

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: May-30-14 1:54 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 #364

Carleton Masters Swimming Newsletter #364

Friday, May 30th, 2014

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2013, Winter 2014, and Alumni: 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (32 addresses).

"The trick is to hold your head above the clouds to keep a cool mind and clear vision so you don't lose sight of your goals." – Shania Twain

Masters Program Notes and Cancellations

- The Spring session is underway and runs until **Mon Jun 30th**.
- The only remaining schedule change for the Spring session is that **the Sat Jun 28th workout is 12:15-1:25pm**.
- Registration is open for both Spring and Summer. Details near the end of the newsletter.
 - There is still space in all groups. However, the 7:30am and 6pm groups are getting close to full for Spring, with 1 and 3 spots left, respectively. (There are 6 and 10 spots left in the 7:30am and 6pm Summer groups.)

Masters Worlds Individual Registration Deadline and Relay Information

Just a reminder that the registration deadline for individuals for Masters Worlds in Montreal July 27th to Aug 10th is **June 1st**. Full details here: <https://finamasters2014.org/registration/>. You must be registered with MSO (Masters Swimming Ontario) to participate (\$38 for the year – ask me for details). You must register as an individual, even if you only want to do relays. **Dave Bourdon** (7:30am Earlybirds; d_bourdon@hotmail.com) has kindly volunteered to be in charge of the Carleton Masters relay teams. If you are interested in participating, please let him know. Relays must be finalized by mid-July.

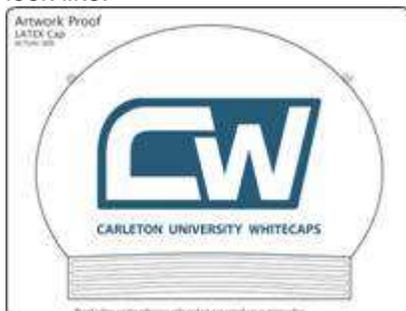
Swimmer Notes

Swimmer Updates:

- Best wishes to **Josh Gladstone** (7:30am Earlybirds) and his fiancée **Janna** for their upcoming wedding on June 28th!
- Congratulations to **Debby Whately** (6pm Whitecaps) on being featured in the Ottawa Community Newspaper for volunteering at the Ottawa Race Weekend for 32 consecutive years!: <http://www.ottawacommunitynews.com/news-story/4533532-excitement-mounts-for-longtime-ottawa-marathon-volunteer/>. She is also featured in Mark Sutcliffe's 40th Anniversary Race Weekend book.
- If you would like to support turning the old train tracks from Gatineau to Wakefield into a bike / multi-purpose path, you can sign the petition here: <https://www.change.org/en-CA/petitions/stéphanie-vallée-transformons-l-ancienne-voie-ferrée-en-un-sentier-sportif-et-utilitaire-turn-the-old-railroad-tracks-into-a-bike-multi-purpose-path-de-from-gatineau-à-to-wakefield>. Thanks to **Cam Dawson** (6pm Whitecaps) for sending this in.
- Interested in learning more about Water Polo and/or signing up for the Carleton Summer League?: <http://athletics.carleton.ca/2014/didnt-know-water-polo/>

- 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:

- Carleton Water Polo Coach and Marathon Runner, **David McClintock**: <http://ottawacitizen.com/health/diet-fitness/ottawas-david-mcclintock-to-run-30th-consecutive-marathon>
- Swimming: Flexibility, Strength Training, and a Workout Your Heart will Love [Ed Note: Preaching to the choir!]: <http://www.participaction.com/swimming-flexibility-strength-training-and-a-workout-your-heart-will-love/>
- Snorkeling Just Got A Major Makeover Thanks To The Tribord Easybreath: http://www.huffingtonpost.com/2014/05/20/tribord-easybreath-snorkel-mask_n_5355412.html?ncid=fbklnkushpmg00000063
- **Sheila Kealey's** This Week in Food, Health, and Fitness: <http://www.sheilakealey.com/2014/05/16/week-food-health-fitness-8/>
- Also From **Sheila Kealey**: Healthy or Hype?: Coconut Oil: <http://www.sheilakealey.com/2014/05/21/healthy-hype-coconut-oil/> and Chocolate Milk for Recovery: <http://www.sheilakealey.com/2014/05/28/healthy-hype-chocolate-milk-recovery/>
- Thanks to **Tony Michel** (7:30am Earlybirds) for sending me this one: Don't Drink Your Daily Fruit Intake: <http://m.theglobeandmail.com/life/health-and-fitness/health/eat-dont-drink-your-daily-fruit-intake/article18644462/>
- How to Eat as a Vegetarian Athlete: <http://athletics.carleton.ca/2014/eat-vegetarian-athlete/>

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.

Spring 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/Tuesday: **Alex**; Thursday: **Mits**

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

8:15am Saturdays (except: 10:45am May 17th and 12:15pm Jun 28th): Shallow End; rotating coach schedule (see web site)

Exceptions will be noted here.

Fin Days:

Thu May 29th / Fri May 30th

Time Trials:

Thu Jun 5th / Fri Jun 6th: 400fs or IM

Thu Jun 12th / Fri Jun 13th: 200 choice

Mon Jun 16th: 800 / 1500fs

Thu Jun 26th / Fri Jun 27th: 50 and 100 choice

Mon Jun 30th: relays

This information and more can be found with the Spring/Summer workout themes at:

<http://carletonmasters.tripod.com/mastplansprsum14.pdf>.

Below you will find the weekday attendance for the Spring term. Please let me know of any errors! Those with the best attendance will receive a certificate early next term.

7:30am Earlybirds (May 5-30th: 11 workouts; range 22-31; average: 26.8)

Perfect Attendance: **Brad S, Bruce B, Dave B, Jennifer M, Kevin G, Larry D, Margaret K, Robert R**

8:30am Earlybirds (May 5-30th: 11 workouts; range 13-21; average: 16.2)

Perfect Attendance: **Alan H, Amir B**

6pm Whitecaps (May 5-29th: 11 workouts; range 20-25; average: 22.2)

Missed 1 Workout: **Cam D, Dave G, Isaac FM, Joanne D, Luz O, Peter L**

7:10pm Whitecaps (May 5-29th: 11 workouts; range 9-15; average: 11.8)

Perfect Attendance: **Mariette K**

Missed 1 Workout: **Justine S**

Ask the Coach

Dear Coach: I've seen swimmers bring their arms out of the water on the breaststroke recovery. Is that legal? Is it recommended? A Breaststroker

Dear A. Breaststroker: Yes, the arms may come out of the water below your chest/neck on the arm recovery. For those who have mastered the undulating style of breaststroke this can work well. However, the larger you are, the harder this is. Give it a try and see if you like it. Ask your coach for tips, if needed.

Dear Coach: I can never think of any good drills to do in warm up. What do you suggest? Bad Memory

Dear B. Memory: If there is a particular stroke or particular aspect of a stroke that you want to work on, ask your coach for some drills. If you are not sure what you should be working on, ask your coach for suggestions. Note that if you are doing or want to do a particular drill, be sure that you understand the purpose of the drill – ask your coach, not your lane-mates! If you don't know why you are doing a drill, you will likely not get full benefit from it.

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-Sat May 30-31st Longueuil LC, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15741>
Sat Jun 28th Technosport 2k Meech Lake <http://www.mastersswimmingontario.ca/events/technosport-2-k-open-water-swim/>
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 Technosport 3k Meech Lake <http://www.mastersswimmingontario.ca/events/technosport-3-k-open-water-swim/>
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
Sat Aug 2nd Technosport 4k Meech Lake <http://www.mastersswimmingontario.ca/events/technosport-4-k-open-water-swim/>
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/>
Nov 13-16th Eighth Annual International Invitational Masters Meet pablomota82@gmail.com.

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

Fri-Mon May 16-19th Masters Nationals, Windsor

Jamie Chalmers was Carleton's only swimmer. He had a good meet but didn't quite set any club records this time and had a lot of competition in the 70-74 category. Full results at: <http://mymsc.ca/ShowMeet.jsp?id=682>.

Jamie Chalmers (7:30am Earlybirds; 70-74): 4th 100fl (2:19.30), 400IM (9:54.13); 5th 100bk (1:48.71), 200bk (4:07.02); 7th 50fl (52.96), 200IM (4:12.05)

Sat May 17th Early Bird Triathlon, Carleton U

I believe that **Peter Lithgow** (6pm Whitecaps) was Carleton's only swimmer – please correct me if I'm wrong! Full results at: <http://www.sportstats.ca>.

Swim-Cycle (500m/23.6k; 19 participants)

Peter Lithgow (6pm Whitecaps): 4th overall and 2nd in male category in 48:11 (500m swim, including running outside: 7:49)

Sat May 24th H2O Dragon Boat Competition, Montreal

Congratulations to the **Sportchicks** for their great results. They fielded two teams and their top team placed a close third behind two premier (all paddlers under 40) teams in all three races (two 500m, and one 1000m race). In one race they were just 0.07 behind 2nd place! Well done! Full results at: <http://h2oplayground.com/resultats-course-h2o-open-2014/>.

Sat-Sun May 24-25th Ottawa Race Weekend

If I missed you, please let me know. (Way too many results to look through for Carleton swimmers' names!) Congratulations to **Malika** on her first ever running race, and to **Josh** on his first ever marathon! Awesome job by **Mike**, finishing in the top 10 in his age group, and congrats to **Christian** on a PB. Full results at: <http://www.sportstats.ca>.

10km (10235 participants)

Heather McBurney (7:30am Earlybirds; 35-39): 821st overall; 178th woman and 38th in category in 48:18.5

Queeny (Malika) Shaath (7:30am Earlybirds; 25-29): 3798th overall, 1603rd woman and 197th in category in 59:10.1

Half Marathon (10936 participants)

Mike Lau (6pm Whitecaps; 50-54): 112th overall; 101st man and 8th in category in 1:25:58.1

Christian Cattan (7:30am Earlybirds; 35-39): 492nd overall; 431st man and 99th in category in 1:35:59.8

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54); 1917th overall; 463rd woman and 26th in category in 1:49:17.1

Jerome Cyr (8:30am Earlybirds; 60-64): 2157th overall; 1590th man and in 24th in category in 1:50:41.4

Marathon (5525 participants)

Josh Gladstone (7:30am Earlybirds; 35-39): 2842nd overall; 2166th man and 439th in category in 4:08:30.5

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 **May 30th**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Spring/Summer is:

Tue 7:15-8:15pm: July – August

Wed 6-7pm: May – August

Wed 7-8pm: May – August

Fri 9:40-10:40am: May – June

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 the exact schedule and more details.

Reminders

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 (10:45am May 17th; 12:15pm Jun 28th) (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

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).

Happy lengths!
Lynn

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

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