

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: February-09-14 11:51 AM
To: Fran Craig; Steve Baird; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #356

Carleton Masters Swimming Newsletter #356

Sunday, February 9th, 2014

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2013, Winter 2014, and Alumni: 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (33 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (34 addresses).

"It's not what's happening to you now or what has happened in your past that determines who you become. Rather, it's your decisions about what to focus on, what things mean to you, and what you're going to do about them that will determine your ultimate destiny." – Anthony Robbins

Masters Program Notes and Cancellations

- **Reminder: No Workouts Mon Feb 17th (Family Day)**
- The Winter session runs until **Fri Apr 11th**.
 - The only cancellations this term are the workouts on **Mon Feb 17th (Family Day)**.
 - Apart from the Family Day cancellations, workouts run as usual during Reading Week.
- Here's the latest on the groups that are full or close:
 - The **7:30am and 6pm groups are full** – waitlists available.
 - The number of spots left in the other Winter groups is as follows:
 - Saturdays: 4 spots
 - 8:10pm Whitecaps: 8 spots
 - 7:10pm Whitecaps : 9 spots
 - 8:30am Earlybirds: 15 spots

Swimmer Notes

Swimmer Updates:

- Congratulations to **Erin Kelly** (6pm Whitecaps) and her husband, **Michael**. They are expecting baby #1 on July 10th!
- Congratulations also to **Jamie Chalmers** (7:10pm Whitecaps), **Carolyn Odecki** (6pm Whitecaps), and **Jian-Lok Chang** (6pm Whitecaps, but competing for Edmonton Masters) for making the Canadian Masters overall summary list for 2014. Details under Meet Results. All Carleton Masters swimmers (16 total) who made the Top 20 in any event (short course or long course) are also listed.
- **Active Carleton students** are invited to participate in a study being done by some Carleton students for their Masters thesis. The survey takes 10-15min to complete and you will be entered in a draw to win \$50. Here's the link: <http://carletonfoodchoices.weebly.com/>.
- On June 7-8th 2014, **Alex Joubert** (Coach) will be participating in the Enbridge Ride to Conquer Cancer. He is doing this in support of his father who was diagnosed with melanoma over the summer, and is now doing well. He is hoping to raise \$2500 and would like your support! [Here is the link to his fundraising page.](#)
- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters

Whitecaps, and although for registration purposes Carleton calls only the evening groups “Whitecaps”, that doesn’t mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



News and Links:

- Six Tips to Being Successful at Your New Year’s Resolutions: <http://athletics.carleton.ca/2014/6-tips-to-being-successful-at-your-new-years-resolutions>
- “Olympic Swimming?!”: <http://www.youtube.com/watch?v=rWQHsEtKez0>
- Trends for 2014: Foods for Athletes: <http://www.stack.com/2014/01/04/foods-for-athletes/>
- 37 Things Only Swimmers Know: <http://thoughtcatalog.com/linnea-gregg/2014/01/37-things-only-swimmers-know/>
- Fitness Depends on Recovery: http://thesportfactory.com/site/trainingnews/Fitness_Depends_on_Recovery_257.shtml
- Can Arginine Boost Endurance?: <http://www.runnersworld.com/nutrition-runners/can-arginine-boost-endurance>
- Why Your Brain Tires When Exercising: <http://www.sciencedaily.com/releases/2013/03/130304151805.htm>
- Squats for Aging Knees: <http://well.blogs.nytimes.com/2013/01/25/ask-well-squats-for-aging-knees/>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there’s a particular suit you are looking for, I may be able to track it down.

Caps and Goggles to Borrow: I always have a “lost and found” bag full of spare caps and goggles to borrow if you forget (or break) yours.

Swim Caps for Sale: The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. Thanks to **Ellen Pazdzior** (6pm Whitecaps) for her recent donation. We now have a few triathlon latex caps (50c), as well as a large number of silicone caps (\$2). Ask if you’re interested in looking at these. If anyone has any caps that they’d like to donate, they would be most welcome.

Nose Clips for Sale: Cost \$5. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday: **Alex**; Tuesday: **Lynn**; Thursday: **Alex/Lynn**

7:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see web site)

Exceptions will be noted here.

Fin Days:

Mon Feb 3rd

Mon Mar 10th

Time Trials:

Tue Feb 11th / Wed Feb 12th: 400fs or IM

Tue Feb 25th / Wed Mar 26th: two 50s choice

Thu Mar 6th / Fri Mar 7th: 100 choice

Thu Mar 20th / Fri Mar 21st: 200 choice
Tue Mar 25th / Wed Mar 26th: 800 / 1500fs
Thu Apr 10th / Fri Apr 11th: relays

This information and more can be found with the Winter workout themes at:
<http://carletonmasters.tripod.com/mastplanwint14.pdf>.

Here are the Winter weekday attendance statistics to date. If you notice any errors or omissions, please let me know!

6pm Whitecaps (Jan 2-Feb 6th; 16 workouts): range: 17-33; average: 24.9
Perfect Attendance: **Peter L**
Missed 1 Workout: **Deb L, Don W, Mike L, Nicole D**
Missed 2 Workouts: **Debby W, Gi W, Lina V, Marg E**

7:10pm Whitecaps (Jan 2-Feb 6th; 16 workouts): range: 4-20; average: 14.9
Perfect Attendance: **Jordan M**
Missed 1 Workout: **Joanie C**

8:10pm Whitecaps (Jan 2-Feb 6th; 16 workouts): range: 3-11; average: 7.5
Missed 2 Workouts: **Andrew D, Lynn B**

7:30am Earlybirds (Jan 3-Feb 7th; 16 workouts): range: 19-29; average: 25.1
Perfect Attendance: **Bruce B, Chris M, Susan N-Y, Zoe P**
Missed 1 Workout: **Jeremy C, Kim F**
Missed 2 Workouts: **Mike M, Robert F**

8:30am Earlybirds (Jan 3-Feb 7th; 16 workouts): range: 8-22; average: 16.8
Perfect Attendance: **Masa O**
Missed 1 Workout: **Claire O, Colette K**
Missed 2 Workouts: **Penny E**

Ask the Coach

Dear Coach: What is the correct timing on breaststroke? Learning My Strokes

Dear L.M. Strokes: Arms-breathe-kick-glide and be sure that the arms generate propulsion and then the legs, so that you never have both the arms and legs out to the side at the same time.

Dear Coach: Should I use a kick board when doing backstroke kick? Improving My Kick

Dear I.M. Kick: Unless you are doing an odd number of lengths of backstroke kick (e.g. a 100IM kick) or you are holding the board over your knees to ensure that they stay below water, then no.

Dear Coach: How do I stop my goggles from fogging up during a race? Bumped the Lane Rope

Dear B.t.L. Rope: Old goggles will attract fog on any scratches and dirt on the lenses, so it's a good idea to have a new-ish pair for racing. Use spit or anti-fog solution (baby shampoo works, too) before you put them on but don't rub the lenses. If you continue to have issues, try putting the goggles on in the warm down pool prior to your race.

Dear Coach: I want to compete in the World Masters Swim Championships, but my schedule likely doesn't permit me to swim in any meets before then. How can I qualify? World Masters Swimmer

Dear W. M. Swimmer: According to the FAQ (<https://finamasters2014.org/registration-faq/>), you should enter LC (50m) times, or times converted to LC, done in the past year. However, the times will not be officially checked, so a time trial in workout would suffice.

Dear Coach: There have been a few recent rule changes to turns and finishes. For the backstroke finish, and the breaststroke/butterfly turn, what were the old rules? What implications would these have on us? I'm particularly curious about backstroke. DQ Free Since 2003

Dear D.Q.F.S. 2003: Previously you could touch the wall in breast and fly with your hands on top of each other. Now they must be separated. See these diagrams for a definition of "separated":

http://www.fina.org/H2O/docs/rules/hands_separation.pdf. For backstroke, you used to be able to be completely submerged at/near the finish. That is no longer permitted. In both freestyle and backstroke you may only be submerged after the turn up to a maximum of 15m. I believe that the rule changes are due to the difficulty in judging either the legality of the touch (breast/fly) and the exact moment it occurs (back). You can read a bit more about the changes here: <http://swimswam.com/new-fina-rules-changes-kick-wednesday-september-25th/>. If you are interested in the full details, see: http://www.fina.org/H2O/docs/rules/FINAsrules_20132017.pdf.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014 is now open. Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions (e.g. the Masters World Championships in Montreal next summer). The cost has gone up slightly: **\$38**. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions, mostly in Ontario and Quebec, for 2013-2014. Links will be added to further information when available. More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Fri-Sun Feb 14-16th La Salle LC Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15601>

Sat Feb 15th Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/nepean-masters-long-course-swim-meet/>

Sat Mar 1st Cote St-Luc, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15142>

Sun Mar 2nd Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-4/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>

Note that Etobicoke's Annual 1500m Heart Swim, usually held in March, is cancelled for 2014 due to pool renovations.

Sun Mar 9th Milton Masters Meet **Cancelled**

Sat Mar 15th Dollard-des-Ormeaux, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15251>

Fri-Sun Mar 28-30th Ontario Provincials, Windsor <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championships-2014/> and <http://2014provincialchampionships.com/>

Sat Apr 5th All Out Swim LC, Toronto <http://www.mastersswimmingontario.ca/events/all-out-swim-2014/>

Fri-Sun Apr 11-13th Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>

Sun May 4th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-3rd-annual-swim-meet/>

Fri-Mon May 16-19th Nationals, Windsor <http://cmsc2014.ca/>

Sat Jun 7th Longueuil LC, Montreal (TBC)

Jul 27th – Aug 10th FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal <http://finamasters2014.org/home/> (under construction); Time Standards:

http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082

Oct 29th – Nov 2nd Barbados Masters Meet and Open Water Festival <http://www.mastersswimmingontario.ca/barbados-open-water-festival-2014/>

Race Results: (Please send in your results, and/or let me know if I missed anyone.)

Sat Jan 26th Technosport Masters Meet, U of Ottawa

Official results are now available: http://www.technosport.ca/results/technosport_jan_26_14_meet_results.pdf, and **Harley** and **Jamie's** club records (one each) are official: <http://carletonmasters.tripod.com/140126.Records.pdf>.

Here are the official times:

Jim Lee (7:30am Earlybirds; 55-59): 1st 100bk (1:48.90), 100fl (2:06.71); 2nd 100br (1:56.93)

Harley Gifford (7:30am Earlybirds; 55-59): 1st 50bk (40.12), 50br (49.97), 100IM (1:25.88 Club Record)

Jamie Chalmers (7:10pm Whitecaps; 70-74): **1st** 50bk (51.97), 100fl (2:21.41 Club Record), 100IM (1:56.78); **3rd** 50fs (37.87)

Larry Durr (7:30am Earlybirds; 75-79; swimming for TECH): **1st** 50bk (46.33), 50br (48.00)

Sat Feb 1st Winterlude Triathlon (8km skate, 5km ski, 5km run; 310 participants)

Congratulations to the Carleton swimmers who participated – especially to **Lucie** and **Ellen** on their podium finishes! Full results at: <http://www.sportstats.ca/>.

Chris Macknie (7:30am Earlybirds; 50-59): 59th overall; 52nd man and 11th in category in 1:16:22.4

Lucie Boudreau (8:30am Earlybirds; 50-59): 84th overall; 16th woman and **2nd** in category in 1:20:02.3

Ellen Pazdzior (6pm Whitecaps; 50-59): 89th overall; 17th woman and **3rd** in category in 1:20:53.7

2013 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2013 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Jan 11th**).

Christian Berger (Statistician) believes that he now has all the 2013 meets included in his rankings and kindly sent me the Carleton Masters summary. (Apologies to those who train with us but do not compete for Carleton Masters, as they are not included.) There are 18 short course events and 17 long course events, thus each swimmer may be listed up to 35 times.

Here (again) are all those who made the Top 20 rankings, including the number of events and summary of placings:

Lynn Marshall (Coach; 50-54): **35**: 1st x 16; 2nd x 4, 3rd x 4, 4th x 2, 6th, 7th x 3, 9th, 10th, 14th, 15th

Jamie Chalmers (7:10pm Whitecaps; 70-74): **31**: 2nd x 2, 3rd x 3, 4th x 3, 5th x 2, 6th x 4, 7th x 2, 8th x 3, 9th, 11th, 12th x 2, 13th x 3, 17th x 2, 18, 19th x 2

Carolyn Odecki (6pm Whitecaps; 55-59): **15**: 4th, 5th, 6th x 2, 7th, 9th, 11th x 3, 12th x 2, 14th, 16th, 19th, 20th

Angela Davis (7:30am Earlybirds; 65-69): **11**: 2nd, 6th x 2, 8th, 10th, 11th, 13th x 2, 14th x 2, 17th

Luz Osorio (6pm Whitecaps; 25-29): **6**: 3rd, 4th, 10th, 11th, 12th, 13th

Lina Vincent (6pm Whitecaps; 60-64): **6**: 3rd, 5th x 2, 6th, 8th, 20th

Sean Dawson (6pm Whitecaps; 25-29): **5**: 3rd x 2, 6th, 9th, 14th

Mark Blenkinsop (8:30am Earlybirds; 30-34): **5**: 4th, 9th, 11th, 17th, 19th

Natalie Stern (8:30am Earlybirds; 18-24): **4**: 5th, 11th, 13th, 19th

Tony Revitt (8:30am Earlybirds; 40-44): **4**: 9th, 14th, 16th, 19th

Andrea Zarins (6pm Whitecaps; 25-29): **3**: 3rd, 6th, 11th

François Descouens (8:30am Earlybirds; 30-34): **3**: 11th, 18th, 20th

Natalie Aucoin (8:30am Earlybirds; 40-44): **2**: 14th, 18th

Harley Gifford (7:30am Earlybirds; 55-59): **2**: 15th, 16th

Julie Mouris (6pm Whitecaps; 25-29): **2**: 16th x 2

Paola Osorio (6pm Whitecaps; 25-29): **2**: 18th, 19th

And here are those who made the overall summary:

Short Course:

Most Value Points:

4th: **Lynn Marshall** (Coach; 50-54): 1632

5th **Jian-Lok Chang** (6pm Whitecaps; 25-29; swimming for EMSC): 1514

Most Value Points, Adjusted for Age (+5% for each group 45+):

1st: **Lynn**: 1795

7th: **Jian-Lok**: 1514

23rd: **Carolyn Odecki** (6pm Whitecaps; 55-59): 1279

Most FINA Points:

4th: **Jian-Lok**: 8089

5th: **Lynn**: 8006

Most Positional Points (20 points for 1st, down to 1 for 20th per event):

8th: **Lynn**: 303

11th: **Jian-Lok**: 284

Most Ranked Swims (maximum 18):

1st (tie): **Lynn**: 18

13th (tie): **Jian-Lok**: 16

Best Swims (100+ is a good swim):

8th (tie): **Lynn** (1500fs): 103

Long Course:

Most Value Points:

1st: **Lynn Marshall** (Coach; 50-54): 1483

Most Value Points, Adjusted for Age (+5% for each group 45+):

1st: Lynn: 1631

10th: Jamie Chalmers (7:10pm Whitecaps; 70-74): 1052

Most FINA Points:

1st: Lynn: 7297

Most Positional Points (20 points for 1st, down to 1 for 20th per event):

2nd: Lynn: 303

6th: Jamie: 250

Most Ranked Swims (maximum 17):

1st (tie): Jamie: 17

1st (tie): Lynn: 17

Best Swims (98+ is a good swim):

4th (tie): Lynn (1500fs): 98

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Mar 17, 31

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Reminders

Winter Masters Swimming Programs, Barcodes and Prices

You can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. The main change for this year are that the 8:10pm group is now three times per week (rather than two). Note that, as usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site:

<http://carletonmasters.tripod.com>. Note that pro-rated prices are now available.

Winter 2014: Tue Jan 2nd to Fri Apr 11th; no workouts Mon Feb 17th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6663; cost: \$126+HST (full: waitlist available)

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6664; cost: \$126+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: M: Alex; Tu: Lynn; Th: Lynn/Alex; barcode 6667; cost \$142+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6669; cost: \$126+HST

8:10pm Whitecaps 3: 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6671; cost: \$126+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6665; cost: \$46+HST

Newsletter: An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

Suggestions for Workouts or Interested in Making up a Workout or a Set?: If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

Interested in Copies of my Workouts?: Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

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Club website: <http://carletonmasters.tripod.com>