



# B.E.A.S.T.

## **Borden Enduros Athletic Swim Team**

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

G'Day All,

We had a great turnout to the BEAST Breakfast last Saturday morning. Thanks Sarah for organizing the venue. Here's a bit of information that was covered during the brief meeting at the end of the meal.

### Club Status:

- memberships is currently at 31 swimmers, with 22 registered with Masters Swimming Ontario
- the financial status is good

### BEAST Web Site:

- our club web site [www.BEAST.AdventureImaging.ca](http://www.BEAST.AdventureImaging.ca) has been recently updated
- catch up on the Brantford Meet results under "News" (photos, video and team results ... we are still awaiting full results)
- the new menu provides access to the Workouts / Blog

### CF Swimming:

- the Canadian Forces have added swimming to the National Sports list. We'll provide a link to the CF Swimming info once the draft process is complete.
- The CF National Swimming Championships will be held concurrently with the Ontario Masters Swimming Championships in Nepean (March 20-22 2009).
- Bruce is currently leading the process of proposing a CFB Borden Swim Team so that our forces swimmers can benefit from both the funding and participation in CF Regional and National Championships.

### Target Swim Meets:

- on the BEAST web site, there is a new page listing information on the various swim meets available to us
- As Cathie has suggested we continue to focus on stroke for the next couple months, the next main target meet will be Bracebridge on the 11<sup>th</sup> Jan 2009. We'd like to have a maximum club turn-out for this small fun meet, with a team entry submission BEFORE Christmas.
- There are two meets within an hour's drive before the holidays. The first one is Etobicoke's Semi-Serious next weekend (16<sup>th</sup> November) and then North York's Pentathlon (14<sup>th</sup> December).
- Please let me know whether there is interest for either of those meets. That way we can coordinate for relays. As well, for Etobicoke, we have a HyTek Meet Event file to facilitate electronic team entry. Entries for North York are via EventsOnline.
- Please note, all swimmers must be registered with Masters Swimming Ontario in order to compete in any of the swim meets. Please contact me if you require MSO registration.

### Emergency Back-up Briefing:

- thanks to all those who have responded to the call for BEAST swimmers with CPR-C / First Aid qualifications
- we'll be in touch shortly with dates and times for the emergency procedures briefing that will be provided by the pool's Aquatic Director Colleen.

### Team Suits and Equipment:

- Bruce volunteered to take on the roll of "designated equipment manager/buyer"
- With a designated person, we can get a 25% discount on all equipment from [Team Aquatic Supplies](#)
- It is likely a similar discount would be available from [Swim and Sport](#)
- Bruce will be in touch with details on team suits/caps and the order process

Look for an email soon regarding a team evening Christmas Dinner.

See you all at the next practice.

Cheers,

**Don**