

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: June-13-14 3:19 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 #365

Carleton Masters Swimming Newsletter #365

Friday, June 13th, 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 (49 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (32 addresses).

"Pain is inevitable. Suffering is optional." – Haruki Murakami

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 4 spots left, respectively. (There are 4 and 8 spots left in the 7:30am and 6pm Summer groups.)

Masters Worlds Individual Registration Deadline Extension and Relay Information

The registration deadline for individuals for Masters Worlds in Montreal July 27th to Aug 10th has been extended, and registration is still open. 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:

- Congratulations to **Jenna Roundell** (7:10pm Whitecaps) and her husband, **John Lee**, on the arrival of their baby. **James David Roundell Lee** was born on May 31, 2014 and weighed in at 8lbs 3oz. The whole family is doing well and **Jenna** is hoping to get back into the pool this fall!

- **Natalie Aucoin** (8:30am Earlybirds) was interviewed by **Theresa Wallace** (x-Carleton Masters) about the Sportchicks Dragonboat team (which includes about 12 Carleton Masters) and their upcoming trip to the World Championships in Italy in an article in the Summer issue of the Ottawa Magazine: <http://carletonmasters.tripod.com/dragonboatOttawaMagSummer2014.pdf>. Great photo and article!

- Here's is **Alex Joubert** (Coach)'s report on his cycling fundraiser, where he exceeded his \$2500 goal:

"On June 7th and 8th I participated in the Enbridge Ride to Conquer Cancer to benefit the Princess Magritte Hospital. Overall, with the help of many masters' swimmers, I managed to raise close to 3000 dollars. All this money went towards the total fundraising record of over 20 million dollars. I would like to extend my sincerest thanks to all of you who helped me to reach my goal and supported me on this journey.

Over the course of the two days I biked 216 kilometers. What struck me the most was not the magnitude of the distances or the size of the hills, but rather the character of my fellow riders. Everyone there was there for a reason. Whether it be a friend or loved one who had gone through having cancer, or even themselves. They all had a story and were all happy to share. It was incredibly touching to be riding alongside all the survivors, marked by a yellow flag, and all the people who were to support them.

So thank you again. To each and every one of you who donated or helped me in other ways with advice and encouragement. Your support helped to push me over the edge on those long hills and roads that didn't seem to end. It was all worth it and I hope to do more events such as this one in the future."

Alex's photos of the trip are here:

https://www.facebook.com/alexander.joubert/media_set?set=a.10152195797428932&type=1.

- **Zoe Panchen** (7:30am Earlybirds) has returned to the Arctic again this summer for her plant research. You can follow along on her blog here: <http://arcticplantphenology.blogspot.ca/>.

- Congratulations to **Margaret Dibben King** (8:30am Earlybirds) on her new car, a red Fiat, replacing her 1984 blue Volvo that finally gave up the ghost after 30 years!

- 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/st%C3%A9phanie-vall%C3%A9e-transformons-l-ancienne-voie-ferr%C3%A9e-en-un-sentier-sportif-et-utilitaire-turn-the-old-railroad-tracks-into-a-bike-multi-purpose-path-de-from-gatineau-%C3%A0-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/>

- **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:

- What your Star Sign says about your Swimming Ability [Ed. Notes: 1. For the record, I'm Aquarius. 2. This article was published on April 1st]: <http://www.theguardian.com/lifeandstyle/the-swimming-blog/2014/apr/01/star-sign-affects-swimming-ability>

- **Sheila Kealey's** This Week in Food, Health, and Fitness: <http://www.sheilakealey.com/2014/06/06/week-food-health-fitness-11/>

- From **Sheila Kealey**: Veggie Chips: Healthy or Hype?: <http://www.sheilakealey.com/2014/06/04/healthy-or-hype-veggie-chips/>

- Swimmers Gain an Advantage from Drinking Chocolate Milk for Recovery [Thanks to **Sheila Kealey** for sending in this one]: <http://medicalxpress.com/news/2014-05-swimmers-gain-advantage-recover-chocolate.html>

- Do Sports Drinks Work?: <http://www.runnersworld.com/nutrition-runners/do-sports-drinks-work-discussion-continues>

- Seven Ways to Battle Pre-Race Anxiety: <http://www.runnersworld.com/race-training/get-your-head-straight>

- Ten Common Endurance Sports Nutrition Myths: <http://triathlete-europe.competitor.com/2013/02/05/ten-endurance-sports-nutrition-myths>

- Eleven Lies of Mainstream Nutrition: <http://authoritynutrition.com/11-biggest-lies-of-mainstream-nutrition/>

- Twelve Steps to Incorporate Exercise into Your Life: <http://fitness.mercola.com/sites/fitness/archive/2013/02/15/12-exercise-tips.aspx?np=true>

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>.

Thanks very much to **Alex** for coaching on the evening of **Thu Jun 12th** due to **Mits** being sick.

Lynn will coach for **Alex** on the evenings of **Mon Jun 23rd** and **Tue Jun 24th**.

Thanks to all those who participated in the 400 time trial on **Thu Jun 5th / Fri Jun 6th**. There were lots of improvements, led by **Malika Shaath** and **Heloise Emdon** (both 7:30am Earlybirds) who improved their 400fs by 28.5 and 25.3 seconds, respectively. All those who improved and those who nearly improved are listed below.

400fs (11)

Malika Shaath (7:30am Earlybirds) 28.5

Heloise Emdon (7:30am Earlybirds) 25.3

Andrea Chandler (6pm Whitecaps/8:30am Earlybirds) 15.9

Monique Potvin Kent (8:30am Earlybirds) 15.6

Tony Michel (7:30am Earlybirds) 12.7

Chris Yordy (7:30am Earlybirds) 8.7

Heather McBurney (7:30am Earlybirds) 6.8

Seema Akhtar (6pm Whitecaps) 3.7

Fiona Hill (6pm Whitecaps) 2.3

Mike Machum (6pm Whitecaps) 1.6

Kim Fever (7:30am Earlybirds) 1.4

400IM (2)

Bill Westcott (6pm Whitecaps) 2.0

Natalie Aucoin (8:30am Earlybirds) 0.3

Close but Not Quite (4)

Marie-Odile Junker (8:30am Earlybirds) 400fs -0.1

Christian Cattan (7:30am Earlybirds) 400fs -0.6

Jim Lee (7:30am Earlybirds) 400IM -0.6

Margaret King (7:30am Earlybirds) 400fs -1.1

Thanks to all those who participated in the 200 time trial on **Thu Jun 12th / Fri Jun 13th**. The biggest improvement (by far!) was 14.5 seconds by **Natalie Aucoin** (8:30am Earlybirds) in 200fl – well done! A list of all those who improved follows:

200fs (5)

Lynn Brodsky (7:10pm Whitecaps) 3.4

Christian Cattan (7:30am Earlybirds) 3.3

Seema Akhtar (6pm Whitecaps) 2.5

Isaac Fierro Marquez (6pm Whitecaps) 1.3

Monique Potvin Kent (8:30am Earlybirds) 0.4

200fl (1)

Natalie Aucoin (8:30am Earlybirds) 14.5

Below you will find the weekday attendance for the Spring term. Please let me know of any errors! (Apologies to **Robert F** (7:30am Earlybirds) for getting his name wrong!) Those with the best attendance will receive a certificate early next term.

7:30am Earlybirds (May 5-Jun 13th: 17 workouts; range 15-31; average: 25.1)

Perfect Attendance: **Margaret K**

Missed 1 Workout: **Brad S, Bruce B, Dave B, Robin H**

Missed 2 Workouts: **Christian C, Ian L, Kevin G, Lisa M, Malika S, Susan N-Y**

8:30am Earlybirds (May 5-Jun 13th: 17 workouts; range 13-21; average: 16.1)

Missed 1 Workout: **Alan H, Margaret DK**

Missed 2 Workouts: **Amir B, Isla P, Mark B, Natalie A**

6pm Whitecaps (May 5-Jun 12th: 17 workouts; range 18-25; average: 21.9)

Missed 1 Workout: **Dave G, Isaac FM**

Missed 2 Workouts: **Peter L, Siobhan M**

7:10pm Whitecaps (May 5-Jun 12th: 17 workouts; range 8-15; average: 11.3)

Missed 2 Workouts: **Mariette K**

Ask the Coach

Dear Coach: I've signed up for some backstroke events at Worlds but I have never raced backstroke in an outdoor pool. Any suggestions? Aiming for 50m Back (not 60m)

Dear A.f. 50m Back: Practice makes perfect! I'd recommend doing a bit of training in an outdoor pool before Worlds. The RA Centre outdoor 25m pool opens on Jun 21st and the public swim schedule is here:

<https://www.racentre.com/index.php/open-swim-schedule>.

Dear Coach: What are the backstroke turn and finish rules? Working on My Turns

Dear W.o.M. Turns: You must leave the wall on your back and touch the wall on your back, unless you do a flip turn, in which case you are permitted one stroke on your stomach as you start the turn. A flip turn is permitted from backstroke to backstroke only (not from backstroke to breaststroke). "On your back" means anywhere from flat on your back to just under 90 degrees rotation to either side. You may push off underwater but must break the surface within 15m of your push off.

Dear Coach: Is there still space in the 7:30am group for Summer? Will we be allowed to use lanes in the shallow end like last year? Hoping to Swim in the A.M.

Dear H.t.S. in the A.M.: There are still a few spots left. If the group does fill, we do have the option of using a couple of lanes in the shallow end and thus may increase the number of spaces available.

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 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-Sat May 30-31st Longueuil (Montreal) LC Masters Meet

Carleton had 3 swimmers. We each had at least one LC Personal Best, and Ian Lorimer had three, along with a Club Record in 50fs. Full results here: <https://www.swimming.ca/meetreport.aspx?mid=15741>. Updated Club Records here: <http://carletonmasters.tripod.com/140531.Records.pdf>.

Here's how we did:

Jamie Chalmers (7:30am Earlybirds; 70-74): **1st**: 200bk (4:15.03), 200fl (6:00.35 PB); **2nd**: 50bk (49.20)

Ian Lorimer (7:30am Earlybirds; 55-59): **1st**: 200fs (2:56.91 PB); **2nd**: 100fs (1:14.56 PB); **3rd**: 50fs (33.03 PB and Club Record)

Lynn Marshall (Coach; 50-54): **1st**: 50bk (37.33), 100bk (1:18.25), 100fl (1:13.33), 200IM (2:42.97); **2nd**: 50br (42.21 PB)

Sat Jun 7th Lachine Dragon Boat Festival

Congratulations to the **Sportchicks** on their 3rd place finish – very close again behind two Premier teams. Premier teams are open to all ages, while the **Sportchicks** women are all 40+. See the link under “Swimmer Updates” above for the great photo and article from the Ottawa Magazine. Full results here: <http://lachine.22dragons-results.com/>.

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 **June 5th**).

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>