



## MASTERS SWIMMING BULLETIN – December 2019

We are now standing on the doorstep of 2020. One more month to get all the training in that we had hoped to complete in 2019. One more month to reach our 2019 objectives, if they have not already been attained. One more month before all Masters Swimmers celebrate changing age and, perhaps, age group on January 1<sup>st</sup>.

As always we look forward to hearing your stories, your feedback and your activities. If you have any Year End or New Years events planned such as a marathon swim, a crazy workout of 100 X 100m, a polar bear swim or other event, we would love to let everyone know. Please send your information to [masters@swimming.ca](mailto:masters@swimming.ca) so it can be shared on the Masters Swimming web page.

It has been a busy and fruitful fall with many projects coming together here at Swimming Canada. We are pleased to present our monthly update.

We would also like to wish you and those you love a very joyous holiday season, may your days be merry and bright!

### CANADIAN RECORD RECOGNITION

Congratulations to the following swimmers for their Canadian record achievements;

|                  |       |       |          |    |          |
|------------------|-------|-------|----------|----|----------|
| Kalis Rasmussen  | EOMAC | 95-99 | 100 IM   | SC | 3:40.57  |
| Tom Verth        | BAC-M | 80-84 | 50 Back  | SC | :40.77   |
| Tom Verth        | BAC-M | 80-84 | 100 Back | SC | 1:31.52  |
| Michael Stamhuis | VERN  | 65-69 | 200 Back | LC | 2:49.06  |
| Michael Stamhuis | VERN  | 65-69 | 800 Free | LC | 11:06.26 |

### 2020 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS

The 2020 The Etobicoke Olympium Masters Aquatic Club (EOMAC) has finalised their organising committee for the hosting of the 2020 Canadian Masters Swimming Championships to be held at the Etobicoke Olympium from May 22<sup>nd</sup> to 24<sup>th</sup>. Please consult the national and international events page [HERE](#) to see the meet package and familiarize yourself with the [meet web page](#) where all new information will appear.

We will be fleshing out details concerning hotels, the meet entry process and other specifics. We did want to provide you with the basic information as quickly as possible for your preparation and planning your participation in the 2020 Canadian Masters Swimming Championships.



## SWIM MEETS

Since the beginning of the 2019-2020 swimming season several Masters Swimming meets have been held. British Columbia has held 4 Masters Swimming meets to date, 2 have been held in Quebec and one each in Nova Scotia, Ontario, Saskatchewan and Alberta. Over 500 swimmers have participated in these competitions.

Congratulations to all those who participated and thank you to the numerous swim officials and volunteers who make it all possible.

More meets are scheduled for December, good luck to all.

Some provincial web pages contain a list of their competitions for the season. Please consult your Provincial Association's web page for this information. [HERE](#)

## UNATTACHED SWIMMERS

Swimmers wishing to register without a Masters Swim Club, as an unattached swimmer, should contact their provincial association. Please see the links [HERE](#)

## MAIL-IN CHALLENGES

December's Mail-in challenge has been launched and is available in the resource section of the [Swimming Canada Masters](#) page. This month we are inviting you to complete a 15 minute swim using a push (in the water) start. Please submit the distance covered within the time limit. Results may also be submitted [HERE](#)

The November challenge data is due back by December 5th so that results can be compiled and prizes awarded.

The October challenge results are available [HERE](#).

Congratulations to all our participating members and clubs.

Our participation prizes, a 25\$ gift certificate to the Swimming Canada on-line store, go to:

|                 |                                   |
|-----------------|-----------------------------------|
| Allison Bennett | Aurora Master Ducks               |
| Nick Van Alphen | Owen Sound Aquatic Club Leftovers |
| Natalie Tardif  | Calgary Masters Swim Club         |
| Christina Leddy | Masters Pointe-Claire             |

Each month a new challenge will be posted to be completed in the month. Swimmers/coaches will tabulate the results of the challenge and forward them to [masters@swimming.ca](mailto:masters@swimming.ca). Results



will be compiled using the age group distributions as per competitions. Prizes will be awarded each month. The details will be elaborated with each challenge.

## SWIMMER AND CLUB PROFILES

We are pleased to introduce you to **JILLIAN BEST** of the Middlesex Swimming Masters of London Ontario. Enjoy Jillian's story [HERE](#).

There are many other stories out there about Masters Swimmers, those who have been showing up at the pool for years. Swimmers who, like Jillian, have overcome major physical challenges, Swimmers who persevere. Swimmers who are changing the world they live in through their actions outside of the world of swimming.

There are Masters Swim Clubs doing fun events, important activities outside of the pool from volunteering to fund raising. Swim Clubs who have amazing coaches keeping them motivated and engaged, happy and healthy.

We want to hear these stories, who impresses you? Who motivates you? Why do you go to the pool week in week out? What else do you do; sports, art, literature, big business, volunteer? What are your passions?

Questionnaires are available on our web page and upon request at [masters@swimming.ca](mailto:masters@swimming.ca) . If you have a story to tell we would love to hear it! [Swimmer Profile](#) [Club Profile](#).

If you missed our October and November bulletins, please consult them [HERE](#)

Any questions may be directed to [masters@swimming.ca](mailto:masters@swimming.ca) where we will endeavor to respond or direct you to the proper channels.

Happy Swimming!

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