

SWIM ALBERTA MASTERS NEWSLETTER

November 2009



News

Our swim season is now well under way with new programs expanding throughout the province. This is great for Alberta Masters Swimming!! Featured in this month's newsletter is a profile of the Okotoks Orcas!!

If you have a new or old club that you would like featured, please send me a brief history about your club!!

Also included this month is information on the upcoming meet hosted by Penguins Swimming on Saturday November 28.

Meet Managers, if we could get

your meet information ASAP, we can:

- 1) Publish it here and let everyone know about your meet.
- 2) Post it on the website so that others will also know about your meet.
- 3) Allow the swimmers to plan their season of racing!!

In the meantime, keep training, stay healthy, stay fit, have fun!!

Jeanne

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Upcoming Events

Edmonton Masters:

December 12, 2009

Hosted by:
Edmonton

What Suit Can I Wear????

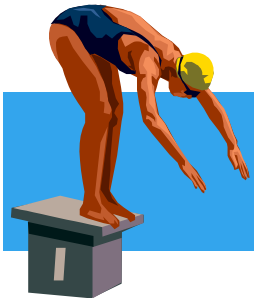
Information on the suit regulations will be finalized following a FINA meeting in mid January 2010. In the meantime, you can wear any approved suit until December 31, 2009.

January 1st, 2010 is the date when new suit rules will come into effect for Masters competitions in Canada. As of that date Masters suit rules will follow the suit rules set by FINA for youth and elite swimming and be the same as SNC rules.

A full description of approved swim wear is posted on the Alberta Masters site www.albertamasters.ca as well as www.mymisc.ca

Okotoks Orcas

Okotoks Master Swim Club



“We now have close to 90 swimmers with two paid coaches!.”

OMSC was started in 1991 as the Okotoks Orcas. Over the years it has gone through phases of competitive masters swimming and more of a fitness club for local swimmers and tri-athletes with ad hoc workouts written on a white board. The club was run out of the original four lane Swindel’s pool prior to the expansion of the Okotoks Recreation Centre in 2006 that resulted in a six lane competition pool. OMSC’s membership was capped at around 50 swimmers due to lane space and numerous potential members were turned away. Volunteer coach Leslie Posein entered the program in 2007-2008 adding needed structure to the Monday and Wednesday evening workouts. Interest in Masters swimming continued to grow in the greater Okotoks area and the club’s organizers were keen to accommodate more members. The pool management provided an opportunity for Tuesday and Thursday morning lane space in the 2008-2009 season and structured coaching continued under Todd Melton. The membership jumped to 72 swimmers but potential members still had to be turned away. At the end of the that season the organizers realized that the club was at a size that required structure and process and the amount of money being handled justified formalizing the club under bylaws. A provisional board of directors was established in June of 2009 and an ambitious new program designed with a significant increase in lane space and practice times. OMSC’s 2009-2010 season offers five weekday 1-hour morning sessions, two evening 1-hour and 1 ½ hour workouts, a 1 ½ hour Saturday afternoon session and a 1 ½ hour Sunday morning session. We now have close to 90 swimmers with two paid coaches; Todd Melton and Emma Hesterman who are available during the

week days and prepare workouts for the weekend sessions. The coaches never hesitate to drag a swimmer out of the pool for individual technique coaching with Todd often using his two favorite tools; his waterproof camera and his laptop videos of the Olympic races.

In the past OMSC has sent small contingents to Alberta Masters competitions particularly the provincials. We hope to increase the number of competitors through an experimental program we are calling Saturday Night at the Races. The plan is to book an hour of pool time once a month on Saturday night and run 25, 50 and 100 meter races complete with starters and timers. We believe that some actual diving and racing experience in a masters setting will grow the confidence of those members who are reluctant to try a formal swim meet.

OMSC was approached to host the 2010 Alberta Masters competition and after confirming pool space and soliciting the help from the Foothills Stingrays Swim Club we accepted. We look forward to providing this racing opportunity to Alberta’s masters and showcasing our facility and our community. All profits from the Alberta Masters will be donated to the Foothills Stingrays Swim Club.

Penguin Masters Cup 2009

Saturday November 28, 2009

Warm-Up: 12:30 PM
 Start: 1:30 PM
 Finish: 6:00 PM (or earlier)

University of Alberta

West Pool, Van Vliet Centre
 North West corner of 87 Avenue and 114 Street
 (attached to Butterdome)
 6 Lane 25m competition pool
 2x12m warm-up/down areas during meet
 Parking is available for \$4.20 at the Education and
 Stadium covered parkades on the North West and
 East sides of the Van Vliet Centre.

The meet is limited to 150 swimmers registered with
 Masters Swimming. Swimmers may swim with a
 team/club, or as unattached.

Event #	Event
1	400 Freestyle
2	50 Butterfly
3	25 Backstroke
4	100 Individual Medley
5	25 Freestyle
6	50 Breaststroke
7	4x50 Medley Relay
8	50 Freestyle
9	25 Breaststroke
10	100 Freestyle
11	25 Butterfly
12	50 Backstroke
13	4x50 Freestyle Relay

Swimmers will be allowed to swim a maximum of 5
 individual events plus relays.

The meet management MAY limit the entries in the
 400 Freestyle to a specific number of heats in order
 to meet the swim meet timelines.

- All events will be mixed timed finals and open seeded.
- The FINA 1 start rule will be in effect.

A Hy-Tek file is available for download from the
 Swimming Canada website (www.swimming.ca),
 and the Penguin Swimming website
 (www.penguinswimming.ca).

Entry times **ARE REQUIRED** for all individual
 events (NT's are not permitted). Please make your
 best educated guess if needed.

Entries AND entry fees MUST be received by:
Friday November 13, 2009.

Hy-Tek entries are to be submitted via the
 Swimming Canada website (www.swimming.ca).
 Entry Forms can be mailed or faxed to the following:

PENGUIN MASTERS SWIMMING

3112-105 Avenue, Edmonton, AB, T5W 0B4
 Phone/Fax: (780) 435-7946

Please read the following entry fees carefully:

\$30.00 per swimmer

- Entry fees from a team/club which are paid with multiple cheques.
- Entries from team/club swimmers that are submitted with individual entry forms.

\$25.00 per swimmer

- Entries from ALL unattached swimmers.
- Entry fees from a team/club which are paid with one cheque, and submit a Hy-Tek entry file.

Late and/or Deck Entries will be received on a first come first serve basis to fill empty lanes only at the above entry fee plus and an additional **\$5.00** per swimmer.

Please make cheques payable to:

PENGUIN MASTERS SWIMMING

3112-105 Avenue, Edmonton, AB, T5W 0B4

No refunds will be given for scratches received after the entry deadline.

Results will be emailed, posted on the Penguin Swimming website at www.penguinswimming.ca and posted on the Swimming Canada website at www.swimming.ca.

Colin Beattie, Director of Swimming
 Phone: (780) 435-SWIM (7946)
 Email: swim@penguinswimming.ca

Penguin Masters Cup 2009

Saturday November 28, 2009 – ENTRY FORM

Masters Cup 2009 Entry Form

1/1

Last Name:

First Name:

Birth Date (MM/DD/YYYY):

Sex (M/F):

Swimming Canada Registration #:

Team:

Event #	EVENT ENTRY TIME (REQ'D)
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1	400 Freestyle
2	50 Butterfly
3	25 Backstroke
4	100 Individual Medley
5	25 Freestyle
6	50 Backstroke
7	4x50 Medley Relay
8	50 Freestyle
9	25 Breaststroke
10	100 Freestyle
11	25 Butterfly
12	50 Backstroke
13	4x50 Freestyle Relay

Swimmers that swim with a team/club (submitting this form): \$30.00

Unattached Swimmer: \$25.00

Additional Late/Deck Entry Fee (after November 13, 2009): \$5.00

TOTAL FEES (Payable to **Penguin Masters Swimming**):