

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** March-08-14 5:56 PM  
**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 #358

## Carleton Masters Swimming Newsletter #358

Saturday, March 8<sup>th</sup>, 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).

"The kind of beauty I want most is the hard-to-get kind that comes from within – strength, courage, dignity." – Ruby Dee

### Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 11<sup>th</sup>**.
  - There are no further planned cancellations this term.
- The pool will be closed for annual maintenance from **Sat Apr 12<sup>th</sup> to Sun May 4<sup>th</sup>**, inclusive.
  - There will be no interim workouts, as the pool will be closed! ☺
  - The Spring Masters session will start on **Mon May 5<sup>th</sup>**.
    - Full details, including registration information will be provided once it is available.
- 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: 3 spots
    - 8:10pm Whitecaps: 8 spots
    - 7:10pm Whitecaps: 9 spots
    - 8:30am Earlybirds: 13 spots

### **\*\*Special Note: Potential Carleton Traffic Issues\*\***

Several of Carleton's Unions will be in position to strike starting Sunday and Monday mornings. While there is a good chance that they will settle, please check the news before proceeding to campus on Monday, as picketing will significantly impact traffic.

### Swimmer Notes

#### Swimmer Updates:

- Congratulations to **Veronica Asgary-Eden** (6pm Whitecaps) and her husband **Andrew Eden**. They are expecting their first child on September 9<sup>th</sup>!

- Best wishes to **Dave Caldwell** (7:30am Earlybirds). He had a heart attack on Wed Feb 26<sup>th</sup> and had triple-bypass surgery at the Heart Institute on Thu Mar 6<sup>th</sup>. He hopes to be home by early next week, and then back in the pool after his rehab.

- **Tamsin Douglas** (x-Carleton Masters) lost her beautiful wedding ring at Carleton this past week. If anyone finds it,

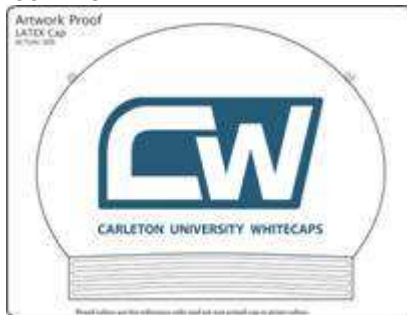


please call her at: 613-914-1142. It looks like this:

- Just a reminder that there is **no diving permitted in the shallow end!**

- On June 7-8<sup>th</sup> 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:

- More on 105 yr old Swimmer, Jaring Timmerman:

[http://www.fina.org/H2O/index.php?option=com\\_content&view=article&id=4373:canadian-masters-swimmer-jaring-timmerman-of-winnipeg-sets-wrs&catid=225:highlight&Itemid=179](http://www.fina.org/H2O/index.php?option=com_content&view=article&id=4373:canadian-masters-swimmer-jaring-timmerman-of-winnipeg-sets-wrs&catid=225:highlight&Itemid=179)

- What (and When) Do Elite Athletes Eat?: <http://www.runnersworld.com/nutrition-runners/what-and-when-do-elite-athletes-eat>

- HIT (High intensity Interval Training): Inactive People Can Get Fit Fast:

<http://www.sciencedaily.com/releases/2013/02/130201090405.htm>

- Long, Low Intensity Workouts May be More Beneficial:

<http://www.sciencedaily.com/releases/2013/02/130213173127.htm>

- Sperm Count Lower with More TV Time: <http://www.cbc.ca/news/health/story/2013/02/05/sperm-tv-physical-activity.html>

- Armchair as Fitness Trainer: <http://www.sciencedaily.com/releases/2013/02/130204125922.htm>

**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. We now have a few triathlon latex caps (50c), as well as some 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.

Thanks to **Emily Patrick** (Pool Staff) for coaching for **Mits** on Tue Feb 11<sup>th</sup>, as he was busy with paperwork for a new house!

#### Fin Days:

Mon Feb 3<sup>rd</sup>

Mon Mar 10<sup>th</sup>

#### Time Trials:

Tue Feb 11<sup>th</sup> / Wed Feb 12<sup>th</sup> / Thu Feb 13<sup>th</sup>: 400fs or IM

Tue Feb 25<sup>th</sup> / Wed Feb 26<sup>th</sup>: two 50s choice

Thu Mar 6<sup>th</sup> / Fri Mar 7<sup>th</sup>: 100 choice

Thu Mar 20<sup>th</sup> / Fri Mar 21<sup>st</sup>: 200 choice

Tue Mar 25<sup>th</sup> / Wed Mar 26<sup>th</sup>: 800 / 1500fs

Thu Apr 10<sup>th</sup> / Fri Apr 11<sup>th</sup>: relays

This information and more can be found with the Winter workout themes at:

<http://carletonmasters.tripod.com/mastplanwint14.pdf>.

Congratulations to all who did the 50m time trials on Tue Feb 25<sup>th</sup> / Wed Feb 26<sup>th</sup>. There were 15 improvements and 2 ties. The biggest improvement was by **Robin Henderson** (7:30am Earlybirds). She improved her 50fl by 2.4 seconds. **Malika Shaath** (7:30am Earlybirds) improved her 50fs by 1.8 seconds. Both **Malika** and **Luz Osorio** (6pm Whitecaps) improved in both their 50m swims. Thanks to everyone who participated!

#### 50fs (6, including a tie)

Malika Shaath	1.8	EB1
Zoe Panchen	1.0	EB1
Christian Cattan	0.5	EB1
Luz Osorio	0.2	WC1
Amir Banihashemi	0.2	EB2
Jordan Monnink	0.0	WC2

#### 50bk (2, including a tie)

Harley Gifford	0.1	EB1
Robert Fabes	0.0	EB1

#### 50br (4)

Carolyn Odecki	0.9	WC1
Masahiro Oishi	0.6	EB2
Mike Kujawski	0.3	EB1
Malika Shaath	0.2	EB1

#### 50fl (5)

Robin Henderson	2.4	EB1
Andrea Mrozek	1.0	WC1
Isaac Fierro Marquez	1.0	WC1
Luz Osorio	0.9	WC1
Natalie Aucoin	0.9	EB2

Congratulations to everyone who participated in the 100m time trial on **Thu Mar 6<sup>th</sup> / Fri Mar 7<sup>th</sup>**. There were 14 swimmers who improved – at least one in every 100m event. The biggest improvement was by **Kevin Graham** (7:30am Earlybirds), with 9.5 seconds in his 100fs. **Jim Lee** (7:30am Earlybirds) improved his 100fl by 5.5 seconds, and **Dave Grynsan** (6pm Whitecaps) improved his 100IM by 4 seconds. Well done all! A full list of improvements follows:

#### 100fs (6)

Kevin Graham	9.5	EB1
Rocio Aranda	3.6	WC3
Andrew Dechamplain	2.0	WC3
Zoe Panchen	1.7	EB1
Masahiro Oishi	1.0	EB2
Mike Mopas	0.7	EB1

#### 100bk (1)

Carolyn Odecki	2.3	WC1
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#### 100br (1)

Luz Osorio	1.7	WC1
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#### 100fl (1)

Jim Lee	5.5	EB1
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#### 100IM (5)

Dave Grynsan	4.0	WC1
Deb Low	2.3	WC1
Margaret King	1.3	EB1
Tony Michel	0.9	EB1
Cam Dawson	0.5	WC1

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

**6pm Whitecaps** (Jan 2-Mar 7<sup>th</sup>; 28 workouts): range: 17-33; average: 24.0

Missed 2 Workouts: **Deb L, Marg E**

Missed 3 Workouts: **Joanne D, Luz O, Mike L**

**7:10pm Whitecaps** (Jan 2-Mar 7<sup>th</sup>; 28 workouts): range: 4-20; average: 14.4

Perfect Attendance: **Jordan M**

Missed 3 Workouts: **Joanie C**

**8:10pm Whitecaps** (Jan 2-Mar 6<sup>th</sup>; 28 workouts): range: 3-11; average: 7.2

Missed 6 Workouts: **Andrew D, Lynn B**

**7:30am Earlybirds** (Jan 3-Mar 6<sup>th</sup>; 28 workouts): range: 19-29; average: 24.3

Perfect Attendance: **Zoe P**

Missed 1 Workout: **Bruce B, Chris M**

Missed 2 Workouts: **Jeremy C, Susan N-Y**

Missed 3 Workouts: **Christian C**

**8:30am Earlybirds** (Jan 3-Mar 6<sup>th</sup>; 28 workouts): range: 8-22; average: 16.7

Perfect Attendance: **Masa O**

Missed 3 Workouts: **Mark B, Renee R**

### Ask the Coach

**Dear Coach:** I find it really difficult to breathe only every ninth stroke in freestyle pull. Any tips? Out of Breath Swimmer

Dear O.o.B. Swimmer: The key is to relax and hold your breath for about the first 6 strokes, then breathe out slowly during the last 3 strokes.

**Dear Coach:** Must one breathe every stroke in breaststroke? Working on My Timing

Dear W.o.M. Timing: No. You do not have to breathe every stroke, but your head must break the surface during every stroke cycle.

**Dear Coach:** What should I do in a meet warm up? New Meet Swimmer

Dear N.M. Swimmer: I recommend some dynamic stretching before you get in the water. Then you should warm up in the pool for about 20min. Note that you may not dive or jump in during warm up – you must slip in to the pool. Do a variety of strokes to get well warmed up. Note that kick boards and pull buoys may not be permitted and paddles and fins are very rarely allowed. Make sure that you practice all the different turns that you will do during the meet. If possible, you may want to warm up in a lane that you will race in. Also practice a few dives when the sprint lanes are open. If a warm down pool is available, you should also warm down between events for at least 5min.

## 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.**

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

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

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

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

Sun Apr 13<sup>th</sup> Technosport Meet, U of O <http://www.mastersswimmingontario.ca/events/technosport-swim-meet/>

Sat Apr 26<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-swim-club-no-regrets-masters-meet/>

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

Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor <http://cmssc2014.ca/>

Fri-Sat May 30-31<sup>st</sup> Longueuil LC, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15741>

Sat Jul 12<sup>th</sup> Bring on the Bay 3km Open Water Swim (MSO Registration not required; Wet suit legal) <http://www.bringonthebay.com/>

Sat Jul 12<sup>th</sup> London LC Meet <http://www.mastersswimmingontario.ca/events/2014-sunset-outdoor-long-course-swim-meet/>

Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 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](http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082)

Sun Oct 12<sup>th</sup> Bermuda Open Water Swims <http://www.mastersswimmingontario.ca/24th-annual-bermuda-round-the-sound-swims/>

Oct 29<sup>th</sup> – Nov 2<sup>nd</sup> 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 Mar 1<sup>st</sup> Cote St Luc Masters Meet, Montreal

Jamie Chalmers and Lynn Marshall were Carleton's two swimmers. Jamie set yet another club record – well done! Official results are here: <http://mymisc.ca/ShowMeet.jsp?id=650>, and the updated club records here: <http://carletonmasters.tripod.com/140301.Records.pdf>. Here's how we did:

**Jamie Chalmers** (7:10pm Whitecaps; 70-74): 1<sup>st</sup>: 100fs (1:25.31 Club Record), 200fs (3:40.10), 50br (1:00.67), 200br (2:17.89), 100bk (1:50.06)

**Lynn Marshall** (Coach; 50-54): 1<sup>st</sup>: 1500fs (17:58.58), 50bk (36.56), 100bk (1:15.55), 100br (1:29.50), 100fl (1:11.69)

### Sun Mar 2<sup>nd</sup> Technosport Masters Meet, U of Ottawa

Luz Osorio and Lynn Marshall were Carleton's two swimmers. Jian-Lok Chang and Larry Durr also competed, but were competing for other clubs. Official results are not yet available, but here are the approximate times that I have:

**Luz Osorio** (6pm Whitecaps; 25-29): 100br (1:30), 100fl (1:12), 200IM (2:42)

**Lynn Marshall** (Coach; 50-54): 100fs (1:05), 200bk (2:37), 200br (3:13), 50fl (34), 100IM (1:16), 400IM (5:32)

**Jian-Lok Chang** (6pm Whitecaps; 25-29; swimming for EMSC): 50fs (24.7), 100fs (56.5), 100bk (1:00.5)

**Larry Durr** (7:30am Earlybirds; 75-79; swimming for TECH): no details yet

### 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 **Mar 3<sup>rd</sup>**).

### Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Mar 31

Fri 9:40-10:40am Mar 21, Apr 4

#### 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 2<sup>nd</sup> to Fri Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>**

**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 ([lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca) (or for quicker response: [lynmar@sce.carleton.ca](mailto:lynmar@sce.carleton.ca))

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