

MSO Symposium and Fun Meet

Ivor Wynne Centre, McMaster University
December 3, 2017
11 a.m. - 5 p.m.

Speakers and information - Adult Health and Fitness

Introduction to swim meets for new competitors

In-pool Competition Skills Clinic for all levels

Apply your new skills in a Fun Meet

Cap the day with a social and, of course, FOOD

Hosted by



Special thanks for potluck contributions from the Ancaster Masters Swim Club

- Who is invited? Anyone having reached their 18th birthday on or before December 3, 2017 is welcome to attend.
- Not registered with MSO? No problem! You may register as Single-Event Registrants (SER). SER participants must fill out the Single Event Insurance Form and Waiver (attached) and pay the associated \$5.00 fee.
- Fees: \$30.00
Payable by e-Transfer (**preferred**) or by regular mail (see forms below)
Maximum registration limit is 80 persons
- Deadline: November 28, 2017
- Registrar: Beth Carey - email b_carey@mastersswimmingontario.ca
- Meet Manager: Sue Weir
- Your day:
- 11:00 a.m. Registration at the desk ("Wet Room" beside the pool entrance-follow the arrows)
- 11:30 a.m. Speakers: Richard MacLean, Physiotherapist, Richard Kelch, Pharmacist with Information on Health and Nutrition
- 1:30 p.m. Light snack will be provided prior to transition to the pool.
For those new to competition, there will be a short introduction including how to warm up and cool down for a meet, proper pool etiquette and general meet information.
- 2:00 p.m. On deck and ready to get wet. This part will be organized by Sue Weir. Participants will be sorted into smaller groups. Coaches will review the competition skills like starts and turns. This is not a stroke improvement clinic, but it will point out illegal strokes and the most common errors that lead to disqualification.
- 3:00 p.m. Under the direction of meet referee Chris Smith, practice what you have learned in a fun meet that mimics real meet conditions, whistles and all. Note that the emphasis is on fun! (there will be no official times)
- 4:15 p.m. Back on dry land, socialize and enjoy the most important part of masters swimming – FOOD! Many thanks to TYMS and Ancaster for the gastronomical contributions.

Additional Information

Location: Ivor Wynne Centre, McMaster University,
1280 Main St. W., Hamilton

Parking: Lot C and lot D are close to Ivor Wynne Centre (#24) see [map](#)
(there will be a discount for participants)

Here is a link to warm up and cool down procedures for meets:

<http://www.mastersswimmingontario.ca/wp-content/uploads/2017/09/MSO-Rules-Warm-Up-v2013-12-16.pdf>

MSO competition rules will apply, here is the link:

<https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2016/08/99-2013MSCRules-ENG-v2014-07-30.pdf>

Richard McLean

Physiotherapy is Richard's second career. Richard initially studied biology in his honours science degree from the University of Waterloo and then went on to obtain his masters in science in environmental toxicology, also at Waterloo. Richard conducted research and worked in consulting for 3 years before being attracted to physiotherapy. His love of sports and how the body moves and functions drew him to physiotherapy. He loves being a physiotherapist and has never looked back.

Richard is an experienced registered physiotherapist who has been working with active and athletic people for 17 years. Richard graduated from the physiotherapy program at McMaster University in 2000. He combines his thorough, insightful nature with his broad treatment skills to achieve excellent results for people recovering from injury and for those trying to improve in their sport.

In addition to his clinical experience, Richard draws upon his own athletic and sports injury experiences to help people achieve their goals. From humble beginnings, Richard has achieved success in running, cycling and swimming events from a local level all the way up to the world stage. Richard's pinnacle achievements were competing at the Hawaii Ironman after qualifying at Ironman Canada where he placed 66th out of over 2000 athletes. Richard's ability to suffer during training and racing helped him achieve his goals, a trait that he has mastered from being a lifelong Toronto Maple Leafs fan.

Richard strongly believes physical activity for both adults and children is vitally important for physical and mental health. As a father of 3, he and his wife promote their children to be active and try to lead by example. Richard enjoys helping children recover from injury and get back to their sports and recreation.

Richard's skills include Laser Therapy, Active Release Techniques (ART), Acupuncture, Manual Therapy (including joint manipulations), and he is a FIST certified triathlon bike fitter.

Richard Kelch

Richard is a pharmacist who lives in Sarnia, Ontario. As a teenager he worked as lifeguard and swim instructor to pay for school and spent much of his free time anywhere he could around the water. After he and his wife Fiona graduated from Pharmacy School at the University of Toronto they ended in London Ontario. Always at home in the water they both took up scuba diving and made this their main hobby for the next ten years. In that time both Fiona and Richard have accumulated hundreds of dives and both of them became dive masters and certified cave divers. Along with their two sons, they dive regularly to this day.

Moving to Sarnia in 1997, Richard decided to try to become more active and fit and he reconnected with another teenage activity, cycling. This soon led to triathlon. Fiona will say that Richard cannot do anything casually (probably true) and so he went on to complete several half-Ironman triathlons and two full Ironman's.

Last fall they both joined Sue Weir's Master Swim club at the Sarnia YMCA and have become regulars three times a week with this great group of people. Richard continues to practice full time as the owner/operator of an independent pharmacy and is a founding partner of Whole Health Pharmacy Partners, a banner group of independents with 30 locations. Active in the community as campaign chair for the United Way of Sarnia-Lambton as well as a vocal advocate for mental health services in association with SickNotWeak, Richard was recognized in 2017 with the Pfizer Bowl of Hygeia award for community service.

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Master University, Sunday, December 3rd, 2017

MAIL-IN REGISTRATION FORM

Entries to be postmarked no later than by **November 28, 2017**

Name: _____ Gender: M ___ F ___

Address: _____ Age as of Dec.31, 2017: _____

City: _____ Postal Code: _____

Email: _____

Phone: (Home) _____ (Mobile) _____

Date of Birth: _____ MSO#: _____

Club Name: _____

ATHLETE Waiver and Release: In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the organizers of the event for which I am registering and Masters Swimming Ontario from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

I agree

Signature of Participant _____ Date Signed _____

Note: Swimmers not registered with MSO are provided insurance coverage as Single-Event Registrants (SER). SER participants must pay the associated \$5.00 SER fee.

Ontario Masters swimmers can check your MSO status online at:

<https://ms.mastersswimmingontario.ca/web/showRegisteredSwimmers.php>

MAIL IN REGISTRATION: Fee \$30 plus \$5 SER (if applicable). Please make cheques payable to **Masters Swimming Ontario (MSO)**

Mail-in entries to: Beth Carey
94 Rosebury Way
Mount Hope, L0R 1W0

Email questions to: b_carey@mastersswimmingontario.ca

ONLINE REGISTRATION:

- 1. Online meet entries** – please complete the registration form found at:
<https://goo.gl/forms/c1YorLqz0hgk70Rl1>

Online registrants must agree to the liability waiver for registration to be completed.

- 2. Make Payment:** E-transfer: to MSOReg@masterswimmingontario.ca
Please email registrar with answer to your security question

Fee is of \$30.00 for participants registered with MSO

Participants not registered with MSO – please add the \$5.00 Single-Event Registrant fee for a total of \$35.00

Registrar: Beth Carey b_carey@msterswimmingontario.ca

INQUIRIES: email Beth Carey b_carey@msterswimmingontario.ca or
Sue Weir s_weir@mastersswimmingontario.ca

2017 Single Event Insurance Registration Form (for non-MSO participants)

Register with the same name you will use for competition. Please print clearly.

Last Name _____ First Name _____ Middle Initial _____

Street Address _____

City _____ Province _____ Postal code _____

Phone (including area code) _____

Date of Birth (yyyy/mm/dd) _____ Age _____ Gender (circle) M F

E-mail address _____

Event Name and Location; Ivor Wynne Centre, McMaster University
1280 Main St. W., Hamilton L8S 4L8

Signature (required) _____ Today's Date (required) _____

2017 Single Event Waiver and Release Form (for Non-MSO participants)

The Canadian Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information. The personal information you provide via this Single-Event Registration will be used for insurance coverage and results publication. The completed Single-Event Registration form will be retained for one year and then destroyed unless otherwise needed for insurance purposes.

Should you wish to review the personal information held by Masters Swimming Ontario or the club hosting the event for which you are registering, you must make a request to the appropriate organization.

I hereby consent to the collection and use of personal information as described above.

ATHLETE Waiver and Release: In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the organizers of the event for which I am registering and Masters Swimming Ontario from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

I agree

Signature of Participant _____ Date Signed _____

**All single event registrants who have registered on line
please print out this form, fill it out, and bring on the day.**