



Masters Swimming Maîtres Nageurs CANADA

NEWSLETTER **SPRING 2019**

A MESSAGE FROM THE PRESIDENT

Dear Swimmers,

Masters Swimming Canada has been making great strides in bringing added value to our members. I have to say a big thank you to our board and our Executive Director, Doug Hannum, staff and many volunteers.

Our focus has been to improve our ability to keep you informed through better communication, building our presence as advocates for all Masters Swimmers through our partnerships (building on existing and establishing new ones) and creating a safe and fun environment for all by being vigilant with top notch and uniform officiating. That also includes our new coaching module that is geared especially for masters' unique and varied needs. We are inclusive and intend to keep up to date with the ever changing times and demographics.

You will see a number of our initiatives in this newsletter and we are always happy to hear from you.

Best to all,

RALPH M. ADES

President,
Masters Swimming Canada

A MESSAGE FROM THE ED

What an exciting time of year for swimmers! The spring marks the time when you may be peaking for Provincial or Nationals. Many exciting things to update you in this version of the newsletter including the launch of our new Open Water page and a new participation program.

There are articles from our Nationals host, partners and a reminder about our new coaching program. We continue to remain dedicated to our swimmer in the ongoing development of programs and services for everyone.

We appreciate the support of all our partners and from you. If you have any comments or suggestions, please don't hesitate to reach out to me directly.

Enjoy this edition of the newsletter & have a great swim!

DOUG HANNUM

Executive Director,
Masters Swimming Canada

doughannum@masterswimming.ca

NEWSLETTER SPRING 2019

2019 NATIONALS

Hello and Welcome to Montréal!

The Club de Natation de Montréal-Nord, in partnership with the City of Montréal, is hosting the 2019 edition of the Canadian Masters Swimming Championship. From May 24th to 26th, at the Claude-Robillard sports complex, we are expecting swimmers from all over the world.

A new event this year will take place, a 25m freestyle! This is a free event, and we cannot wait to see who we will crown as the fastest women and men!

Places are limited this year, so don't be tardy! Reserve your spot! You can follow the countdown on the MSC website.

Looking forward to seeing you at the pool!



NATHALIE SAUVAGEAU

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Like our page on Facebook:
Championnat canadien des maitres-nageurs 2019



NEWSLETTER SPRING 2019

NEW OPEN WATER PAGE AND PROGRAMS

Open Water swimming continues to grow in popularity, and we recognize this. We are pleased to announce the launch of our new Open Water Page on the web site: [CLICK HERE >](#)

Here are some highlights:

- New training plans for all levels of Open Water Swimmers
- The 40 Hour Challenge designed specifically for Open Water Swimmers
- Information about our National Championships held in conjunction with our partner, the Global Swim Series
- Our new partner for the page, Speedo, who will be providing monthly prize packs to program participants

Enjoy and please let us know what you think.



THE LOST RACE

We are excited to announce that the LOST Race will again host the MSC Canadian Open Water Championships!

On August 17, 2019, the Lake Ontario Swim Team, or LOST Swimming, will hold the 12th annual LOST Race (3.8k) and LOST Mile. This open water classic, and founding race of the Global Swim Series, is a crowd favorite.

The 3.8k, iron-distance race is a point to point race along the shores of Lake Ontario in Oakville. One of the most special parts of the race is that swimmers get to swim through the backyards of some of the most beautiful and expensive mansions in North America, so make sure to breathe to that side! Over the first dozen years of the race the water conditions have generally been very comfortable, with the water temperature about 70F/21C and calm. Though this is open water swimming and we have had two years that have been chillier, but therein lies the adventure.

Being a perennial favorite, you have a chance swim against a few hundred others swimmers, including: Olympians, NCAA & CIS swimmers, accomplished marathon swimmers, masters swimmers and lots of Ironman triathletes. But the majority of swimmers are new or intermediate open water swimmers that are there for the challenge and adventure that this fun and very inclusive event presents. The cool medals and great swag doesn't hurt either!

If you want to practice your open water swimming and get a feel for the location and Lake Ontario, you can always register with LOSTswimming.com for their Saturday morning swims too.

You can get more information and register [HERE >](#)



Masters Swimming
Maîtres Nageurs
CANADA

NEWSLETTER

SPRING 2019

NOTABLE DATES PROVINCIALS

BRITISH COLUMBIA

April 12-14, 2019
Victoria

ONTARIO

April 26-28, 2019
Etobicoke

QUEBEC

April 26-28, 2019
Cote St. Luc

NEW MERCHANDISE FOR SALE

Check out the new Soft Shell Jacket in black with contrasting red panels. Available in both Mens and Ladies sizes.

We've also heard the many requests for long-sleeve Tees and have added them to the apparel line -- in black for Men and in charcoal grey for Women.

Our entire line will be available at Ontario Provincials and Nationals, or click here for our online store to take advantage of our Free Shipping for orders in excess of \$100.

[CLICK HERE >](#)

COACHING

Masters Swimming Canada is very excited to launch the new Masters Coaching Module. Thanks to our partner, Swimming Canada, for their support.

Here is how you can take the module:

1. Speak to your club registrar about registering as a coach. They will take care of registering you as a coach in the Swimming Canada RTR
2. You will be required to complete all required steps as per the PSO
3. You (or your club) will need to pay all fees associated with coach registration
4. To access the e-module coaches should visit <https://edu.swimming.ca>
 - Registered coaches should click the member login button and use their Swimming Canada coach login
 - New coaches can sign up for the site via the coach sign up button
5. Once logged in, click the Status tab and scroll down to the eLearning section
6. Enroll in the eLearning module
 - Coaches can leave the module and resume at a later time, but it must be completed on the same device.
7. Please note that this module includes a \$75 fee to Masters Swimming Canada.

For any questions regarding module payment, please contact office@mastersswimming.ca.

For comments or suggestions regarding the module itself, please contact education@swimming.ca

NEWSLETTER SPRING 2019

OUR PARTNERSHIPS

MULTIMAX MARKETING

Masters Swimming Canada has partnered with Multimax Marketing to offer clubs reduced pricing on merchandise. They are prepared to work with you to design apparel of all kinds for your club.

Go to www.multimaxmarketing.com for information on their products. If you have any questions please contact Erv Brewda at erv@multimaxmarketing.com and he will take good care of you.

TRIATHLON BC

Triathlon BC is the provincial governing body for multisport across BC, responsible for developing athletes from the grass roots on to the National podium. Over 3,000 annual, and 20,000 day-members participate in over 60 sanctioned events annually, including opportunities to qualify for the age group world championships.

In addition to athlete development, Triathlon BC is also recognized as a leader in Officials and Coach development in Canada. To learn more about opportunities across BC, whether you are a participant, aspiring high performance athlete, coach or official, please visit www.tribc.org.

To support the development of triathlon across BC, qualify for a spot to represent Canada at the Age Group World Championships, or simply to participate at a local event, Masters Swimming Canada members can enjoy a 10% discount on their annual membership. Simply use the coupon code MSC201902 when registering.

Please note, membership discount is limited to the first 100 transactions through to July 1st.

MYSWIMPRO

5-STEP GUIDE TO PERFECT FLIP TURNS

Our friends at MySwimPro have created the ultimate guide to perfect flip turns. Improve your technique and get more power off the wall with these tips and drills.

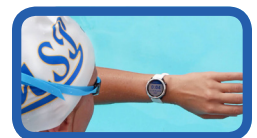
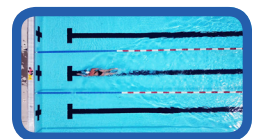
[READ GUIDE >](#)

20% OFF MYSWIMPRO COUPON

Looking for swim workouts? Start your personal training plan and get workouts, drills, technique videos and analytics with the MySwimPro app! Available on iPhone, Android, and most smart watches. Take 20% off an Elite Subscription with code CANADAMASTERS20. Redeem at www.myswimpro.com/elite.

MySwimPro is the official Swim Training Technology Partner of Masters Swimming Canada.

[REDEEM COUPON >](#)



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WHO KNEW?

SWIMMING HYGIENE BEFORE & AFTER SWIMMING

WHY IS CHLORINE IN WATER?

Chlorine is an effective agent when it comes to keeping water free from bacteria and water borne diseases. Chlorine is not just in pool water, but it can be found in all tap water. Thanks to its properties, Chlorine is used in backyard and community pools / spas, and at gyms and waterparks.

WHY IS CHLORINE SO HARD TO REMOVE?

Chlorine bonds to the skin and hair making the chemical impossible to remove with regular soap and shampoo. This is why you continue to smell the annoying Chlorine odour after swimming and bathing.

CHLORINE IRRITATES THE SKIN AND HAIR!

Not only is the Chlorine odour unpleasant, but as the Chlorine remains on the skin and in the hair, it can be extremely drying and irritated. This results in dry, itchy, cracked painful skin and dry and tangled hair.

WHY NORMAL SOAPS AND SHAMPOOS ARE NOT ENOUGH?

Ordinary soaps, shampoos and shower gels are unable to effectively remove the Chlorine chemical from the skin and hair because they are not formulated to do so. Regular soaps and shampoos are great at removing oils and dirt but are ineffective at breaking the strong bond that Chlorine has on the skin and in the hair, furthermore, neutralizing the chemical.

SOLUTION: TRISWIM HAIR AND BODY CARE

- TRISWIM After-Swim Care Products effectively neutralize the Chlorine chemical, and Salt Water.
- TRISWIM cleans, restores, strengthens and moisturizes the hair and skin.
- TRISWIM relieves painfully dry, cracked skin and dry hair.
- TRISWIM has a full line for the hair and body which consists of a shampoo, conditioner, bodywash & lotion.
- TRISWIM smells GREAT and is perfect from kids to seniors.
- For healthier shiny skin and hair, TRISWIM is encouraged to use daily (even when NOT swimming).

Please use code **TRISWIM20MSC** for a **20% discount**.

[CLICK HERE >](#)

