

HOT SPLASHES!!



STROKING FOR PLEASURE

PRESIDENT'S WELCOME

To all returning MMAC members and to our new members, I would like to extend a warm welcome to the 05/06 swimming season. I am looking forward to our kick-off swim on September 27 and a return to the discipline that structured swimming provides.

First off, thanks again to Laura Goodman, past president, for all her contributions to the club over the past years. Thanks also to outgoing Board members Rick Madge, John Mayes and Katrina Murphy for their efforts on our behalf. The MMAC board now consists of:

President	John Fisher
Past President	Laura Goodman (returning)
Vice president	Carla Roselle
Treasurer	Lisa Gable (returning)
Secretary/Newsletter	Marsha Zuest (returning)
Membership	Gloria Hewitt (returning)
Equipment Manager	Lisa Clark (returning)
Away meet Manager	Gail Lunan
Team Time Coordinators	Gail Lunan and Kathy Lawday
Home Meet Manager	OPEN

Please note the **OPEN** position above! The position of Home Meet Manager needs to be filled as it is critical to our season for fund raising, exposure and member participation. Let any Board member know if you want to help out and take on this responsibility.

Integral to the success of the club is the coach. We are very fortunate to have Eli Dimitrov and the extended Dimitrov family experience and expertise, for innovative and challenging workouts to improve our technique and prepare us to meet our goals, whether they be general fitness, competitive swimming, or triathlons.

Some of our members enjoyed a leisurely summer while others maintained a sporadic swim schedule at Rotary park, the Leisure Centre pool or Kelso. Other members branched out into other fitness activities - competitive triathlons, or an ironman event.

September has been an athletic wind-down month for most as we recover and ponder our next season's goals. I have been pretty good about establishing triathlon goals, but have not really done this with swimming, content with a non-specific "do better" objective. I think this year I will develop some specific swimming goals into my season's plans to give my swimming practice clearer focus. Eli sets up time trials and video shoots for us all and I can make more use of them to objectively make swimming improvements.

New members will trickle in over the next month as our membership picture sorts itself out. Please introduce yourselves and welcome them to your respective lanes. It can be a bit intimidating meeting new people and reading and speaking a new shorthand workout language.

See you at the pool!

John Fisher

SWIM ETIQUETTE

Reprinted from past years as a gentle reminder ...

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.

Ask Eli

Have questions about:

The Workout? Proper technique?

How to improve your technique?

Sore muscles?

Our coach is always ready to help

AWESOME IRON-PEOPLE

On August 28, a group of athletes from the Milton area participated in the Subaru Ironman Canada challenge in Penticton, B.C. Despite humid conditions and strong headwinds, everyone in the group completed the grueling course consisting of a 3.8 km (2.4 mile) swim, 180 km (112 mile) bike, and 42 km (26.2 mile) run inside of the 17 hour cut-off time.

Listed below are the times for present MMAC members and former MMAC members who took part in the race.

Trigg Hall 11:39:05
 Nancy Cole 12:44:31 (4th in her age group)
 Sonia Boucher 13:26:13
 Mark Hurtig 13:27:18
 Courtney Warner 14:33:29 (3rd in his age group)
 Jim Nelson 14:41:37
 Sue Trerise 14:41:44
 Kathie Key 14:54:56 (4th in her age group)
 Cathy Hall 15:05:55
 Sue Leeder 16:17:05
 James Erskine 16:18:33

An incredible amount of discipline and dedication is required to train for this event. In order to be prepared, athletes must have spent the time equivalent of a full-job doing the necessary training. During the actual event, they must have the grit and determination to drive their bodies to keep going when their brains are telling them to stop.

Congratulations to all of you!!!

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. Cards will be available from Gloria sometime later this session.

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/Front crawl
FL	Fly/Butterfly stroke
BR	Breast Stroke
BK	Back Stroke
IM	Individual Medley (FL,BK,BR,FR)
MI	IM in reverse (FR,BR,BK,FL)
↑	Hard
→	Casual
Z	Zoomers
PAD	Paddles
K	Kick
ROT	Rotation
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

LIFE IN THE FAST LANE**AWAY MEET REPORT by Katrina Murphy**

We had a terrific turn out for Nationals 2005, May 20-23. We all swam our hearts out; Peter Carson, Lisa Gable, Laura Goodman, Gail Lunan, Andrew Morris, Katrina Murphy, Donna Baron-Meier, Shawn Keffer, and Nancy Cole-Hryciw. There were over 900 swimmers from all over Canada competing at the Etobicoke Olympium.

Eli kept us focused on our goals and in total we earned over 50 top ten finishes and all earned personal bests for our efforts. Thanks Eli, for keeping us on track and believing we can do it, indeed. Of course, our primary objective was to swim our best but our secondary goal was to see just how many of those 80+ Aurora Ducks we could take out. The Aurora Masters were one of the host clubs for Nationals this year and they had all of their club turn out to compete. The nine Milton Masters were able to out-swim the Aurora Ducks a phenomenal 71 times! Excellent duck hunting season this year!

Representing Milton Masters Aquatic Club at an away meet can be a very rewarding experience, both personally and to develop a sense of team. There is a small group of us that would love to recruit some more of you to swim at a competitive meet. We can guarantee we will cheer with all our hearts, wish you luck for your swim, and encourage you to do your best. Every member's goal should be to compete in two meets this year. It will help you measure your progress if you can compare your times on your way to improving your stroke technique and speed. I'm sure our new president will lead by example, right John?

Here are some dates for some upcoming meets so you all can start filling in your calendars.

- Oct. 15 Brantford Sprint Splash (the only 25m event all year)
- Nov. 27 Etobicoke Olympium Masters
- Dec. 11 North York Pentathlon (swim 50m of each stroke and 100IM for a combined overall time)
- Jan.22 Alderwood Teddy Bares (yard pool—the shortest 50 you'll ever swim)
- Feb. 12 Burlington

March 5 Milton Spring Splash

March 31 to April 2

Provincials hosted by Niagara and Brock Masters and Brock University Team at Brock University, in St. Catharines

It could be a really short season this year since there are no plans for Nationals in May, as of yet. It's a big undertaking to organize a meet and as Masters and members of MSO we should recognize everyone's hard work by showing up and swimming.

COACH'S REPORT by John Fisher

No I am not the coach!

However I have been talking to Eli about the 05/06 season. I have asked Eli to show us the macro training cycles and performance testing bench mark dates so we can see how the individual workout schedules fit into the annual training plan.

Because Eli also coaches the Marlins team, our workout cycles generally mirror the Marlins' training cycles. (Ours, thankfully, are shorter and not quite so intense). Final event dates and "peaking" decisions for the Marlins are still being finalized, and Eli is not quite ready to reveal the Masters' macro-cycle modified to reflect our "peak" events (e.g.Nationals). This should show up in a future edition of the newsletter.

Eli's focus for us during the first 4-6 weeks will be on general swimming fitness and getting us reacquainted with the feel of the water, which many of us have lost over the summer. After this, our bodies will hopefully be ready for the more focused work ahead.

By the way, she wants us to start on time! That way we get to complete the workout plan!

MMAC SWIM TIMES

Tuesday	7:00 to 8:30 p.m.
Thursday	8:30 to 10:00 p.m.
Saturday	7:25 to 8:55 a.m.
Sunday	8:30 to 10:00 a.m.

If you are the first person to arrive at the pool, please help by setting up the flags.

AGM REPORT by Marsha Zuest

The MMAC annual general meeting for the 2004-5 swim season was held at the Dickens-Firkin Pub on June 14 with about 30 members in attendance.

President Laura Goodman welcomed the group and presented the minutes from the previous years' AGM.

Lisa Gable presented a report of the club's finances. After discussion, a motion was made and accepted that MMAC should pay MSO fees for returning members for the 2005-6 season.

Away Meet manager, Katrina Murphy, reported on the activities of the past year. A record number of swimmers represented the club at meets during this past season.

Laura Goodman presented the Home Meet Report on John Mayes' behalf. We made \$1600 at the Spring Splash. However, we ran short of food at the event. Lunch tickets will be issued to swimmers at the 2006 event.

Our coach, Eli Dimitrov, thanked the Board for their support and reminded all members that she is open to discussion and wants to hear all questions and concerns. She was proud of our swimmers at Nationals and would like to see more members participate in swim meets.

Membership director, Gloria Hewitt, reported that the club membership has remained constant at 70+ members throughout the year.

A new slate of Board Members for the 2005-6 season was put in place but the position of Home Meet Manager was not filled.

Out-going president, Laura Goodman, was presented with a gift certificate in appreciation of her work on the Board.

Our new president, John Fisher, addressed the membership.

Gail Lunan thanked Eli on behalf of the membership.

The meeting adjourned at 10:00 p.m.

ONE FOR THE RECORD BOOKS

Stephanie Kimmerer was inducted into the University of Toronto's Sports of Hall of Fame this past summer.

While attending U of T, she was twice named as the country's female university diver of the year and was a second alternate for the 1980 Summer Olympics in Moscow that were eventually boycotted.

She was a 1979 national champ on the one-meter board and won two gold medals at the 1980 Canadian university championships.

Many years ago, she also coached MMAC swimmers in diving. Way to go Stephanie ... a well-deserved honor, indeed!

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.

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.

AND WHAT HAVE YOU BEEN UP TO?

Please let me know what you have been up to. You probably won't be written up in your local newspaper so give me the opportunity to get your name in print and to give you the recognition you deserve.

I happen to know that Katrina Murphy, competitive swimmer extraordinaire, completed three triathlons this year. Also, her buddies Lisa Gable and Laura Goodman were also overheard saying that next year they plan to join in on the triathlon fun by competing instead of volunteering.

Lisa Clark and the above-mentioned Katrina also volunteered with the Weekend to End Breast Cancer.

Our very own brainy and beautiful Rhonda Schop has returned to university to obtain her PhD.

I also heard a rumor that Sue Stanley will be back swimming with the club again after a long absence due to injury. We've all missed Sue's friendly outlook and helpful nature and we will be glad to have her back with us again.

So if you have any news items, upcoming events, training tips, gossip, etc. for the next issue of *Hot Splashes*, email Marsha Zuest at zuestm@hotmail.com or give me a phone call at 905-878-1562.

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, October 4 after swimming

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