



# SWIM ALBERTA MASTERS

January 2010

We are well into our season by now and hopefully everyone is adapting to the new suit rules!! Fast times are still being posted and records are being broken! Who said masters swimmers were not up to the challenge!!

With Provincials in Okotoks just around the corner followed by Nationals in Nanimo, we certainly have some opportunities to swim fast.

Since January we have had meets hosted by Foothills, Medicine Hat and Rocky Mountain Masters. Thank you to the meet managers for putting on these events, the swimmers attending appreciate any opportunity to race!

We will be having our "annual" AGM meeting during the break at Provincials on Sunday April 18. Please plan on attending. If possible, please bring your proposed dates for swim meets so that we can "set" a calendar of events. If there is anything you would like added to the agenda, please forward it to me no later than April 1.

At the AGM we will also be looking for volunteers for our board. The board consists of:

Chair  
Vice Chair  
Secretary  
Directors at Large

If you are interested in stepping forward, please let me know.

Alberta records are now up to date. We did have an issue with the email link not getting forwarded, but all is good now!! Please remember it is the swimmers responsibility to send in the information on the record swim. Send to: [records@albertamasters.ca](mailto:records@albertamasters.ca)

Good luck to all at Provincials, Nationals and Worlds!!

Jeanne

## WILD ROSE AFFILIATION

Wild Rose is the affiliation banner that Alberta Masters may swim under for meets outside the province. Generally the reason for doing so is smaller numbers of swimmers attending the event and those wanting to swim relays.

FINA 2010 Worlds may be an event that those attending want to register as such. You will need to be registered as Wild Rose (using your same registration number) on your initial registration. For those attending and wanting to swim relays, you will need to have someone spearhead the group and act as the "organizer". Any volunteers? If you are interested in acting as the liaison and attending the meet, please let me know and I will pass on the information to those interested.

We are also looking for a volunteer to send us updates from Sweden during the meet. Anyone interested, please contact me at [j.carlsen@shaw.ca](mailto:j.carlsen@shaw.ca)

## Steps to Success

(from Don Swartz & Ken DeMont, Larkspur, CA)

- 1 - 10 weeks of training is good but not as beneficial as 30.
- 2 - No matter how much speed you have you MUST be able to swim the last 25 yards or meters with conviction.
- 3 - You must be able to compare suits to suits...meaning tech suits to textile suits as regards to times achieved.
- 4 - If you benefited greatly from a tech suit then you need to build your own body into one of those suits. Reduce not so much your weight - though that will help - as much as your percentage of body fat. Core strength is critical.
- 5 - Value your swim based upon the construction and competitiveness of it and not merely the time...see #4 above.
- 6 - When you swim a great race you absolutely must take that passion and pour it into your next round of training. You are now free to train at a higher level of intensity.
- 7 - When things don't work out the way you planned, allow yourself a moment or three of disappointment...and then get over it (and yourself if need be!).

## Upcoming Events

### April

Alberta Provincial Championships  
April 17-18, Okotoks, AB  
[www.foothillsstingrays.com](http://www.foothillsstingrays.com)  
[www.okotoksmasters.com](http://www.okotoksmasters.com)

### May

Canadian National Championships (LC)  
May 21-24, Nanimo, BC  
[www.CMSC2010.ca](http://www.CMSC2010.ca)

### July

XII Masters World Championships  
July 28-Aug 7, Goteborg, Sweden  
[www.2010finamasters.org](http://www.2010finamasters.org)

### August

#### **2010 USMS Summer Nationals**

San Juan, Puerto Rico  
August 9-12, 2010  
Long Course Meters  
[www.usms.org](http://www.usms.org)

## Nationals

If you haven't already booked and you are considering attending Nationals in Nanimo May 21-24, you may want to take a look at flights and accommodations sooner rather than later and this is the long weekend and things are booking up!!

## BOARD MEMBERS 2009-2010

Jeanne Carlsen	Chair
Mike Morrow	Vice Chair
James Hood	Secretary
Vinus VanBaalen	Director at Large
Jonathan Miller	Website Develop.

