



B.E.A.S.T.

Borden Enduros Athletic Swim Team

Masters Swimming Ontario ... for "Fun, Fitness & Friendship"

G'Day All,

Welcome to all our returning and new members! We're off to a good start with the 2009/2010 season, currently in week 4. Here's some important information for you to digest:

- 2009 / 2010 BEAST Executive
- Registration Info
- Coaching Status
- Brantford Swim Meet - Saturday 17-Oct-09
- BEAST Swim Caps & Equipment
- MSO Margarita Is. Swim Training Camps - Jan 2010
- Aqua Pulse Magazine

2009 / 2010 BEAST Executive

Your executive for this season is comprised of the following volunteers:

- President Sgt Monica Phillips (705) 424-1200 ext 1883
- V.P. Don Bauer (705) 429 8812
- Treasurer Tony Mason
- Secretary MCpl Bruce Davidson
- Equipment Manager Geneviève Charette
- Coach Search Lead Marianne Low
- Social Convenors Laura Bruce & Bruce

If there is something you'd like to do in regards to the operation of this club, please let us know.

Registration Info

This is a busy time of year getting the club up and going for the new season. To date we have 17 swimmers fully registered and paid up. If your forms and payment haven't been completed yet, please do so at your next swim. Please note that all swimmers must be registered with Masters Swimming Ontario (MSO). The \$35 MSO registration provides both club liability and swimmer accident insurance (during training and meets) and must be collected separately from your club fees (as it is GST exempt).

Coaching Status

Marianne did a fantastic job preparing our coaching requirements and then starting the advertising process. Unfortunately the search is in limbo at the moment while we attempt to meet the base HR requirements for filling such a position.

In the meantime, we are continuing to run a structured masters swimming program based on the three years of coaching we received from Cathie Bass. Marianne and I have been working together developing the sessions week by week so far. It is the club's intention to also find individuals to run a number of swim clinics on Saturday, for which there may be additional fees. More news later on that topic.

Brantford Swim Meet - Saturday 17-Oct-09 - Warm-up starts at 5:15pm

The first swim meet in our calendar is fast approaching! As many of you experienced last year, the Brantford "Fall Sprint Splash" is a super fun meet with 25m and 50m events for all strokes! There's also 100m Free, 200m Open, 200m IM and 4 x 50m Relays! It is an excellent opportunity to try out a local meet in a friendly casual environment. The \$35 entry fee includes a meal at the end of the meet. Please look through the meet package:

<http://www.mastersswimmingontario.ca/pdf/FallSprintSplash.pdf>

We will be submitting a team HyTek (electronic) entry, so *by Saturday 10-Oct-09*, I need the following from you:

- your \$35 entry fee (cash please)
- the events you'd like to swim with entry times (talk to me if you need help with those)
- which relay strokes you'd like to do in Medley relays

BEAST Swim Caps & Equipment

The new caps are red with the black BEAST logo on both sides. Please see Gen at practice to pick one up (\$5). They are a must at swim meets!

Gen will also be in contact with you shortly regarding placing equipment orders through Team Aquatic Supplies (OMNI Swim Scarborough). Aside from ordering team suits (black with red accents) we are able to order any equipment in their catalogue at 'team' discount.

MSO Margarita Is. Swim Training Camps - Jan 2010

The 3rd annual MSO Swim Camp is a great opportunity to combine a winter holiday with excellent swim coaching. The Laguna Mar Resort is ideal for the camp with its Olympic Pool. Marianne and Leslie are planning to attend this year. For full details visit:

<http://www.npconsultants.com/oannesathletics/>

Aqua Pulse Magazine

The second edition of this new 'online' swimming magazine is out. Visit:
<http://www.aquapulsemagazine.com/>

No doubt there is more to share ... but that is enough for now. See you in the pool!

Cheers,

Don

Don Bauer, P.Eng.
Don Bauer Enterprises - Adventure Imaging

One Hillier Court
Wasaga Beach, Ontario
Canada L9Z 1J8
(705) 429 8812 Home
(705) 715 3000 Mobile

mail@donbauer.ca
www.adventureimaging.ca
www.BEAST.AdventureImaging.ca
