



B.E.A.S.T.

Borden Enduros Athletic Swim Team

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

G'Day All,

We're into week five of the new season and the stroke improvements are certainly starting to show. I'll make this as brief as possible:

[Brantford Fall Sprint Splash Meet - Saturday 18th October 5:15pm](#)

- [click here](#) for all the details on the meet
- The Sprint Splash is an ideal first meet for everyone and we would really like to have as many of our BEAST swimmers as possible enjoy the experience. Events include 25's and 50's of each stroke. There is also 100 & 200m FS.
- *Please let me know ASAP* if you'd like to take part. Rico has already booked time off from North Bay! Cathie, Bruce, Susan, Pat and I are confirmed ...
- I will be handling entries in computer format (Hytek) next week, so at that time you can email me with what events you'd like to enter. I will also collect the entry fees and submit as a lump sum.

MSO Registration

- Our initial team and swimmer Masters Swimming Ontario (MSO) entries will be finalized this week.
- We'll have MSO numbers for our new swimmers wanting to go to Brantford.

BEAST Workouts

- for our new members, the team web site can be found at www.BEAST.adventureimaging.ca
- click on the "*Team Workouts*" link to view the postings of our recent workouts in case you miss one and can make it to a public swim session.

Registration / Fees

- registration has gone smoothly with only a few forms and fees outstanding.
- If you are in the forms / fees group, see me at the next practice.

Cheers,

Don