



B.E.A.S.T.

Borden Enduros Athletic Swim Team

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

G'Day All,

The Hot Topics:

1. **BEAST Christmas Brunch** - Sat 12-Dec-09 10am
2. **Swim Meets** - Sun 13-Dec-09 North York Pentathlon and Sun 10-Jan-10 Muskoka Masters Winter Invitational
3. **Lifeguard Backup** - briefing has been attended by 8 members
4. **Season Phase II Plan** - a bit of info on our next 12-15 weeks

BEAST Christmas Brunch

- it will be held on **Saturday the 12th of December 2009** at 10am ... after our morning swim.
- Laura has sent out an invite to all members ... please respond as soon as possible with a Yes/No and what you would like to bring for food.

Swim Meets

- Go to the [BEAST Web Site Meets](#) page for full details.
- the next local meet is in one week ... the **North York Pentathlon** on **Sunday the 13th of December 2009** at 8:00am. A Pentathlon meet involves racing a 50m event for each stroke and then a 100m I.M. Your result is the sum of the five times. Registration deadline for the reduced price is Sunday 6Dec09. Registration is via Events Online ... see the link to the registration page inside the meet package. We need to register individually for this meet. If we can get at least two women and two men, we'll enter the relays. Please let me know when you have registered so that I can make plans for the relays (if possible).
- Then there is an ideal first-timers meet ... the **Muskoka Masters Winter Invitational** on Sunday the 10th of January 2010. Events include 25m FS, 50's, 100's, 200m and 400m plus 4x50m relays. We'll be doing a team HyTek entry. Please send me the events you'd like to do with seed times plus what you'd like to do in the relays. **Deadline for getting your entry info to me is Thursday 31-Dec-09.**

Lifeguard Backup Info

- Monica, Gen, Al, Rico, Francois, Bruce, J.F. and I attended the Lifeguard Backup safety briefing two weekends ago.
- At least one of the attendees must be present in the pool for any swim session to proceed.
- All of the attendees must provide a copy of their First Aid / CPR-C certification or 'official' substitute (either in paper or electronic form) to Colleen Preston Preston.Colleen@cfpsa.com before they can officially act as backup. For those military members that just recently attended their First Aid course, Francois went to great lengths to get his military personnel record (which shows his having passed the course) accepted until his card arrived ... but this method has been rejected.

- As of 4-Dec-2009, Colleen has only approved Monica, Gen and I for backup.

Season Phase II - Plan

- Phase I of our season consisted of building an aerobic base and working on stroke technique. We spent a total of 12 weeks on Phase I.
- Phase II started this Tuesday, which will continue with building/maintaining an aerobic base and working on technique. But the main focus will shift to sets that specifically prepare our swimmers for competing at the March Ontario Championships.
- Our sessions will be targeted at two main groups - Sprinters and Distance swimmers. Our Fitness & Recreation swimmers and Triathletes are welcome to take part in either group. Triathletes would be best served in the Distance Group. The Fitness and Recreation swimmers should try both groups to see what works best ... but can freely change. The Distance swimmers will be lead by Marianne and sets will contain higher volume with short rest. I will be leading the Sprinter group which will be doing much less volume but high intensity.
- Three weeks before the Ontario's we'll be running a taper for that event.
- Following the Ontario's we'll shift to Phase III, which will be a 6-7 week program specifically oriented to prepare our swimmers for Nationals in Nanamio on the May long weekend. (also the CF Swimming Championships)

See you all in the pool.

Cheers,

Don