

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: April-05-14 4:47 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 #360

Carleton Masters Swimming Newsletter #360

Saturday, April 5th, 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).

"There is much to be said for failure. It is more interesting than success." – Max Beerbohm

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 11th**.
 - There are no further planned cancellations this term.
- The pool will be closed for annual maintenance from **Sat Apr 12th to Sun May 4th**, inclusive.
 - There will be no interim workouts, as the pool will be closed! ☺
 - The Spring Masters session will start on **Mon May 5th**.
 - Registration is underway for both Spring and Summer. Details in the next paragraph. Note that the evening coaches have been added.

Spring/Summer Masters Swimming Programs, Barcodes and Prices

Please register soon for Spring and Summer, especially if you plan to swim at the most popular times of 7:30am or 6pm. 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. Note that for the Summer session **only**, Saturday is included with your weekday registration for 7:30am Earlybirds or 6pm Whitecaps. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Spring 2014: Mon May 5th to Mon Jun 30th; no workouts Mon May 19th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 7522; cost: \$74+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 7523; cost: \$74+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 7527; cost \$84+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Tue: **Alex**; Thu: **Mits**; barcode 7528; cost: \$74+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule (coming soon); barcode 7525; cost: \$28+HST

Summer 2014: Wed Jul 2nd to Sat Aug 30th; no workouts Mon Aug 4th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep) and Sat 12:15-1:25pm (shallow): Weekday Coach: **Lynn**; barcode 7524; cost: \$88+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (shallow) and Sat 12:15-1:25pm (shallow): Weekday Coaches: Mon: **Alex**; Tue: **Lynn**; Thu: **Mits**; barcode 7529; cost \$95+HST

12:15pm Saturday ONLY Earlybirds: 12:15-1:25pm Sat (shallow): Coaches: rotating schedule (coming soon); barcode 7526; cost: \$32+HST

Notes on Masters Worlds Registration

I was asked to pass on the following information to those interested in attending the World Masters Championships in Montreal this summer (<http://finamasters2014.org/home/>).

- Everyone intending to swim must register by June 1st, no exceptions.
- You can register now and change your events and entry times up to June 1st.
- **Note that you must enter times that meet the qualifying times for individual events, but these will *not* be checked.**
- You don't need to swim in or qualify for individual events to participate in relays, but you must still register as an individual by June 1st.
- Your registration fee includes access to public transit for 9 days, plus access to the opening ceremony.
- Family and friends can register for \$45. This includes the same benefits as the participant, plus access to all competition venues.
- Relay registration is from May 15th to Jul 15th.

Places to Swim During Shutdown and Pool Schedule Links

Here is some information on places to swim during the Carleton pool shutdown. (See also the "Ask the Coach" section for my recommendations.)

- **Ottawa Public Swimming Pool List and Schedules:** <http://ottawa.ca/en/residents/parks-and-recreation/drop-activities/public-swimming-schedules>

- **uOttawa Pool Schedule:** http://www.geegees.ca/sites/default/files/pool_brochure.pdf

- Also, for those of you who have recently attended **Technosport Swim Meets**, Coach **Duane Jones** is offering an opportunity to join some **Technosport** workouts during shutdown. He asks that you make a donation to their clock fund: <http://www.technosport.ca/technosport-supports/>. Their workout schedule is here: <http://www.technosport.ca/PDF/2013-14-TECHNOSPORLONG-VERSION-Integrated-Training-Schedule.pdf>. Note that Technosport workouts usually have about 7 swimmers per lane and the workouts focus mostly on freestyle.

Strike Affecting Carleton Traffic Has Ended

Carleton's OPSEU unit (Carleton Safety Officers) has reached an agreement with Carleton and is no longer on strike.

Swimmer Notes

Swimmer Updates:

- For those looking for something else to pass the time during the pool shutdown, here's an idea. On **Thu Apr 24th 5:30-7:00pm** at Irene's Pub, **Andrea Chandler** (6pm Whitecaps) will be talking about her book titled: *Democracy, Gender, and Social Policy in Russia: A Wayward Society*. More details here: <http://carleton.ca/fpa/lecture-series/author-meets-readers>.

- **Catherine Kerr**, 93, of Winnipeg recently passed away. She was both an outstanding age group and Masters swimmer. Her obituary is here: http://passages.winnipegfreepress.com/passage-details/id-212088/name-Catherine_Kerr/, and details of her swimming history after her induction into the Manitoba Sports Hall of Fame in 1985 are here: <http://www.halloffame.mb.ca/honoured/1985/cKerr.htm>. She once held all the Canadian Masters Records for the women's 65-69 age group.

- On **Sun Apr 6th** Bushtukah is hosting their 7th annual SWEET women's only night. Details here: <http://bushtukah.wordpress.com/2014/03/12/s-w-e-e-t-womens-only-night-april-6th-2014/>.

- 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:

- Winnipeg Admits Mistake in Evicting Aquatic Hall of Fame from the Pan-Am Pool:

<http://www.winnipegfreepress.com/local/city-admits-mistake-in-evicting-aquatic-hall-from-pan-am-pool-252394411.html>

- Why Athletes Can't Eat Whatever They Want:

<http://online.wsj.com/news/articles/SB10001424052702303949704579461381883678174>

- New Backstroke Start Device: <http://www.swimmingworldmagazine.com/lane9/news/usa/38291.asp>

- 31 Exotic Pools: <http://www.lifebuzz.com/pools/>

- How Much Pee in a Pool Would Kill You?: <http://arstechnica.com/science/2014/03/ask-ars-how-much-pee-in-a-pool-would-kill-you/>

- **Sheila Kealey** (x-Whitecaps/Earlybirds) has started a weekly review of news and good articles in food, health, and fitness. Here are the first two installments: <http://www.sheilakealey.com/2014/03/28/week-food-health-fitness/> and <http://www.sheilakealey.com/2014/04/04/week-food-health-fitness/>

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.

Mits and **Alex** switched evenings this past week. **Mits** coached Mon Mar 31st, and **Alex** did Tue Apr 1st. **Alex** also coached the 6pm group for me on Tue Apr 1st, and **Lindsay Paquette** coached for me the morning of Mon Mar 31st. Thank you to **Lindsay** and **Alex**! After 10 days of antibiotics I am finally starting to feel a little better. I don't recommend getting pneumonia and a sinus infection at the same time!

Fin Days:

Mon Feb 3rd

Mon Mar 10th

Time Trials:

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

Tue Feb 25th / Wed Feb 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>.

Thanks to all who participated in the 800/1500 time trial on Tue/Wed Mar 25-26th. There were 11 swimmers who improved. The biggest improvements were by **Matthew Tucciarone** and **Deb Low** (both 6pm Whitecaps) who improved by 1:53 and 1:43, respectively in the 1500. The full list of improvements follows:

800fs (1)

Sylvia Williams	17.0	WC2
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1500fs (10)

Matthew Tucciarone	1:53.0	WC1
Deb Low	1:43.0	WC1
Mike Kujawski	1:18.0	EB1
Andrew Giallonardo	1:12.0	WC2
Jordan Monnink	1:08.0	WC2
Zoe Panchen	25.0	EB1
Christian Cattan	13.0	EB1
Andrew Dechamplain	9.0	WC3
Dave Grynspar	6.0	WC1
Kevin Graham	5.0	EB1

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

6pm Whitecaps (Jan 2-Apr 3rd; 39 workouts): range: 17-33; average: 23.7

Missed 2 Workouts: **Deb L**

Missed 3 Workouts: **Marg E**

Missed 4 Workouts: **Dave G**

7:10pm Whitecaps (Jan 2-Apr 3rd; 39 workouts): range: 4-20; average: 14.5

Perfect Attendance: **Jordan M**

Missed 4 Workouts: **Joanie C**

8:10pm Whitecaps (Jan 2-Apr 3rd; 39 workouts): range: 3-11; average: 6.7

Missed 7 Workouts: **Lynn B**

7:30am Earlybirds (Jan 3-Apr 4th; 39 workouts): range: 19-29; average: 22.9

Perfect Attendance: **Zoe P**

Missed 1 Workout: **Chris M**

Missed 3 Workouts: **Christian C**

Missed 4 Workouts: **Bruce B, Susan N-Y**

8:30am Earlybirds (Jan 3-Apr 4th; 39 workouts): range: 8-22; average: 16.4

Missed 3 Workouts: **Mark B**

Missed 4 Workouts: **Masa O, Penny E**

Ask the Coach

Dear Coach: Do I have to qualify for all the events I want to swim at Worlds, or if I qualify in one can I enter the maximum number? Worlds Swimmer

Dear W. Swimmer: You must enter times that meet the qualifying times in all events. However, the times will not be checked. Thus, as long as you are confident that you can meet the qualifying times, it's ok if you haven't swum all the events before the entry deadline.

Dear Coach: Where do you recommend swimming when the pool is closed? Don't Want to Suffer Swimming Withdrawal

Dear D.W.t.S.S. Withdrawal: Near the top of the newsletter you will find links to various pool schedules. I recommend pools that are cool, including Ottawa U and Champagne. I hear that Plant and the new Kanata pool are also good for swimming lengths.

Dear Coach: Can you send me some workouts to do while the pool is closed? Need Inspiration

Dear N. Inspiration: I send my workouts out by e-mail. If you subscribe then you'll always have workouts when you need them. I prefer to send them out as a bulletin rather than dealing with individual requests!

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

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

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

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

Sun May 4th Perth Masters Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-meet/>

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

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

Sat Jul 12th Bring on the Bay 3km Open Water Swim (MSO Registration not required; Wet suit legal)

<http://www.bringonthebay.com/>

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

Sat Jul 19th Open Water Challenge, Tillsonburg <http://www.mastersswimmingontario.ca/events/three-to-be-open-water-challenge/>

Jul 27th – Aug 10th FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal

<http://finamasters2014.org/home/>; Time Standards:

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

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

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.)

Fri-Sun Mar 28-30th Ontario Masters Provincials, Windsor

Congratulations to **Jamie** on a great meet – setting no fewer than four club records!! Updated club records are here:

<http://carletonmasters.tripod.com/140330.Records.pdf>, and full results at:

http://results.teamunify.com/canwest/2014_OMPC/. With just the one swimmer, Carleton (i.e. **Jamie**) placed 42nd out of 53 clubs with 81 points! Here are **Jamie's** results:

Jamie Chalmers (70-74; 7:10pm Whitecaps): 2nd 100bk (1:47.08 Club Record), 50fl (52.61 Club Record); 3rd 200IM (4:06.18 Club Record), 400IM (9:28.38 Club Record); 4th 100IM (1:55.04)

2014 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 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 **Apr 3rd**). **Jamie Chalmers** (7:10pm Whitecaps) and I are leading the LC rankings, so far!

Private and Semi-Private Masters Swim Lessons

Details for Spring/Summer coming soon.

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

lynmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>