





Masters Swimming Manitoba

Swim MB Annual General
Meeting – November 24, 2012

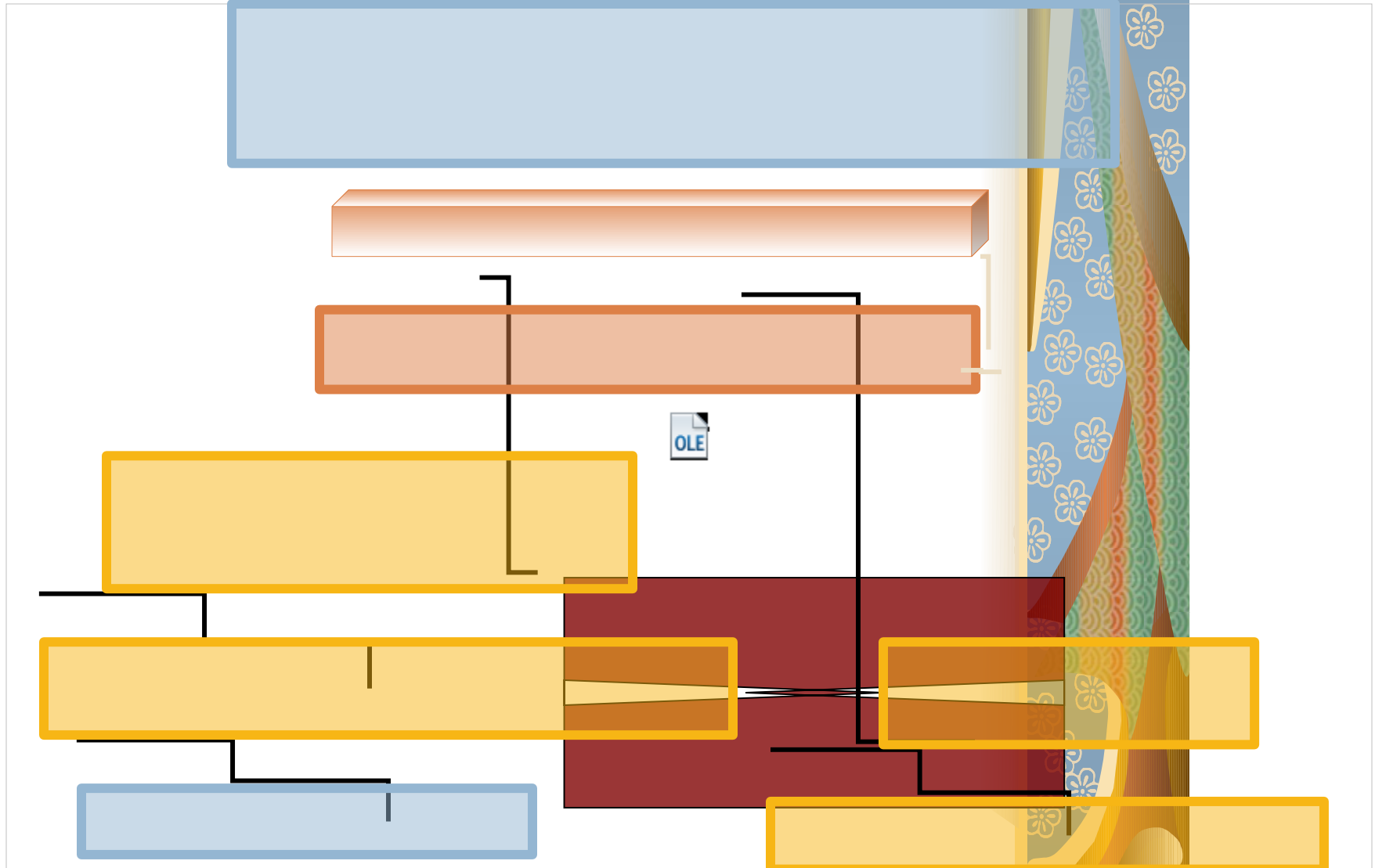


What's the Point? (Mission Statement)

 MSM exists to provide...

-  Provincial and national swim competitions
-  Organizational leadership for life-long adult fitness
-  Represent and promote the interests of masters clubs at local and national organizations
-  Marketing initiatives for masters swimming

Where Does MSM Fit? (Org. stuff)



What Happened in 2010-11?

(Past issues/events)

 Pop Sidwell November 2011 – hosted by MidCan

 Pentathlon January 2012 – hosted by MMAC

 Provincials 2012 – hosted by MMAC

 Nationals 2012 – Kelowna, BC

 US Nationals 2012 in Omaha, NE



Relationships:

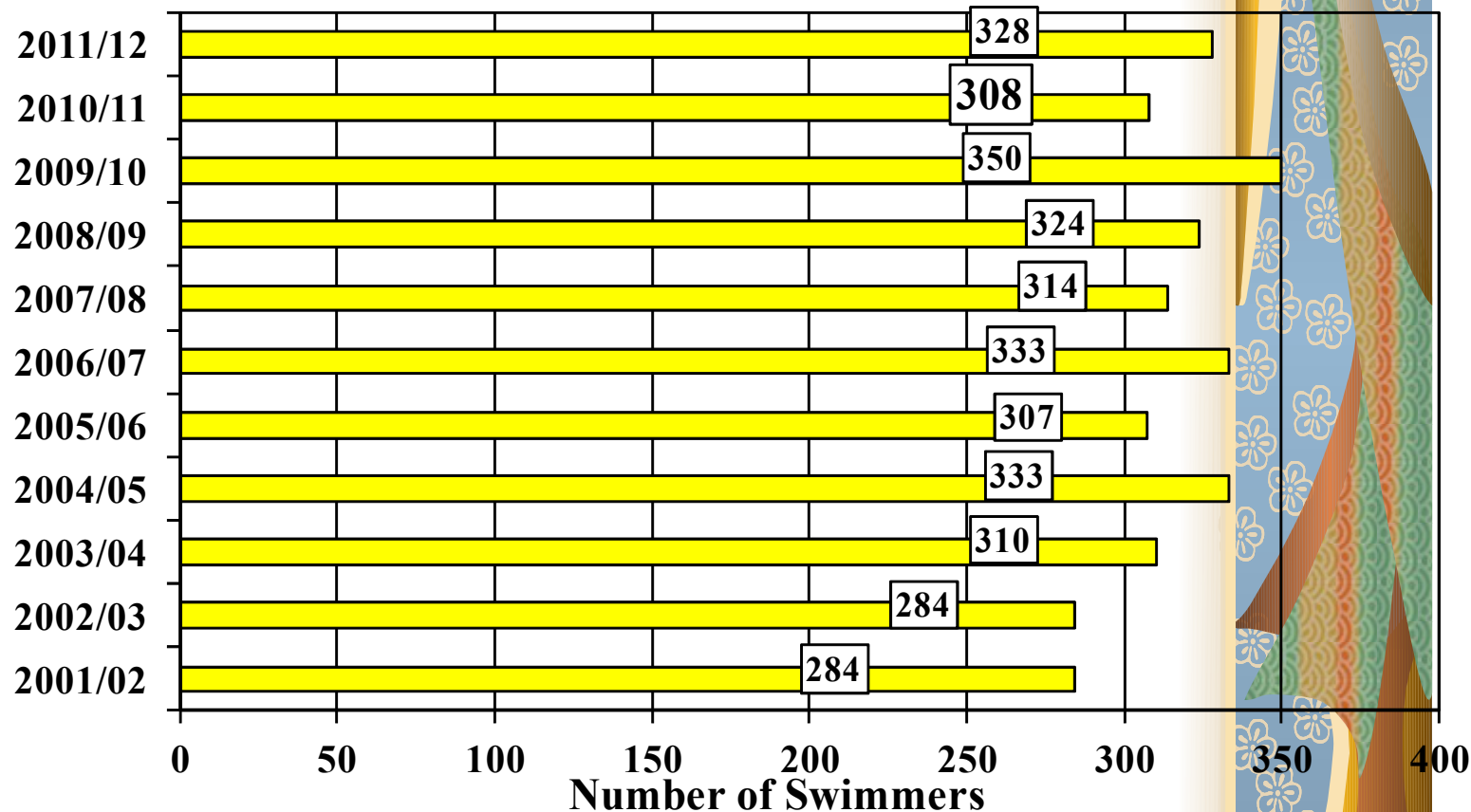
(Getting along with Swim MB)

- Communications
- Club Presidents meetings – included
- Projects – cooperation
 - Constitution changes



How many are we? (Registration)

Season Registrants - All Clubs



Where are we? (Club Membership)

Member Count as of August 31	2010/11	2011/12
Manitoba Masters	180	183
Mid Can Masters	40	47
Assiniboine Masters	27	30
Winnipeg Masters	13	16
Boulding Beluga Masters	8	7
Brandon	22	27
Flying Tigers	15	8
Fort Garry Barracudas		9
Unattached	3	1

What we look like?

(Swimmers demographics, 2011-2012)

As Of August 31, 2012

328 Registered Swimmers

-177 Female average age of 45

-131 Male average age of 48

Oldest swimmers – 3 over 80 ★

Youngest Swimmers – 4 – 19 year olds



How to keep afloat?

(Fee / income structure)

MSC/MSM \$25 Registration Fee(2011/12)

-  \$15 to MSC

-  Of which \$2 to FINA

-  \$8 to Swim MB for insurance purposes

-  \$2 to MSM

Current Process

-  Clubs collect fees

-  Clubs send MSC/MSM fee to Ben

-  Ben cuts up \$ and sends to MSC & Swim MB

Changes for 2012/13

-  MSC fee changed to \$20(\$5 more per swimmer Sept 2012)

-  MSC fees will increase \$2 / yr for the next 5 years


Bean Counting:

(Treasurer's report as of 31 August 2012)

 Revenues - \$8,117.00

 Club Registrations - \$7,760.59

 Expenses - \$8,443.26

 MSC - \$4,920

 Swim MB Insurance - \$2,584.00

 Meet Manager Software - \$304.58

 Pauline Grey Annual Award - \$100

 AGM Banquet- \$500

 Engraving Bob Hammerton Award - \$19.04

 Swim Manitoba Inc- \$25

 Masters Swim Manitoba Wind-up - \$90.64



Fall 2011 Winnipeg Leisure Guide Ad



**Get in
the Swim
for Fun & Fitness**

Adult Swimming
Novice to Advanced
Great coaching & stroke technique
Try 3 FREE trial swims at any club

Assiniboine Masters St. James Centennial Pool 888-5751 www.assiniboinemasters.com	Manitoba Masters Aquatic Club Pan Am Pool 941-9426 www.mnac.mb.ca	Beluga Masters Elmwood Kildonan Pool 444-3072 www.belugaswimming.com
Midcan Masters U of M Pool rlgroff@slaw.ca www.midcanmasters.ca	Winnipeg Masters Sherbrook Pool drkem@mts.net 489-8801	Flying Tigers Swim Team Bldg 90, 680 Whytewold Rd. www.ftst.ca

Masters Swimming
Manitoba
<http://my.opera.com/mcmb/blog>



- Did not participate for fall 2012


Big Water...Big News

 World Masters Games – 2014

 Montreal

 Pan Am Games – Toronto 2015

 Two new 50m pools

 2013 Nationals - May long weekend


 Ontario

 Nationals 2015 or 2016 – WINNIPEG ?

 MSC Programs

 Participation – meets

 MSC website <http://mymsc.ca/>

 News, track your activities, million metre challenge, videos, tips, etc

 Site examples follow





Masters Swimming Canada

Fun, Fitness, Friendship & Participation



[Home](#) [My MSC](#) [Programs](#) [Competition](#) [Coaching](#) [MSC](#) [Club](#) [Français](#)

News & Information

- [Board Minutes Oct 2011](#)
- [Free stroke videos on Margarita Island in January](#)
- [Board Minutes Sept 2011](#)
- [Can weight training help endurance athletes?](#)
- [FINA World Masters Championships coming to Montreal in 2014!](#)

- [Lynn Marshall to be inducted into IMSHOF!](#)
- [Board Minutes from June 2011 and July 2011](#)
- [Ten Reasons to Attend CMSC Every Year](#)
- [Board Minutes for Sept 2010 to May 2011](#)
- [ParticipACTION: Bring out your sporty side!](#)

- [The Secret to a 'Best Time' at Nationals](#)
- [MSO Coaches Clinic Invitation](#)
- [Three World Records And Seven National Records Set In Halifax](#)
- [Endocannabinoids rather than Endorphins cause exercise "high"](#)
- [Mice, Rats, and the Benefits of Exercising in a Group](#)

[View All News & Information Entries](#)

MSC Videos



10 Common Masters Disqualifications



Masters Swimming Canada programs overview



Integrating triathletes into Masters Swimming clubs



Staging a video clinic



Sprint Training

Profiles

Feature Articles

Programs

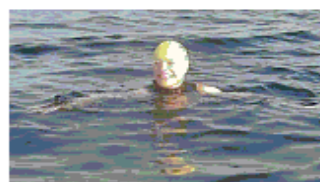


[Danielle Brault](#)



Masters Swimming Canada will again be providing free stroke video taping at the Oannes Masters swim camp on Margarita Island, Venezuela.

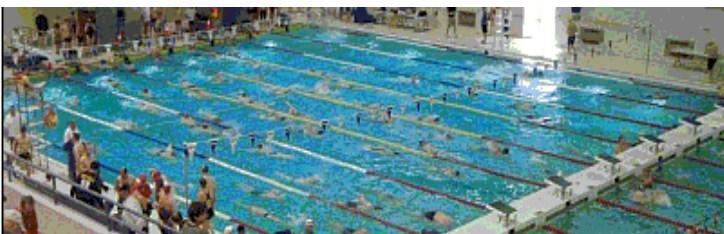
[Read more...](#)



Some people like to refer to the 1,500 as swimming's marathon. For Melanie Price, that's just a warm up.

[Read more...](#)





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Masters Swimming Canada Million Metre Challenge

Add a log entry for ben van den bosch

Note: if you don't track your distance by stroke simply enter it in the Mixed column (far right input box).

	Free	Breast	Back	Fly	IM	Kick	Drills	Mixed	Total
Total	541,700m	35,800m	56,200m	35,750m	114,450m	1,750m	67,950m	367,800m	1,221,400m
Add Entry:	<input type="text" value="0"/> m	<input type="text" value="0"/> m	<input type="text" value="0"/> m	<input type="text" value="0"/> m	<input type="text" value="0"/> m	<input type="text" value="0"/> m	<input type="text" value="0"/> m	<input type="text" value="0"/> m	
Workout date: <input type="text" value="November 2011"/> <input type="text" value="12"/> <input type="button" value="Add"/>									

Workout Notes:

[View log](#) [Million Metre Challenge Home Page](#)

Cross Training

Activity	Distance	Log
Running	78,000	
Cycling	44,833,000	
X-C Ski	972,000	

Activity	Distance	Time (HH:MM:SS)	Date	<input type="button" value="Submit"/>
<input type="text" value="Running"/> ▾	<input type="text" value=""/> m	<input type="text" value=""/> : <input type="text" value=""/> : <input type="text" value=""/>	<input type="text" value="November 2011"/> ▾ <input type="text" value="12"/> ▾	

Note: you can enter a distance in km by ending it with a k e.g. "2.5k" for 2500m.

[View log](#)

Wish List



All Masters Coaches Qualified



New Guard – Executive

