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It has been a while since you heard from your President and board, and I am sure many of you are wondering what is going on with our club and will we ever swim again this year. This, "News letter" will hopefully address much of this and more.

1. Thursday Socials – Now Virtual
2. AGM – Scheduled for June 18<sup>th</sup>
3. Lost sessions and funds
4. Pool status
5. Fall Session
6. Lake Swims
7. Other workouts
8. Swim Alberta update – May 7<sup>th</sup>, 2020 (Separate attachment)

Let me begin with, I hope this newsletter finds you well and safe. I certainly struggled when the recreation center shut down. Then, shortly after all closures, my planned water polo competitions were canceled. This year's main competition was to be The Spanish Cup, to be held in Cadiz, Spain in late April. There were 16 teams from around the world in our age group. We, Calgary, had a strong team and I thought I was in great shape. So yeah, my motivation sank pretty low, I stopped all exercise but kept up my eating, you guessed it, not a smart thing to do. Anyway, since spring has arrived I have been actively out on my bike nearly every day for the past 2 weeks, and back to some simple abs and pull up workouts. On Monday, (Victoria Day), I went on a great 13km hike with 800m elevation gain. Thankfully there is hope, and I am finding my motivation again. No doubt many of you have fared better than me, but either way, it is time we get active, fit and social again.

## **Thursday Night Socials – 8PM**

So let's start with our social night Thursday's! These will now start up again, but as a virtual session using Zoom. The first one is planned for tomorrow evening (May 21), hopefully many of you can join from your home. Just bring a smile, your favorite beverage and snack. Look for the Zoom invite from me.

## **AGM**

This year's annual general meeting will be held on Thursday June 18<sup>th</sup> from 7pm to 8pm. We plan to hold this in person, possibly in my driveway or backyard. Everyone is of course welcome, and if anyone is interested in joining the board, please let me know. Further details will come out in early June.

## **Lost Sessions and Funds**

Your Masters Swim Team executive met 2 weeks ago to discuss how best to handle the lost swim practices and associated fees paid. The general consensus was to review our balance sheet and then any remaining funds would be provided as a credit to next year's fees. At this point in time you can expect the following:

3 times a week swimmers: \$ 100.00 credit

1 times a week swimmer: \$ 50.00 credit

If anyone has any issues with the above, please feel free to reach out to me.

Please note that next season fees still need to be worked out, however the City has increased the pool rental by 5%, so you can anticipate a small increase. Registration via Zone4 will open on August 5<sup>th</sup>, with our first practice scheduled for Sunday September 13<sup>th</sup>.

## **Pool / Recreation Centre Status**

If you have not already heard the outdoor pool, unfortunately, will not be opening at all this summer, which for many of us is a great loss. By far the best pool we have in the city.

As for the other pools and recreation centers, the City has a team working on how these can open when the province gets to "Stage 3". The City has also proactively completed the annual maintenance on our indoor pools over the past month, meaning these facilities will not close for their usual 2-3 week annual maintenance as in the past.

### **Fall / Winter Session**

We all hope that come September it will be practice as normal, or whatever the normal might be. We have the same times as last year booked with the City and do anticipate having our first practice on Sunday September 13<sup>th</sup>.

### **Lake Swims**

Our coach Serge is planning a few lake Swims this summer. I think that is a great way to get those muscles working, enjoy our summer, and get a bit of social time in. If you are interested please let Serge or myself know. I suspect one of our members, Chantal, has already taken the plunge in Sylvan Lake. Maybe she can update us all at tomorrow evenings social?

### **Other Workouts**

Here are some links to workouts that you might find useful; some are geared for swimmers to ensure we maintain our upper body strength.

Freestyle swimming technique:

[https://www.youtube.com/watch?v=s2h0tFWwqFc&fbclid=IwAR3dup\\_L2C0WtGZoU3GdVvJZrw6b\\_i02QGFHK82cnvC5UsNaJVePNKK71YM](https://www.youtube.com/watch?v=s2h0tFWwqFc&fbclid=IwAR3dup_L2C0WtGZoU3GdVvJZrw6b_i02QGFHK82cnvC5UsNaJVePNKK71YM)

Dry land training

<https://www.youtube.com/watch?v=eVgHmg4VCIM&fbclid=IwAR0jgjYCOonZJGtL-Blik5L8OYafy64ERCUaafWQJkgBR8v2FpsUurWf3on8>

Fun dry land training oriented to water polo players, but still applies

<https://www.youtube.com/watch?v=eVgHmg4VCIM&fbclid=IwAR0jgjYCOOnZJGtL-Blik5L8OYafy64ERCUaafWQJkgBR8v2FpsUurWf3on8>

And These came from Deb Langvand, thanks Deb!

If anyone is interested Deb can also get a swimming-specific program from Brie Walker just for us. Let myself, or Deb know if you would be interested and if you have any suggestions on how these need to be communicated.

Below is a link to Brie's Free Quarantine Workouts fb page.

<https://www.facebook.com/groups/312807913029751/?ref=share>

HAPPY TRAINING!

Deb

### **Week 1-**

Upper Body-

<https://youtu.be/atgkcoWsADM>

Lower body-

<https://youtu.be/Xlub5A8zQKs>

Stretch-

<https://youtu.be/VshWthk4QQQ>

Bonus KETTLE BELL and TRX Workout!

<https://youtu.be/aHcSZTpNSM8>

### **Week 2-**

LEGS Workout-

<https://youtu.be/LBwxnNj1HIU>

Upper Body Warm up-

<https://youtu.be/VshWthk4QQQ>

Upper Body Workout

<https://youtu.be/AoEXFxdBS3Q>