

# WINTER 2015

## MSC WELCOMES THE NEW BOARD OF DIRECTORS

At our Annual General Meeting held on November 8th, 2015, a new Board of Directors was elected:

**President**

Carol Fitzwilliam,  
Quebec

**Vice-President**

Alisa Boulanger,  
Ontario

**Treasurer**

Susan Simmons,  
British Columbia

**Secretary**

Ralph Ades,  
Ontario

**Director**

Ed Evely,  
Newfoundland & Labrador

**Director**

Barinder Chauhan,  
British Columbia

**Director**

Marta Cygan,  
British Columbia

**Director**

Melanie Fabes,  
Ontario

We welcome all of the Officers and Directors.

## A MESSAGE FROM THE PRESIDENT

As a non-competitive swimmer, I am honoured by the trust that has been placed in me to lead the Board of Directors of MSC. I understand that this is the first time that a strictly-for-fitness swimmer has been so actively involved in the leadership of our organization. As over seventy percent of Masters Swimmers in Canada never compete in swim meets, the Board of Directors considers this an opportunity for MSC to focus much of our attention on engaging these swimmers. Our recent member survey confirms that members believe that our emphasis should be on health and fitness. Of course, we will also continue to serve competitors through national swim meets. You will be hearing much more from us over the next few months and we look forward to receiving your feedback throughout the year.

Carol Fitzwilliam

## FROM THE ED DESK

Hello everyone,

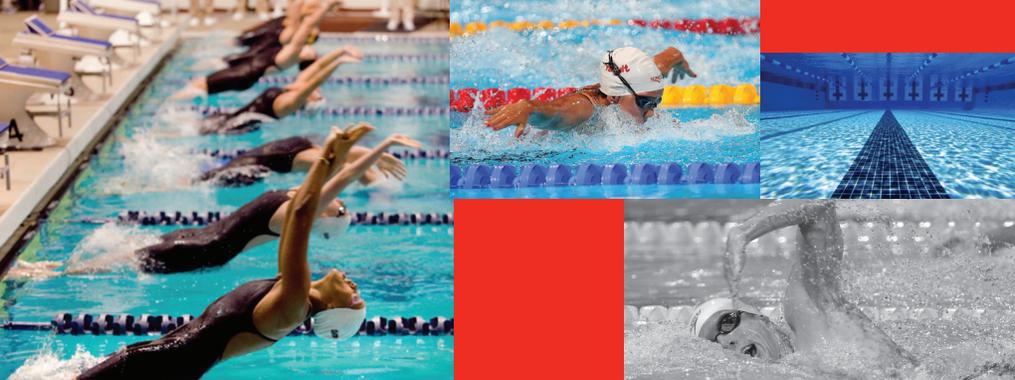
We are pleased to present the 2nd Edition of the Newsletter as we have been very busy since the spring with plenty of updates.

Included in this edition is a message from our new President, announcement of the new Board of Directors, the extremely successful Speaker Series, our new Strategic Plan, an update on our web site, and the 2016 Nationals.

I also want to take this opportunity to wish everyone the best of the holiday season. If you have any comments or questions, please don't hesitate to contact me.

Have a great swim!

Doug Hannum  
doughannum@mastersswimming.ca



## NEW STRATEGIC PLAN COMPLETED

Last January, we engaged with Deloitte Canada in a review and revision of our Strategic Plan. The process included a survey of members and a review of best practices of other like organizations. The process is now complete and the plan is done. With the plan, we created a new Vision and Mission:

### MISSION

Provide leadership and enable 18+ Canadians in the participation in masters swimming; engaging them throughout a lifetime of growth, discovery, and personal achievement.

### VISION

To promote involvement and lifelong engagement in the masters swimming community through programs, competition, coaching, and strategic partnerships.

The plan will be up on our web site shortly.

## 2016 NATIONALS

It won't be long before Nationals are here and we hope that your training is going well. The local organizing committee in Etobicoke is working hard to put on a very successful event. Nationals will take place at the Etobicoke Olympium in Toronto, Ontario from May 20th to 23rd, 2016. More to come soon!

## WEB SITE RE-DESIGN AND RE-CONSTRUCTION

At the time of writing, we are very close to securing a new vendor for our web site. The web site is a very important medium for us to communicate with you, our members, and to promote the activities of the organization. Our hope is to have the site fully functional in February. Look for updates very soon.

In the interim, we have set up an MSC Blog at <http://mastersswimmingcanada.com/> and would encourage you to check for announcements from time to time.

## MSC 1ST ANNUAL SPEAKER SERIES

On Saturday, November 7th, we hosted our first Speaker Series. We were fortunate to get three terrific presenters - Trionne Moore spoke on nutrition for recovery and training; John Paul Catanzaro spoke on training and prevention; and the day was wrapped up by Dr. Greg Wells who focused on training methods and the importance of physical activity. The session was very well received and we plan to offer it again as part of the Nationals program.