer, and have really missed your workouts!

If you have any questions or suggestions about the club, please talk to one of the executive committee members. For your information, we are:

- President: Lee-Anne Greer
- Vice-President: Laura Goodman
- Treasurer: Tom Price
- Membership: Gloria Hewitt
- Secretary: Vicky McGonigle
- Publicity Director: Sue Trerise
- Meet Convenor: Chris MacDonald
- Equipment: Christian Wassermann
- Member-at-Large: John Fisher
- Member-at-Large: Barb Ferris
- Past-President: Sue Stanley

Speedy

By Want to Complete the Workout

* Arrive on deck 5-10 minutes before the start of each workout to put in the lane ropes and backstroke flags, and to pull out the paddles and zoomers. The more people helping, the quicker it gets done. This allows everyone to benefit from a warm-up (in the first 10 minutes--until Eli blows the whistle) before the workout.

Milton Masters Track Suits
Extra Large and Small \$67
See Christian



STROKING FOR PLEASURE

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.

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

Dirt Needed

Please don't forget to talk it up around the pool. Aunt Flipper needs dirt for her next column.

MMAC Lifeguarding

By Laura Goodman

Just a note to remind everyone that we are now only "back-up" guards.

This means that you will have to get out of the pool just in case we get over thirty (30) people in the pool.

There is a five dollar (\$5.00) "refund/credit" for each time you have to get out, which will be kept on record until the end of the session. At that time, you can let me know if you want the "cash" or we can deduct the amount from your next session fees.

I also seem to be lacking copies of your current certificates - please get a copy to me as soon as possible so that I can give a copy to the staff of the Leisure Centre.

Thanks again for your help.

Volunteers Needed

By Laura Goodman

On Sundays from 11.00 - 12.00 there will be a group of "Special Needs" swimmers from the Special Olympics coming to our pool from Oakville. They are calling themselves the "Milton Sharks".

We have been approached by them to look for volunteers to help coach these swimmers.

If anyone is interested, please let me know or if you have any questions about this, you can contact

KAREN IRELAND
@ 905-825-6123 ext. 7841

Upcoming Events

- Oct 3rd deadline to sign up for Brantford "Sprint Splash" Meet
- Oct 5th Beer & Wings Social
- Oct 30th Brantford "Sprint Splash" Swim Meet, 1:45 - 6:00 p.m
- Nov 2nd Beer & Wings Social
- Nov 7th Marlins Swim Meet (workout cancelled)

- Nov 14th Burlington Fall Meet
- Nov 20th Newsletter Deadline
- Dec 7th Beer & Wings Social
- Dec 12th North York Pentathlon
- Dec 21st Last fall swim day
- Jan 6th First winter swim day

Nationals 2000

By Lee-Anne Greer

Nationals will be held in Halifax, in mid-May, 2000. There will definitely be a group of swimmers proudly representing MMAC (and, hopefully, continuing to make MMAC proud!!) heading there for the competition!! Remember, there are no qualifying times, and swimmers of all levels compete. We ask anyone interested in competing at Nationals this year to talk soon to Chris MacDonald or Lee-Anne Greer, as we will be holding a meeting early in the swim season for all interested competitors to plan fundraising activities to help us cover some of our costs.

If you're not interested in competing, but think you might want to get a glimpse of Nationals and cheer on your team mates, you might also consider taking the trip to Halifax as part of a vacation. We will be looking into group rates which could be shared with anyone who is interested.

We would also be grateful for **AIR MILES DONATIONS**. We were able to bring Eli to Edmonton in 1997 because of a very generous Air Miles donation from one of our swimmers. It takes 1590 Air Miles to fly from Toronto to Halifax (or 795 if they continue with the "shrinking the world" program). If anyone is willing to donate this amount for a ticket, please let Lee-Anne or Chris know. We must book our tickets early -- likely in December or January.

Competitors Reach Their Goals

By Gloria Hewitt

Picture this: Penticton, British Columbia, August 29, 1999, 28 degrees C., a small place in the Okanagan Valley, with vineyards, lush fruit, beautiful scenery, and several of our current and previous Masters members participating among the 1700

participants experiencing - THE IRONMAN CANADA Triathlon. I was pleased and proud to be able to act as an Ironmate, along with my Ironmate friend Anita Warner, to the following IRONMAN TRIATHLETES! Martin Carney, Connie Hearty, Jack I Hewitt, Gwen Jarret and Phil Jarrett, Jim Nelson, Janice Snow and Calvin Snow, and Courtney Warner.

In order to prepare for this race, the athletes devoted as many as 20 hours per week. The 4 km Swim was completed in Lake Okanagan on a perfect, basically calm morning. Following that, each athlete continued the race with a 180 km. bike ride facing them and then finished a marathon during a cooler temperature and wind. Each individual completed the triathlon far within the 17 hour limit - for only those who finish the IRONMAN and cross the finish line can be bestowed the title of IRONMAN! Watch for the waves you'll see coming from the fast lanes as many of the triathletes return to Masters this fall. When you have a moment, I am sure each person would gladly take time to chat about their fun, give tips about their gruelling training techniques, but be careful now, - IRONMAN fever tends to rub off!

Penticton

Name	Swim	Bike	Run	Total
Cal	1:06:48	6:00:19	4:01:23	11:14:51
Jack	1:06:37	5:51:39	5:25:55	12:41:38
Janice	1:24:16	6:48:19	4:29:27	12:51:56
Phil	1:35:29	7:21:37	4:32:09	13:52:17
Jim	1:16:02	6:46:21	5:32:48	13:59:14
Martin	1:05:06	7:08:30	5:33:23	14:03:00
Gwen	1:11:15	7:20:49	5:13:59	14:14:41
Connie	1:32:30	7:43:18	4:53:22	14:21:44
Courtney	1:22:11	7:50:19	5:26:34	14:58:10

Meanwhile....Janice and Marshall King were training for Lake Placid Ironman. Marshall finished in an impressive 13:26:53. Janice was a mere 6 minutes shy of the cut off for the bike so was not able to finish. She knows where she can save time next year and has already signed up. That's the Iron spirit!

Name	Swim	Bike	Run	Total
Marshall	1:13:57	6:28:26	5:24:32	13:26:53
Janice	1:06:37			

5th Annual Women's

Triathlon/Duathlon

A Personal Perspective

By Gloria Hewitt

The 5th Annual Women's Triathlon/Duathlon was held on Sunday, September 5 at Kelso. This year the event raised \$5000 for Big Sisters. The race is growing each year. 300 participants enjoyed either a duathlon or short or new long triathlon course. We could not have asked for better weather that day!

Race founder, Tina Braam of Milton, participated in and encouraged many of the Milton Masters swim club members as well local area athletes. Many Masters swimmers successfully completed the courses and you could tell that those drill and technique nights with Eli paid off!

Some of our members took advantage of some of the Triathlon Clinics offered this year during the summer to help prepare them for the race. Did you ever notice how supportive Masters swimmers are? I can tell you first hand what great fun it was joining a small, quiet group of Masters swimmers that did some training at Kelso on Monday evenings during the summer months to prep for this race: Brenda Mayes, Marsha Zuest, Judith Rouse, Rhonda Schopp. Let's start training for next year too, ladies!

The event ran smoothly and safely due to the fine organizational skills of the Race Director: Anna Morris and Race Registrar: Sue Leeder. The entire event owes its success to the **many volunteers** from Masters and their family and friends who gave their time prior to and during race day.

Our Summer Vacation

By Chris MacDonald and Rick Madge

This exercise reminds us of the first day back at school when the teacher asks us to write an article - "What we did on our summer vacation".

While many of our team mates were enjoying rock climbing, running marathons, biking half way across Ontario, water skiing, etc., some of us chose to return to the Milton Leisure Centre to swim. The most frequently asked question that we received prior to taking this exciting venture on was Why? Why not in a different surrounding ie. with the triathletes in the lake at 6 a.m. in the morning? We have some answers for this --

- the time is not convenient (sleep is more important)
- the bottom of a lake is not visible (who knows what is down there?)
- no pace clock available (no serious Type A person can be without one)

- unable to see our arms follow through underwater to ensure we are doing the stroke properly

Instead we chose to return to a place where all the comforts that we are used to (bathing suit dryer, hot tub on Sundays, lines on the bottom of the pool) are close at hand. But one thing was completely different. The summer session was to concentrate on stroke work. Only stroke work. To help us, Eli provided 20 sessions of what she refers to as a 'customized stroke technique clinic'. We refer to it as the 'completely tearing our stroke down until we don't know what we are doing, and then building it back up bit by bit clinic'.

The first shock was when Eli started off the summer by videotaping our strokes. That was followed by a spirited session of video review where the participants (Emil included) felt no shame in eagerly pointing out flaw after flaw. It's amazing how many flaws you can find when you play the tape in slow motion! We both filled a page of comments for each of our strokes.

The next step was to forget our old strokes completely, and to focus on the new ones. Then the drills started.... Lots of 'em. Then more. But after a summer of this, it was definitely worth it. Our strokes feel better and stronger. We are breathing better, pulling more efficiently, taking less strokes. You won't even recognize us in the pool. We finished off the summer with a final video taping. And although we have not yet reviewed it, we just know that it will clearly show massive improvements that will bring gasps of envy from all who see it.-- At least until the tape is played in slow motion.

An end of summer awards banquet was not held, and so the following awards were not given out:

- Most Overall Improved Technique - Lisa Clarke
- Most Reduction in Heart Rate compared to the beginning of the session - Rick Madge
- Most Sessions Worked out on the Tennis Court - Lee-Anne Greer
- Most Successful Male Triathlete - John Fisher
- Most Sought after Women Triathletes - Sue Trerise and Anna Morris
- Organizer 'Extraordinaire' of summer session - Chris MacDonald
- Most Appreciated Coach - Eli Dimitrov

Time really does fly when you are having fun and that's what we experienced this past summer in the pool. Many thanks to Eli for providing us with her enthusiasm, challenging workouts, thought provoking drills, her drive to motivate us especially on

kick sets and finally, to share in many laughs with us. We are looking forward to the final summer taping review later this month.

Perhaps we will see you next summer?

Articles Welcome

Any and All Articles welcome.

Email to martin@stanmar.net or see Martin at the pool.

How you get the article to him is not important just write the articles.

On The Flip Side

By Aunt Flipper

Welcome back all you swimmers. It's fall again – time to get back into the swim of things. It's all about Focus!!! It is rather apparent to Aunt Flipper that many of you have lost focus over the summer. Why would you want to turn your back on free kick, fly kick breast or fly on back.

You ask what else have we been focusing on? Well, let Aunt Flipper tell you . . .

Rhonda Scaiano delivered (in very tardy fashion) a wonderful baby girl, Talia Florence. Aunt Flipper wonders if Rhonda is one of those swimmers who is always late on Saturday mornings? Elsa Crisp had a bouncing baby boy, Ryan. At this writing, Rishia Burke is still waiting patiently – maybe we will see her at the pool before the big day. There have been

a number of concerns over the past year as to what is in the water at the pool – will there be a Masters millenium baby boom?

Rumour has it that a number of our members and friends are under the impression that a vacation in the mountains requires hours of non-stop, mind-numbing swimming, and then cycling and running up and down, up and down . . . why would anyone good swim by getting all swe running afterward? And the this up for 11 to 15 hours. C Iron People and their Iron M: supported them.

Not to be outdone, our own I Milton Ladies' Triathlon brou droves once again. There w faces and many of the same of our Master's own Iron Mai joined Joan Whitman as first competitors in the long triath

Aunt Flipper salutes you all - are nuts, but she salutes you

Speaking of nuts, have you heard about the "Biker Chicks"? They meet weekly for a kamikaze ride through the wilderness, then compare bruises, mud, and old and new scars. One of the biker chicks, after losing half her shirt in a confrontation with a tree, developed an attitude and tossed her bike down a hill after refusing to ride down – this is fun? Their motto – if you don't fall, you're

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Elena Dimitrov

University Degree in Sport Massage

