



Masters Swimming Maîtres Nageurs CANADA

NEWSLETTER FALL 2019

A MESSAGE FROM THE PRESIDENT

The existence of Masters Swimming Canada is in jeopardy!

After 40 plus years of serving the community of Masters swimmers across Canada, Swimming Canada's unilateral decision to discontinue our funding model has left our organization financially weakened.

Our survival depends on swimmers. Unless Masters swimmers across Canada register at...

<https://www.mastersswimmingcanada.ca/WP/en/aboutus/membership-program-for-2019-2020/>

...we will be unable to continue offering the programs and services that swimmers expect and count on.

Please show your support for Masters Swimming Canada by registering today. Also, please consider further support by becoming an Ambassador of MSC.

Full details are available on the website.

Without swimmer support, we will cease to exist.

CAROL FITZWILLIAM
President,
Masters Swimming Canada

A MESSAGE FROM THE ED

Hello Everyone,

Membership in MSC has never provided greater benefits! We are excited to offer member discounts from all of our partners that are highlighted in this newsletter.

I agree with Carol that this is a critical time to show your support for us. Our 40-year history of providing quality programs and services to Masters swimmers is at risk, and we need your support.

Has your club registered with us? If so, the club will get a rebate if you and your fellow swimmers register.

Club not registered? Registration is free and asks them to email me at the address below.

Not sure what to do? Have questions? Please contact me directly.

Have a great season!

DOUG HANNUM
Executive Director,
Masters Swimming Canada

doughannum@masterswimming.ca



Masters Swimming
Maîtres Nageurs
CANADA

FABULOUS HOLIDAY SALE!

MSC merchandise is on sale – just in time for holiday giving! Prices have been slashed on all available items.

Place your order online at

<https://www.mastersswimmingcanada.ca/WP/en/purchases/>

Take advantage of FREE SHIPPING on orders over \$100! For delivery prior to Christmas, orders must be received by November 30, 2019.

NEWSLETTER

FALL 2019

FAQ

DO I HAVE TO REGISTER WITH MY CLUB, PROVINCE, SNC, AND MSC?

You should register with all groups. Registration with MSC is not included in your fee this year, as it was in previous years, so you do need to register directly with us this year.

HOW DO I REGISTER?

Go to...

<https://www.mastersswimmingcanada.ca/WP/en/aboutus/membership-program-for-2019-2020/>

WHY REGISTER WITH MSC?

You must be a current member in order to participate in our programs like the Million Metre Challenge...

<https://www.mastersswimmingcanada.ca/WP/en/services/million-metre-challenge/>

...to take advantage of member benefits from our partners such as the Running Room and All Tides, and to receive our newsletters and other valuable tips and tools

IS NATIONALS HAPPENING THIS YEAR?

This is our plan; we are working on it, more details coming soon!

HOW CAN I SUPPORT MSC?

You can register or become an Ambassador at...

<https://www.mastersswimmingcanada.ca/WP/en/aboutus/msc-ambassador-program-2019-2020-swim-season/>

I HAVE MORE QUESTIONS - WHO DO I CONTACT?

Contact Doug Hannum, MSC Executive Director, at...
doughannum@mastersswimming.ca
or
647-530-7033



MySwimPro

20% OFF MYSWIMPRO

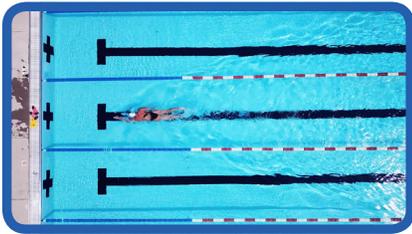
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MySwimPro is the official Swim Training Technology Partner of Masters Swimming Canada.

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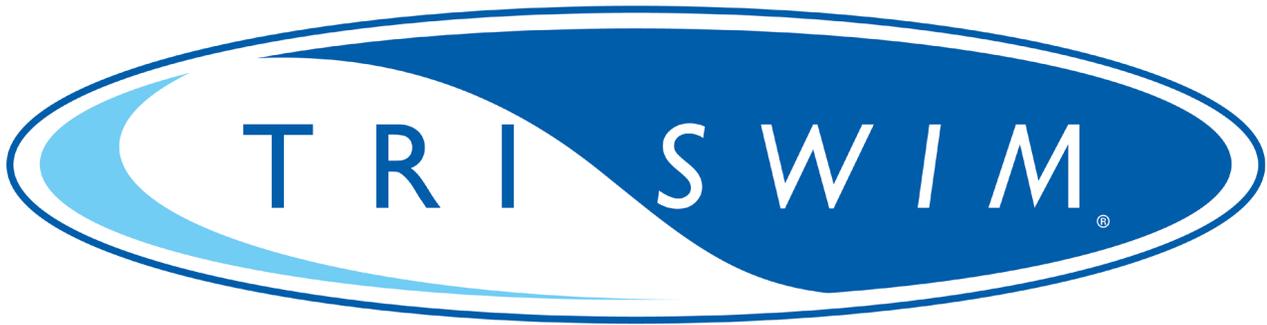


Running Room LTD.®

Shop all your running needs with us! Serving runners since 1984.

Enjoy your 10% off regular priced items* at Running Room! Email marciabarrett@mastersswimming.ca to obtain the discount code. *Sale ends September 30, 2020

*Certain conditions may apply



Chlorine | Salt Water Out Hair & Skin Care

Swimmers are not the only ones who suffer from dry, itchy skin and hair! Do you ever wonder why your hands are so dry after doing the dishes? Or why your skin and hair feels so itchy after taking a long shower? No amounts of lotion or conditioner seem to moisturize. The reason this happens is because of a toxic chemical, called Chlorine that is used to fight off unwelcomed bacteria in all tap water.

A common misconception is that Chlorine is only found in swimming pools; however, it is also found in all tap water and drinking water that we, as humans, absorb, inhale, and digest every day. The EPA, Environmental Protection Agency, requires a maximum amount of Chlorine to be in each milligram of our water supply, relying on its water disinfectant abilities.

Chlorine is of course safe in small doses; why else would the EPA allow this chemical to enter our bodies? However, most cities will opt for the risks of increased Chlorine in our water supply over a dangerous disease like E. coli or Giardia breaking loose. Even taking a long shower or bath can increase a person's risk for Chlorine exposure because it enters through the eyes, nose, ears, mouth, especially skin and hair.

Because Chlorine has been proven as the number one culprit for causing skin and hair complications, SBR SPORTS INC. has created a solution! TRISWIM not only attacks and disintegrates the Chlorine build-up on your skin and hair, but also hydrates it with Vitamins, botanicals, Keratin, Aloe Vera and proteins. Specifically, TRISWIM uses Vitamin E, Vitamin A, Aloe Vera and Provitamin B5 as a

penetrating moisturizer that acts as a healing agent, making your skin and hair stronger and healthier. Best part of all, TRISWIM has fun tropical scents.

As we enter the fall and winter months, you will be faced with dry, sometimes painful hair and skin. Buildup from Chlorine, and indoor heating is the main culprit. Instead of masking the problem with lotion and conditioner, get to the root of it with TRISWIM shampoo and body wash which are specifically formulated to gently remove the Chlorine chemical and hydrate. In a nutshell, TRISWIM hair & body care products are safe and encouraged to use daily to keep you free from painful cracked, itchy, dry skin and hair. Share this information with your family and friends and know that there is a savior to cold-weather skin and hair.

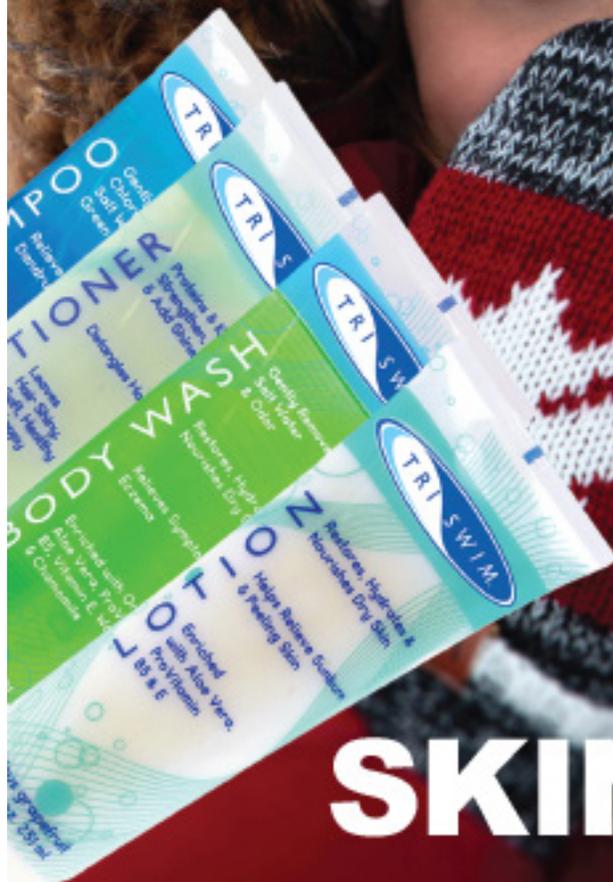
Available at Swimco, Team Aquatics and Amazon.ca



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Chlorine | Salt Water Out Hair & Body Care



**Healthy
Happy
Cold
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SKIN & HAIR**