

Chlorine Chronicle

Volume 2, Issue 2, Winter 2007

Proudly celebrating 30 years



Gearing Up for the Meet Season

200 m race strategies

Unveiling Our New Logo

A new identity for NMSC

One Club for All

NMSC triathletes

Swimming Sport Master

An interview with Dmitri Khodko

2006-2007 Swim Season

Fall Highlights

Barry Doucette, NMSC President

Happy New Year everyone. May 2007 bring you and your family prosperity and great fitness.

We have accomplished a lot in the last several months and so I am excited to share these accomplishments with you.

The *family swim* on December 28th, 2006 was well attended with all the participating members and their families enthusiastically praising the event. "We must do this again next Christmas," was a frequent comment. There is nothing like going to either the slide or the diving boards and having no waiting time, as well as enjoying family time with other club members.

We had great participation at the *Kingston Swim Meet* in November with at least 22 swimmers and coaches in attendance. NMSC had the largest number of swimmers at this meet. Way to go team!

Please register for our own swim meet—the *Ian Button Memorial Swim Meet* on February 24, 2007. We would love to have a full swim meet. Please come out and participate, either as a swimmer or volunteer. All information is on our Web site at www.nmsc.org. Simply click the register button. Meet fee payment can be made by cheque or Paypal. We are also considering using Paypal as a payment option for club fees.

We have established a great level of communication with the *Walter*

Baker staff through the efforts of Brian Robertson. We have defined a process so that when a lifeguard does not show up in the mornings we will be able to swim either at 6:00 a.m. or at the latest 6:10 a.m. I will communicate the details to our coaches and swimmers when it is finalized. The Walter Baker staff has been very good at helping us develop this solution. I would also ask our evening swimmers to offer their assistance to the lifeguards and walk them out to their cars at the end of the practice. This would be greatly appreciated by the Walter Baker Staff.

I want to express my continued gratitude to our *coaches*. Your dedication, attention to our individual swimmers' needs, and expertise is phenomenal. I continually hear positive comments regarding each coach. Thank you.

Erin O'Hoski has accepted a new job in St. Catharines. Her last day with our team was January 10, 2007. We will miss her and I think Malcolm Brown, Vice President of A Group, put it best when he personally stated to her, "NMSC has always prided itself with its unmatched coaching staff and after nearly six years I can say with all honesty, that you top the best of the best." Erin, we wish you well.

Shelley Demkiw has agreed to become our newest coach for A group. Shelley has been swimming

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Nepean Masters Swim Club

Established 1977

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Cover photo: Dmitri Khodko

with NMSC for over three years and was our first ever “coach-on-call.” Shelley, I know you will do a great job.

We in the process of setting up our very own *NMSC Triathlon Division*. We are in the very early stages. The basic idea is to provide our triathletes with the opportunity to train together, to represent the Nepean Masters Swim Club locally, and to encourage new potential new triathletes. See page 6 for more details.

I could not be more proud of our *mission statement*. If you’ve been watching the Web site you would have read that members of the Executive team and representatives from each of the core groups attended a strategic planning meeting in November. It was a very productive day with the group leaving having established the following mission statement:

Nepean Masters Swim Club promotes life-long fitness through swimming. We are an enthusiastic non-profit group dedicated to providing quality service to our diverse membership.

Our age range of swimmers has grown. We now have swimmers ranging from 18 to 74 years of age. Wow! Thus our mission, *NMSC promotes life-long fitness through swimming*, is alive and well.

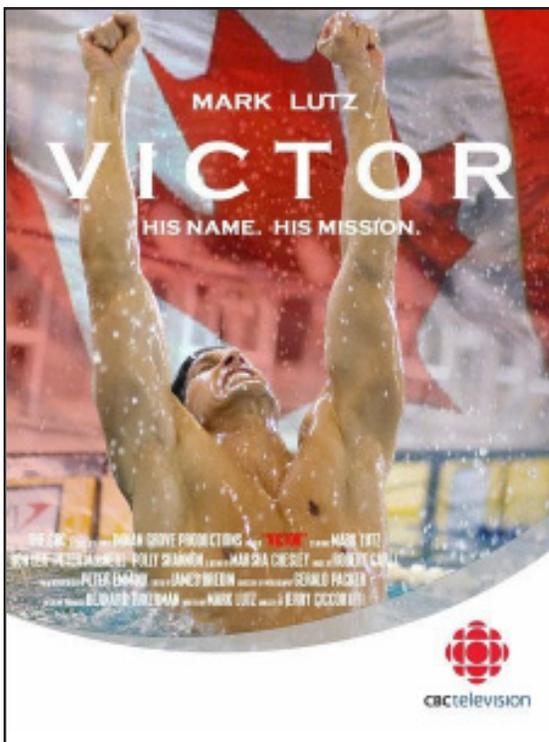
Swim passionately in 2007! ■

Reaffirming the Direction of our Swim Club

For 30 years now the Nepean Masters Swim Club has provided an organizational framework for swimming. We have a long history and your club is well positioned to provide you with a quality program at an affordable cost. Not wanting to rest on our laurels, the Executive and several guests from each of the core groups spent Saturday, November 25, 2006 assessing where we are and where we want to be.

At this session, 21 NMSC swimmers put their minds and energy to work and not only established a mission statement, but also set the following objectives for the 2006-2007 swim season:

- NMSC maintains quality service through a well-run organization and an emphasis on excellent coaching.
- NMSC maintains a full membership and continually adapts to changing needs.
- NMSC organizes additional non-swimming activities for its membership.
- NMSC increases its visibility through promotion within the City of Ottawa as well as within the Masters Swim community.
- NMSC hosts an annual swim meet, which is filled to capacity.



VICTOR is the inspiring, true-life, story of a great Canadian hero—a working class kid who through sheer guts and determination overcomes both physical and psychological challenges to reach the pinnacle of his sport, becoming an Olympic gold medal champion and World Record holder.

Victor, starring Mark Lutz, airs Monday, March 26, 2007 on CBC at 8:00 p.m. Mark Lutz is a former Guelph swimmer. Devin Delorme, the actor that plays young Victor, is from Ottawa.

Be sure to tune in!

Coach's Corner



Coach Bill gives you some 200 m race strategies.

Gearing Up for the Meet Season

Bill Westcott, Coach C and D

There are many different options and combinations to swim a single stroke short course 200 metre race (for example a 200 m freestyle or a 200 m backstroke). The 200 Individual Medley is swum entirely differently.

Practice different strategies during workouts to find the most comfortable strategy for you. This article provides you with a number a race strategies for both single stroke and IM swims, but feel free to experiment.

Consider these options when swimming a 200 free, backstroke, breaststroke, or fly:

1. Negative Split (second 100 is faster than the first 100)
2. 50 focus on stroke; 50 build; 50 feeling stronger and build; 50 build sprint
3. 4 x 50 build (last 50 is build sprint)
4. 25 focus on stroke; 75 build; 50 build, feeling stronger and faster; 50 build sprint
5. 50 focus on stroke; 100 build; 50 build sprint
6. 50 focus on stroke; 50 build; 2 x 25 build; 50 build sprint
7. 25 focus on stroke; 50 build; 3 x 25 build each 25, feeling stronger and faster; 25 build sprint

Swimming a good 200 IM is difficult, but not impossible. There are a number of different ways to swim a short course 200 IM. First, we all have strengths and weaknesses with our strokes. Some of us have a strong breaststroke kick, but a weak back crawl, others have a weak breaststroke. First, you should be honest with yourself and identify what strokes are your weakest and strongest; second, you need to know what parts of each stroke (for example, pull or kick) is weaker or stronger. During your 200 IM you should try to maximize your strengths and minimize your weaknesses. As well, proper and fast turns are critical to your success in swimming a 200 IM.

Consider these three strategies for a 200 IM.

1. **Fly** 15 m focus on stroke and timing, build sprint the rest of the 50;
Backstroke, 15 m focus on long stroke and strength (arms or legs), build sprint the rest of the 50;
Breaststroke, 15 m focus on long stroke and strength (arms or legs), build sprint the rest of the 50;
Free, 10 m focus on long stroke technique and breathing, build sprint the rest of the 50.

2. **Fly** 15 m focus on stroke and timing, build sprint the rest of the 50;

Backstroke, 10 m focus on weakness (arms or legs) and long stroke, build the rest of the 50;

Breaststroke, 10 m focus on weakness (arms or legs) and long stroke, build the rest of the 50;

Freestyle, 10 m focus on stroke technique and breathing, build sprint the rest of the 50.

3. **Fly** 15 m focus on stroke and timing, build sprint the rest of the 50 m;

Backstroke, 15 m focus on weakness (arms or legs) and stroke, build sprint the rest of the 50;

Breaststroke, 15 m focus on strength (arms or legs) and long stroke, build sprint the rest of the 50;

Freestyle, 10 m focus on stroke and breathing, build sprint the rest of the 50.

Loud and proud in Kingston!

NMSC with the largest contingency of swimmers at the annual meet hosted by the Ol' Henry Masters Swim Club.



Front row L-R: Kevin Cockell, Steve Papai, Mike Sweny, Peggy Baxter, Barry Doucette, Janet Manuel, Cathy Merritt, Paula Stephanson

Second row: L-R: Derek Parker, Michelle Galbraith, Ben Ouellette, Doug Petty, Mike Sandoz, John Burrows

Back row: L-R: Bob Willies, Charlie Colpitts, Andrew Galbraith, Katherine Gorman, Andre Demers, Tony Woods

Missing from photo: Brigitte Zirger, Dan White, Brian Wolfe, and Sandy MacMillan

Body Posture for Swimming

Dr. Barbara Rodwin D.C., D. Acu., A.R.T. (local health care specialist)

The following article provides some swimming tips that can be used by anyone—from those who have been swimming for years to those who are new to the sport. Use these tips to help you minimize drag in the water and increase propulsion.

First let's look at minimizing drag. To be as efficient as possible in the water you need to be as streamlined as possible. Many swimmers drag their legs behind by dropping them too low in the water. When the legs are lower in the water, the low back hyper-extends, which can cause muscle and joint problems. This low leg positioning is partly caused by the buoyancy of the torso. Lifting the head can also cause the legs to drop lower in the water. If the head is lifted 2 inches, the hips drop 6–8 inches and the hand drops 4–6 inches. Raising your head causes stress on your neck, which can also result in muscle and joint problems. It also means you need to drive harder to go the same distance. Driving harder can result in an overuse injury called swimmer's shoulder.

There are a number of things you can do to correct your positioning in the water. To counter the buoyancy of the torso you need to push the torso into the water. This will make you more horizontal. Instead of lifting your head to breathe try turning your head. This will keep your head lower, which will bring your legs higher. In fact, turning your whole body can cut down the amount of drag you experience. Rolling from side-to-side while swimming allows you to cut through the water much better than swimming on your stomach.

Another way to minimize drag is to swim “taller.” This means stretching out as long as you can. Before each stroke you should reach forward with your arms. Hold this position briefly before starting your next stroke. If you don't reach you'll have to push more, increasing the likelihood of swimmer's shoulder.

Increasing propulsion will have a much smaller impact on your swimming but it is also important. To increase propulsion you should use your hips to power yourself

instead of your arms and legs. When you perform the side-to-side roll, as mentioned earlier, instead of swimming on your stomach you are creating most of the propulsive force. The arms and shoulders do contribute some propulsion, but far less than the hips.

Incorporating these tips into your swimming technique should help you swim faster and easier.

If you have any questions about this topic, please e-mail at Dr.Rodwin@back2health4you.com. ■

Cross-Over Swims

This is a friendly reminder to all swimmers that cross-over swims are not permitted. A cross-over swim involves going to a swim with another group even though you have not signed up with that group. Unfortunately we cannot permit cross-over swims. While we recognize that the workout schedule of the group you swim with doesn't always match your personal schedule, being the largest masters swim club in Canada with over 240 members, we just cannot allow for individual swim programs. I'm sure you can imagine the administrative nightmare and the cost involved with implementing such a system.

We do have swimmers in the morning who have signed up for “C” and “D” groups because they know that their schedule is unpredictable. By registering for both groups, these swimmers have the ability to make any number of the morning swims during the week according to their schedule. If you would like to have more flexibility in your swim schedule, this is an option you might consider for the next swim season. So, please swim with the group that you have personally signed up and paid for.

Thank you for your understanding.

Barry Doucette, NMSC President

Unveiling Our New Logo

As the Executive advised NMSC swimmers in late January, the Executive has been examining moving to a new logo. Over the past three weeks, we sought the viewpoint of the membership. The responses were very favourable and included new submissions from four members. At our Executive meeting February 13, 2007 we listened to a presentation from John Westbrook, an A Group swimmer and an employee of Acart Communications. John and Acart had provided the original logos that the Executive first considered.

After John left the meeting, the Executive voted in favour of adopting a new logo and agreed on a process for making a selection from nine options. By secret ballot, each Executive member voted for his/her favourite. The logo with the lowest score was eliminated and we voted again until only one was left. I am pleased to announce that our new look was submitted by Olivier Mouyau, a C, D, and S Group swimmer and triathlete.

The Executive wishes to thank all those who provided opinions and especially those who developed logos, namely, John Westbrook and Acart Communications, Steve Bloom, Sue Ballantyne, Grant Devine, and of course Olivier.

Look to see the new logo surface at the Ian Button Memorial Swim Meet and thereafter.

Barry Doucette, NMSC President



Editor's note: At the time of print, a high resolution copy of the new logo was unavailable.



The World Masters Games is the biggest mass participation, multi-national, multi-sport festival in the world.

The Games benefit from the patronage of the International Olympic Committee and embody the Olympic ideal that sport is a human right for people of all ages regardless of race, social class, gender or economic circumstance.

The term 'master' is an age designation and does not denote a level of sports proficiency or a particular sports achievement.

There are no qualification or selection criteria to compete at the Games. The only entry requirement is that competitors satisfy the minimum age for competition specified in the technical rules of the respective international sports federations.

For most sports, the minimum age is 30-35 years. The majority of participants in the Games are aged between 35-50 years.

Apart from the sports competition, the Games offer social and cultural interaction for people from around the world who share similar attitudes towards lifelong sport, fitness and physical activity.

There have been six World Masters Games to date. The seventh World Masters Games will be held in Sydney, in October 2009.

To subscribe to the newsletter and to keep up-to-date on developments for the games, go to www.sydney2009mastersgames.com.au.

NMSC Triathletes

One Club for All

Olivier Mouyau, C, D, S

Do you want to swim with your fellow NMSC teammates in open waters at Meech Lake? Join us for a group run on some of the great trails around the Nepean/Barrhaven area? Learn to ride a bicycle or simply ride with a group of friends? Do some swim practices with special triathlon exercises at the pool? Wear a team outfit and represent NMSC at regional triathlons? Maybe you signed up for your first triathlon this summer or are you already a converted triathlete? You can run 10 km in less than an hour? You can ride a bicycle from 1 to 2h?



If you're interested in one or more of these activities, we're sure you will enjoy our triathlon project at NMSC.

Over the past few years, the number of triathletes within the NMSC membership has grown substantially, thus we thought it might be time to consider incorporating a triathlete component to our club. Doing so fits well with our objective of *NMSC maintains a full membership and continually adapts to changing needs.*

If you enjoy your swim practices with NMSC, we will expand that to your triathlon practices!

In order to assess interest, we have set up a survey on our Web site. It takes less than two minutes to complete. By completing the survey, you allow us to know how many triathletes are in our club and what we can do to help you with your training. If you are not interested in full

triathlon training, the survey also includes a question regarding interest in setting up open water swims at Meech Lake in the summer.

By completing the survey and submitting it to the club by February 27, 2007, you are automatically entered in a draw for two unconventional silicon swim caps from Meerkatsports.

To complete the survey, go to our home page at www.nmsc.org, click **Triathletes**, and then the **short survey** link, or simply type http://www.nmsc.org/members/tri_form.php in your browser. Please note that the site is password-protected and therefore you must type the NMSC user id and password when prompted. If you don't know the user id and password, contact your group VP. ■



The first crucial step to getting better results is to develop a deep, inner belief in your own ability.
—Author unknown

Swimming in a Wetsuit

Dr. Barbara Rodwin D.C., D. Acu., A.R.T. (local health care specialist)

As the warmer months arrive, most are probably looking forward to training in some open water rather than the lengths of the pool that the winter months subjected you to. This may or may not include a wetsuit... at least until the actual race event. Training without a wetsuit and then swimming with one presents an interesting change in buoyancy. This can alter your entire swimming technique... and not necessarily for the better!

Our bodies have a natural tendency to want to be near vertical rather than horizontal while in the water. This is due to our low centre of gravity and the long legs that trail below our torso. Another tendency that many swimmers have is to keep their head too far out of the water (looking up). This position ultimately causes the feet and legs to sink. What all of this means is that you are probably working harder than required to push through the water.

Now enter the wetsuit...

Buoyancy is its main advantage, which does ease the amount of work one has to exert just to stay afloat. However, if you are one of those people that have a tendency to look up or keep your head too far out of the water, this presents a problem. What happens now is that your head is even further out of the water and your back becomes hyper-extended. In essence your entire technique has been disrupted! But it is the

hyperextension of the back and neck that can lead to new aches and pains before an upcoming event.

When the spine is forced into this position, the vertebrae move closer together. Combined with your rotating movement, irritation can occur between the discs and the surrounding muscles and nerves. You may experience muscle spasming in your low back or a dull, achy feeling of discomfort. As the vertebrae are forced

together the spine may become misaligned, which in turn forces the muscles to work harder to keep them in place.

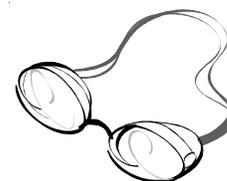
If you have ever experienced this feeling, you are not alone. A number of athletes have come to see me with this specific complaint. Chiropractic has helped them, as has massage.

Keeping the spinal column in alignment and reducing the stress on the muscles can keep your body at a maximum performance level. The number one solution to this problem is prevention and the best piece of advice to be offered is to keep your head down!

If you have any questions about this topic, please email Dr.Rodwin@back2health4you.com. ■



Can you spot Barry Doucette and Olivier Mouyau in this photo?



Sport Swimming Master

Marina Khlebus interviews Dmitri Khodko

Dmitri Khodko (featured on the front cover) swam with Nepean Masters Swim Club from 1998-2003. He is back in his native Russia where he continues to smash masters swim records. The following interview was first published in the VTB monthly corporate magazine. VTB, Dmitri's employer, is the second largest bank in Russia.

“In the genres of a top athlete lies the rare desire to compete and to achieve outstanding results no matter what,” declares vice-president and managing director of the investment division of Vneshtorgbank, Dmitri Khodko. The banker has the title of “Swimming Sport Master.” Since 2004 Khodko has been a member of the Moscow Masters Swim Club, winning the 50 metre freestyle medal at the 2005 European Masters Championships and repeatedly setting Russian records. Concerning his sporting achievements, his professional work, and his desire to set new records, Khodko said to this correspondent, “It’s the energy of success.”

Dmitri, tell me, from where did your propensity for swimming come?

In my childhood I lived in the city of Omsk and when the first pool opened my parents took me there to swim. That was how it all began. For a long time I trained at the complex and passed the test to become a Sport Master of the USSR. Then I enrolled in an Engineering Institute and it became difficult to juggle swimming with studying. In the 1970s, in order to achieve faster times in this sport, you had to work very hard. In my generation of athletes, many champions such as Vladimir Salnikov and other famous swimmers, who in 1970 trained to the limits of physical endurance, simply burned themselves out from the strain and over-exertion. Such a training regime was not in my soul, so I wondered whether it was possibly to achieve better results with less exertion. That is, it would be interesting to get good results not only because of hard work in the pool. I needed to find new

training methods that I could use that would require less expenditure of my strength.

Exactly how many years have you been swimming?

I’ve been participating since I was about seven. I’m now 47 so I have been swimming for 40 years. But there was a period during which I didn’t swim. After my studies at the Engineering Institute I entered a PhD program. I had to work hard and then I wrote my dissertation. I had to put my workouts in the pool on hold. But then I could not live without sport so I decided to find another activity... I started to run. At first with difficulty I ran for all of two minutes around my house, then I increased it to five, and then even more. As a result I soon ran a 42 kilometre marathon. It was hard to find time for swimming as it was necessary to go to the pool. Finding the time to run was simpler. Beginning from the end of 1980 I ran 18 marathons. This wasn’t as easy as it seems because I’m tall and marathons are difficult for people of my height. Nevertheless, I was successful. I participated three times in the New York

Marathon. I would say that this is one of the most striking sporting events that I have ever seen. About 30,000 people take part in the run and the course goes through the central streets of the city. Millions of spectators gather along the route and feel the runners’ pain. This is a momentous event for Americans.

How did you return to swimming?

When I was studying in an MBA business program in the USA I took part in yet another marathon in the city of Columbus. But after this race I knew that I no longer wanted to participate in this sport. Just across the street from the hostel where I was staying there was a magnificent sports complex with a brand new pool. I was studying very hard then, so in the evening I went to the pool to swim, relax, and relieve my stress. At first I swam for fun but then I was invited to participate in a competition. This was at the USA Masters Swimming

“The setting of a world record—this is an achievement that pushes one’s physical capacity to its very limits.”

Championships. Such events in America are of a giant scale and arouse a colossal charge of energy and emotion. This was a very significant experience thanks to which I decided to dedicate myself seriously to swimming.

Do you agree that swimming for fun and setting records are quite different things? How did you achieve such excellent results?

After the completion of my studies in the USA, I moved to Canada where I joined the largest masters swimming club (Nepean Masters Swim Club)—a professional organization with more than 240 members. This was a new and difficult stage in my life. I already had a family and had to adapt to living in another country and adjust to a new culture. Furthermore, I had to maintain my physical condition. Participation in sport enabled me to become part of a new social circle. Now began my serious dedication to the sport. At that time at the end of the 1990s swimming appealed to me not only as a physical activity, but also as an opportunity for new experiences. I was interested in everything that had happened in this sport during my absence from it. I must say that after 15 years much had changed for the better from the viewpoint of training techniques and innovations. Then in Canada I succeeded in putting my theories into practice; obtaining good results by effectively marshalling my resources. I trained moderately but effectively. I began to win in competitions and even reached a point where I was coming close to a world record. That was in Canada in 2003 at the Canadian Masters Swimming Championships. Then I returned to Russia but I retained an interest in the sport. I realized that I could gather the necessary information, analyze it, induct it into my training system, and set a world record.

It's well known that you repeatedly set Russian records. Tell us about your achievements.

I swim short distances—the 50 metre sprint. This is a tremendous strain on an athlete's system. For a swimmer to develop speed is ten times more difficult than for him

to develop strength and endurance. Nevertheless, the sprint is the most popular and competitive distance. In 2004, at the Russia Cup Masters Swimming Meet, I succeeded in setting my first Russian record. In 2005 at the Swedish Open Swimming Championships I set a European 100 metre freestyle record. Then this record was broken by a swimmer from Norway who, incidentally, was also an investment banker. Of course I had to respond. In that same year I went to the Norwegian Championships and beat him. In March of 2006 at the French Championships I set the best 50 metre time of the season—24.23 seconds, missing the world record by all of 15 hundredths of a second.

How do you prepare yourself for competition? Where do you find the energy to go to workouts in the pool after your working day at Vneshtorgbank?

There must be motivation. One has to have a firm goal, for example, to earn a million dollars or to swim 50 metres in a specific time, and then to strive to realize it.

However, it's important to take into account two factors—self-discipline and knowledge of the sport. That is when, come what may,

you fulfill your planned task. And knowledge is essential for a person to achieve anything. To set a world record at any age requires pushing oneself to the utmost physical limit. To resolve to do this it's necessary to possess certain knowledge. I read a lot, associate with leading world athletes and coaches, and go to competitions where I meet people who have something to prove. It's very important to associate with like-minded people.

You participate actively in sport, go to meets, set records—is this only to stay in shape?

Actually, for me, participation in sport is at the forefront of life's principles. Most of all it's important to be healthy. For example, I took part in a swimming meet in Italy in which 600 people participated of whom only four, all about 20 years my junior, managed to beat me. After these races several guys came up to me, who trained considerably more than me, and were amazed at my times. In addition, the challenge is significant. For me sport is the very greatest challenge. I already recounted how I began running by jogging around my

“I moved to Canada where I joined the largest masters swimming club—a professional organization with more than 240 members.”

housing complex for about 2 to 3 minutes and then reached the level of a marathon and that is a really serious competition. Sport enables one to prove oneself. You know, the hardest part isn't the training but going to the start and competing. Your strength of character is tested when you step up to the platform before a race. Competitions are very stressful situations. You have to swim all of 50 metres but for the duration of the entire contest you have to maintain the spirit of rivalry and then at the most crucial moment demonstrate the maximum of which you are capable.

How do you deal with the mental strain?

I derive pleasure from that with which I occupy myself. For me that is an absolute positive. I train myself without the assistance of a coach. I develop and create my methods independently, with the help of which I craft my technique and speed. During my workouts I am constantly creating imaginary situations in which I must give my all. In other words, I prepare myself for conditions with the aid of daily work on myself. On average I participate in 9 or 10 international competitions a year. This is essential—these meets help me to get used to competing in unfamiliar pools.

How do you combine such a full schedule of competition with your work in the bank?

Of course when you prepare yourself to participate in competitions then you plan ahead of time. But there was, for example, a situation last year when just before my departure for the Swedish Championships it became essential for me to meet with a client in another town. Nevertheless my work remained my priority—to show the utmost of which I was capable. I practice this principle everywhere—on the race course, in the pool and at the negotiation table in the bank. You see, life never creates ideal situations. Something always arises, which hinders the implementation of your intentions. And there are always two paths; either to bemoan your fate or to find a way out of the present circumstances. It helps that competitions lead one to solutions. But on the whole if

you are motivated, then with high levels of self-discipline you are able to combine the most demanding work with sport.

Participation in sport, working in a very responsible position in a bank—that's a huge mental and physical strain. How do you cope? How do you regain your strength after a competition?

Every athlete has to understand the training regime he designs for himself. With experience he begins to sense what is appropriate for that particular day. I don't have a strict training schedule. The main rule that I strictly observe is never to go to a workout if I haven't recovered. This is especially important for swimming. This sport has a very complicated technique and if you

feel fatigued, it's best not to go to the pool. The workout would be futile. Thanks to this approach, I train half as much as my competitors, however, this way I get better results.

How is your relationship with your co-workers? Are you very demanding of your subordinates?

In my view, good management is built on one principle—you must clearly assign tasks both to yourself and to those with whom you work. I won't permit any situation where something isn't fully explained or envisaged. A results-oriented person will always understand this. My approach is extremely simple—if something has to be done, then it is attended to and taken care of. An

assignment must reach the person for whom it is intended. To this there is an important and inverse relationship. They taught me this in America. I'm not an advocate of working until midnight. In one's work there must be first and foremost self-organization and self-discipline. You need to talk sparingly and explain assignments clearly, most of all to yourself.

When you chose your financial profession was this impromptu, a life-long dream, or a family tradition?

I have above average mathematical skills and feel very comfortable working with figures. In this regard my dissertation was in Applied Mathematics and during the time of my studies in the USA I specialized in

“The main rule that I strictly observe is never to go to a workout if I haven't recovered. This is especially important for swimming. This sport has a very complicated technique and if you feel fatigued, it's best not to go to the pool.”

Investment and Corporate Finance. This branch of Economics appealed to me more than any other with the depth and extent of its development.

Do you have other athletes in your family? If so, in which sports do they participate?

My son has been a swimmer since childhood. In recent years he has trained ten times harder than me. He can't catch me yet but everything is ahead of him. I also have a five-year-old daughter and of course, my first proposal to her will be to participate in swimming.

In September the Vneshtorgbank Sports Championships was held. How were you involved in this event? Does your team need festive occasions?

My co-workers definitely needed this competition. Banking work is quite specific—figures, procedures, and so on. But people need to be motivated not only by rewards and job promotions. Therefore all those who came to Moscow from other Russian towns for the meet were flexible and resourceful people. Possibly some of them had never engaged in sporting activities and had achieved nothing in this field but they participated in the relays, the marathon, and other events. These were the most active co-workers, in a sense even elite, because they had enthusiasm beyond the confines of the office. And this is very important because it's interesting to work in such a team. In addition, such people give the organization a positive image. This active stance not only of every individual in the bank, but of the entire team is very important for the attainment of good results. ■

Swimaging

A Yahoo Discussion Group for Masters Swimmers

Barry Doucette, NMSC President

I have been a member of the Swimaging Yahoo Group for well over a year now. It is comprised of many dedicated swimmers from across Canada in all age groups.

There are many different subjects discussed including training exercises, techniques and workouts, motivational ideas, swim meets, swim times, and coaching tips. The forum is very active and a great source for information (both novel and the tried and

tested).

There are many advantages of being a member of this group. For example, I recently went to Calgary for business. I sent an email to the Swimaging group and was given the schedule for the Calgary Masters Swim Club. When I showed up for the swim, the swimmers were expecting me and I had a fabulous workout. I even knew some of the swimmers from their reputations.

This group was started by Christian Berger, the Record Keeper for Masters Swimming Canada. It's a forum to discuss aspects of Masters Swimming, mainly in Canada, and focusing on how one keeps "going" even though the body is aging.

To register go to:

<http://sports.groups.yahoo.com/group/swimaging> and click **Join this Group**. You will be prompted to log in. If you don't have a Yahoo account, click **Sign Up** and follow the prompts to create an account. ■



Swim for Heart

NMSC is hosting its 24th annual Swim for Heart fundraiser for the Heart and Stroke Foundation. The event

takes place during the week of February 26 to March 4.

Every NMSC member is asked to participate in a 30 minute continuous swim, during which swimmers try to complete as many lengths as possible. While some members swim, others are on deck counting laps for them. This is not a race—it is to measure personal achievement only! Club members are asked to get pledges and all monies go directly to the Heart and Stroke Foundation of Ontario (Note: Pledges over \$10 are tax deductible).

Pledge forms are available from your Group VP and must be returned by March 11, 2007.

Fashion at the Pool

Olivier Mouyau, C, D, S

This article is about shopping. If you're a woman, or a man a bit in touch with his female side, you'll appreciate a bit of fashion at the pool. For those of us with kids, most of the places listed in this article also sell items for kids.

I'll start with a couple of recent experiences with which you are probably familiar... They both happened at well-known sport stores in our area (big box kind of stores). I came in one day asking for a bathing suit. The associate kindly brought me to an aisle with horrible baggy shorts for men that I would not even dare to wear at the beach. Another time, I tried another store for swim goggles and they told me, "Sorry sir, but it is the winter and so it is not the season anymore, we put them away." Apparently here, if you don't play hockey, you're off-season in the winter. The pools close down in the winter, right? Everybody knows that... Ha! Ha! Sorry I'm Belgian and I didn't know that. Don't worry, I didn't give the associates a hard time; it wasn't their fault. Thankfully we have Motionware Source for Sports in Barrhaven that can help us year-round.

When you finally get the chance to find some swimsuits for men, they are plain navy blue or black suits. Can we make it more boring? Euh ... no! But after all of that, that was it, I was done trying in the area.

Well the world is available to us with the Internet and I thought I would share with you some good online shopping sites.

From Canada—www.swim-shop.ca

A company based in Niagara Falls. They carry most of the well-known brands at regular prices, like ARENA, SPEEDO, TYR, etc. They have also a nice looking Canadian flag swim cap for those who represent Canada abroad.

From France—www.akoah.fr

Click the UK flag to get to the English version of the Web site. They carry almost all of the well-known brands but they have a much better looking line of products. They have some beautiful things for women, men, and kids! This is definitely one of my favourite places to shop.

As for price, it's about the same as you pay here, although you don't have to pay the French taxes as the items are sold outside Europe (so you can subtract 20% from the price you read on the Web site) but you will pay GST and PST on it at your postal office when you receive the parcel.

From Japan and China through Ebay

Unbelievable prices for unbelievable quality! Where else can you get a legskin suit for less than \$50 (including shipping and taxes) or a full body suit for less than \$80? If you order from here though, you must pay special attention to sizing and add two sizes to your regular size when you order as it's Japanese sizing! I usually take a large in US sizing, but I order XXL in a Japanese size.

I found two manufacturers, YINGFA and NSA, that make wonderful products for a very good price. If you are familiar with Ebay, just search for "NSA swimwear" or "YINGFA swimwear."

The following is also a list of Ebay stores that carries them:

<http://stores.ebay.ca/dance-w-shark>

<http://stores.ebay.ca/qstarlit-swimwear-racing-swim-suits>

<http://stores.ebay.ca/rivplusjoan>

On Ebay you can also find some SPEEDO and ARENA suits for women and men available only in Japan but sold worldwide on Ebay. They are absolutely gorgeous, but a bit pricey. <http://stores.ebay.ca/Japan-Swimsuit-Specials>

Finally, you can find some fun and unconventional swim caps at www.meerkatsports.com (based in B.C.).

I have received orders from France, Ontario, USA, and even Japan. The delivery time usually varies from 5 to 10 days. I have never had any problems on any transactions or with any sellers.

Happy shopping and don't forget to keep an eye on that credit card of yours! ■



NMSC Emergency Procedures

Please take a few minutes to review our newly adopted safety policy at

<http://nmsc.org/members/documents/Policies/OperatingPolicy-Safety.pdf>

The executive approved these procedures at its January meeting. The basic premise is the lifeguard takes the lead, followed by the coaches. In the event of a major situation, swimmers are asked to clear the pool and stay away from the situation unless specifically instructed by the lifeguard or a coach to assist.

Ian Button Memorial Swim Meet

Count down is on and likely by the time this edition of *Chlorine Chronicle* hits the presses, the February 17 deadline to register for the Ian Button Memorial Swim Meet is within a day or two. If you don't want to compete, or the deadline has passed, we still need lots of volunteers. Even if you can't make it for the day, a contribution of food for the reception would be appreciated. A food sign up sheet is posted on the NMSC box.

Ready to volunteer? Email winterlude@nmsc.org indicating your availability.

See you poolside February 24!

"When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from."

—Ian Thorpe

PEANUT BUTTER GRANOLA BARS

Submitted by Peggie Slavin

I usually individually wrap these in foil and store in a zip lock in the freezer. They are great for breakfast when camping, snacks on a hike, or anytime. I've included the original recipe and my "Fruit and Nut" version. For my son I leave out the sunflower seeds and raisins.

1 cup	Smooth peanut butter
1/2 cup	Packed brown sugar
1/2 cup	Corn syrup
1/3 cup	Margarine
2 tsp.	Vanilla
3 cups	Quick-cooking rolled oats
1/2 cup	Coconut (I use unsweetened)
1/3 cup	Ground flax seed
1/3 cup	Wheat germ
1/2 cup	Sunflower seeds
1/2 cup	Raisins
3/4 cup	Semisweet chocolate chips (optional)

Cream peanut butter, sugar, corn syrup, margarine and vanilla until smooth. In another bowl combine remaining ingredients. Mix oatmeal mixture into peanut butter mixture.

Pat into greased 13 x 9 inch baking dish. Bake at 350°F for 20 minutes or just until the edge is a little brown (if you like them moist and chewy), longer if you like them a little crunchier. Let cool in pan before cutting into bars.

Fruit & Nut Version: I replace the sunflower seeds, raisins, and chocolate chips with 2 cups of fruit & nut trail mix (Cranberry Delight is my favourite) or 2 cups of any combination of nuts and fruit (raisins, chopped dried mango, papaya, cranberries, etc.)

Yield: 16 large bars, or 32 small

Source: Canadian Living October 1990

“The water is your friend.....you don't have to fight with water, just share the same spirit as the water, and it will help you move.”

—Alexandr Popov

In conversation with **Alexandr Popov** **Dmitri Khodko**

Recently I had a chance to talk with Alex Popov, the World record holder in a 50 m free about his ways of swimming speed improvement. In my opinion, Popov is an outstanding swimmer because of two accomplishments:

1. His longevity at the World top level is amazing—the Gold at the 1992 Olympics and the Gold at 2003 World Championships in a 100 m free.
2. His freestyle technique is one of the most efficient in the world of swimming. It is just effortless at ANY speed, including at the world record breaking race. When he swims 50 m free in 24 sec, you get the impression that the timing is 33 sec. And he was able to retain this effortless technique for many years. Gennady Turetski, his coach, thinks that the technique efficiency is paramount to speed improvement.

I think that he achieved (1) because of (2).

He told me that they often did sprint sets after a long aerobic swim at a low speed. He didn't elaborate why, but this is my understanding:

To develop and retain efficient technique, the swimmer must regularly repeat the exercise (the full cycle of a freestyle swim) N thousand (or hundred, depending on one's level) times a week, which is not possible in high intensity sets. When a swimmer has learned to keep the same efficiency, range, and rhythm at a low speed, the only element he adds to increase the speed is the stroke POWER.

Swimming is not as natural for humans as are walking and running beings. Therefore, we need to repeat “swimming exercise” more times just to keep the muscle memory.

You can see more postings like this on the Swimaging Yahoo Group featured on page 11.

The NMCS Family Continues to Grow

There must be something in the water... babies abound for the NMCS. Apologies if we miss announcing the arrival of your bundle of joy. If so, please inform the editor for a future edition of *Chlorine Chronicle*.

Tamera Evers-Tate (D, S) gave birth to Allyssa Tate in early September. Tamera was back at practice within 6 weeks.

Stephanie Moscrip (D, S) gave birth to twins Madeleine Anne Delanie Kalman and James Gordon Moscrip Kalman on November 7, 2006. Stephanie tries to squeeze in a practice once in a while when the feeding schedule permits.

Erin Coleman (C) and Jim Schriel (C) welcomed Xavier William Schriel to their family on December 16, 2006. Erin, like Tamara, was back in the pool within 6 weeks.

Tony Woods (C, D) and his wife Chantelle had an early Christmas gift with the arrival of Sydney Nicole Woods on December 19, 2006.

Our club secretary, Carolyn (Carrie) Horne (A) sent the Executive team a reminder at 6:16 a.m. about our next executive meeting. At 1:23 p.m. that same day (February 8, 2007) we received an email and photo from Carrie that she went to the hospital at 8:00 a.m., delivered Mary-Jane Louise Horne, and was back home at 11:30 a.m. Wow! Proud Daddy Vince Horne and Nana Susan Oke swim with B group.

Still to come are Andrea Zegarra's (C) twins any day now, Tracey Doyle (C, D) and Andre Demers (C, D) expect a baby boy in late April, and Joanne Frolek (B) awaits her second bundle of joy in May. Congratulations!



Our Poolside Author

Did you know that we have an author among us? Rick Taylor been swimming in the fast lane of B Group for 15 years, even though he says he has “the weakest kick in the entire Club.” From



June to October, he shuns tepid chlorinated water to pursue his obsession with epic, sometimes scary open water soul swims.

Rick is the author of the novel, *Cartoon Woods*, a short story collection, *Tender Only to One*, and an Australian travel memoir *House Inside the Waves: Domesticity, Art and the Surfing Life*. Many of his feature articles on subjects as diverse as Lord Byron, open water swimming, surfing, hiking, and the perils and pleasures of being a househusband have been published in magazines.

Since 1995 when he was hired as writer in residence he's been teaching at Carleton University. He's also taught writing in Hong Kong, Australia, Tuscany, and at an annual Quebec summer retreat called “Write by the Lake.” Because he's trolled his toes in most of the

seven seas, his next book, *Water and Desire* is about swimming with writers in Canada, the US, Britain, and beyond. *A Dip in Hemingway's Swimming Pool* was published in both the Ottawa Citizen's Weekly and a literary magazine *The Feathertale Review*, and is part of his work in progress, *Water and Desire*.

Almost all of Rick's work deals with water and can be found on his Web site www.taylorwave.ca. Check it out!



Rick hard at work. How can you not be inspired in this setting?

Mark Your Calendar!

Your attendance is requested at the NMSC Annual General Meeting on Tuesday, May 15, 2007 in the meeting room of the Ottawa Public Library at the Walter Baker Centre.

As Always... Feedback Wanted!

E-mail your feedback and suggestions for this newsletter to news@nmsc.org

Next issue is printed whenever there is sufficient content. This is your newsletter and without your input there isn't much to write about. Share your training ideas, experiences, and good news with other club members. It's a great way to get to know each other.

Keep watch on our Web site too for news and updates.