

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: July-30-14 10:46 AM
To: Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #369

Carleton Masters Swimming Newsletter #369

Wednesday, July 30th, 2014

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those Registered for Fall 2013, Winter 2014, Spring 2014, Summer 2014, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (50 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (34 addresses).

"When I thought I couldn't go on, I forced myself to keep going. My success is based on persistence, not luck." – Estee Lauder

Masters Program Notes and Cancellations

- The Summer session is underway and runs until **Sat Aug 30th**.
 - The only cancellation is that there are **no workouts Mon Aug 4th**.
 - A reminder that **Sat 12:15-1:25pm** is **included** with your Summer registration for both 7:30am and 6pm.
 - There are waitlists for both the 7:30am and 6pm groups.
 - There are spots available for those who want to swim Saturdays ***only***.
- Please note the following public swim changes for the August long weekend:
 - The 8:10pm public swim is cancelled on **Fri Aug 1st**.
 - The only public swim on **Mon Aug 4th** is 1:30-4:30pm.
- Details on the Fall/Winter sessions are below. Registration for both Fall and Winter will start **Wed Aug 6th**. The 7:30am and 6pm groups usually fill up within a few weeks.

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration starts **Wed Aug 6th** for both Fall and Winter. A reminder that 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 the 8:10pm group will run only Tuesday and Thursday evenings (twice per week). As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The evening coach schedule is still being confirmed. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Fall 2014: Tue Sept 2nd to Sat Dec 20th; no workouts Mon Oct 13th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8642; cost: \$142+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8643; cost: \$142+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches (TBC): Mon/Tue: **Sean**; Thu: **Mits**; barcode 8648; cost \$160+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches (TBC): Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8650; cost: \$142+HST

8:10pm Whitecaps 3: 8:10-9:10pm TuTh (shallow): Coaches (TBC): Mon/Tue: **Alex**; Thu: **Mits**; barcode 8652; cost: \$100+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8644; cost: \$56+HST

Winter 2015: Mon Jan 5th to Fri Apr 10th; no workouts Mon Feb 16th, Fri Apr 3rd, Mon Apr 6th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8645; cost: \$120+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8646; cost: \$120+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches (TBC): Mon/Tue: **Sean**; Thu: **Mits**; barcode 8649; cost \$140+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches (TBC): Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8651; cost: \$124+HST
8:10pm Whitecaps 3: 8:10-9:10pm TuTh (shallow): Coaches (TBC): Tue: **Alex**; Thu: **Mits**; barcode 8653; cost: \$88+HST
8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8647; cost: \$45.50+HST

Men's Change Room Pool Stairs Repairs (Again!)

From **Fri Aug 1st** to **Fri Aug 8th** the stairs to the men's change room will be fixed. As many of you have noticed, the job done in April/May was poor, leading to water pooling on the stairs. As usual, the men will use the back stairs while these repairs are in progress.

Masters Swimming World Championships, Montreal

Best of luck to all those competing in the World Championships. The water polo and synchronized swimming have already started. The swimming (pool and open water) runs from **Sun Aug 3rd** to **Sun Aug 10th**. After the competition, the Carleton swimmers results will be in the newsletter. In the meantime, you can check things out here:

<https://finamasters2014.org/home/>.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Erin Kelly** (6pm Whitecaps) and **Michael Kent** on the arrival of their baby girl **Avery Helen Kent** on July 4, 2014, 7lbs 2 oz. Everyone is doing great and **Erin** hopes to be back in the pool in September!
- There must be something in the water! Congratulations also to **Tricia Albright** (7:10pm Whitecaps). She is expecting baby #2 in January!
- Apologies for the warm water temperature on **July 17-18th**. The aim was to warm up the water slightly so that the small children didn't freeze at Sports Camp. It is now at the desired temperature.
- The bubbler has been fixed! Perhaps the women's sauna will be next?
- **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:

- from **Sheila Kealey**: <http://www.sheilakealey.com/2014/07/18/week-food-health-fitness-16/> and <http://www.sheilakealey.com/2014/07/25/week-food-health-fitness-17/>
- Super Fast Run by 65yr old: <http://www.si.com/extra-mustard/2014/07/17/65-year-old-woman-runs-half-mile-242-usatf-masters>
- Napping can Increase Learning, Memory: <https://www.minds.com/blog/view/292493790206234624/napping-can-dramatically-increase-learning-memory-awareness-and-more>
- The Truth about Lifting Weights for Women: <http://athletics.carleton.ca/2014/truth-lifting-weights-women/>
- Three Ways to Reach Long-Term Fitness Success: <http://athletics.carleton.ca/2014/reach-fitness-success/>

- Judging Poorly How Hard We Exercise: <http://well.blogs.nytimes.com/2014/06/11/judging-badly-how-hard-we-exercise/>
- Recovering After Workout: http://www.denverpost.com/fitness/ci_25930099/fitness-tips-after-workout-hitting-road-recovery
- Should I Strength Train During the Season?: http://triathlon.competitor.com/2014/06/training/should-i-strength-train-during-the-season_58004
- Exercise Debate: Cardio vs. Weights: <http://athletics.carleton.ca/2014/exercise-debate-cardio-vs-weights/>
- Is Stretching an Exercise in Nothingness?: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/stretching-an-exercise-in-nothingness/article19572001/>

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.

Summer Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End and 2 lanes Shallow; **Lynn**

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

12:15pm Saturdays: Usually Shallow End; rotating coach schedule (see web site)

Exceptions will be noted here.

Mits is coaching for me on **Tue Aug 5th**. **Alex** is coaching for me on **Wed Aug 6th**, **Fri Aug 8th**, and **Mon Aug 11th**. **Sean** is coaching for me on **Sat Aug 16th**, **Tue Aug 19th**, **Wed Aug 20th**, and **Fri Aug 22nd**.

Fin Days:

Thu Aug 7th / Fri Aug 8th

Time Trials:

Mon Jul 14th: 400fs or IM

Mon Jul 28th: 50 and 100 choice

Tue Aug 12th / Wed Aug 13th: 800 / 1500fs

Tue Aug 19th / Wed Aug 20th: 200 choice

Thu Aug 28th / Fri Aug 29th: fun day (relays)

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

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

Thanks to all who participated in the **50m and 100m time trials on Mon Jul 28th**. The biggest improvement was by **Christiane Wilke** (7:30am Earlybirds). She improved her 100fs by 9.1 seconds!! Chris Yordy (7:30am Earlybirds) had the largest 50 improvement with 2.2 seconds in his 50fs. **Harley Gifford** (7:30am Earlybirds), **Jennifer Murdock** (7:30am Earlybirds), **Lisa Meyer** (7:30am Earlybirds) and **Malika Shaath** (7:30am Earlybirds) improved both their swims, with **Malika** having the largest total improvement of 3.2 seconds. The full list of improvements follows. Note that the evening group was at a disadvantage as they were in the shallow end, so no dives!

50fs (5)

Chris Yordy (7:30am Earlybirds) 2.2

Roy Hanes (6pm Whitecaps) 1.1

Harley Gifford (7:30am Earlybirds) 1.0

Jennifer Murdock (7:30am Earlybirds) 0.4

Lisa Meyer (7:30am Earlybirds) 0.4

50br (1)

Malika Shaath (7:30am Earlybirds) 2.0

100fs (4)

Christiane Wilke (7:30am Earlybirds) 9.1

Sylvia Williams (6pm Whitecaps) 3.0

Bob Tipple (7:30am Earlybirds) 1.8

Harley Gifford (7:30am Earlybirds) 0.4

100br (2)

Lisa Meyer (7:30am Earlybirds) 0.8

Bill Westcott (7:30am Earlybirds) 0.6

100IM (2)

Jennifer Murdock (7:30am Earlybirds) 2.4

Malika Shaath (7:30am Earlybirds) 1.2

Here are the weekday attendance statistics for the Summer term, so far. If you notice any errors, please let me know!

7:30am Earlybirds (Jul 2-30th; 13 workouts; range 22-36; average: 29.8)

Perfect Attendance: **Christian C, Christiane W**

Missed 1 Workout: **Amir M, Bob T, Bruce B**

6pm Whitecaps (Jul 3-29th; 12 workouts; range 21-30; average: 26.0)

Perfect Attendance: **Deb L, Mark B, Siobhan M**

Missed 1 Workout: **Luz O, Mariette K, Mike L, Sean D**

Ask the Coach

Dear Coach: I'm swimming at the World Masters next week. What should I do between now and then so that I'll swim fast? Tapering Swimmer

Dear T. Swimmer: Reduce the distance you swim over the next few days, and rest as much as possible. Avoid being on your feet for long periods of time – just be a couch potato! And good luck!!

Dear Coach: I'm going on holiday and would like to swim while I'm away. How can I find a pool to swim at? Eager Swimmer

Dear E. Swimmer: There's a great web site to help with this. Check it out here: <http://www.swimmersguide.com/>.

Dear Coach: What if I want to swim with a team, rather than on my own? Very Eager Swimmer

Dear V.E. Swimmer: The link above sometimes lists the teams that train at each pool. If you are travelling within Ontario, the following may be useful: <http://www.mastersswimmingontario.ca/locations/>. Just click on the area of interest for a list of registered Masters teams in that area.

Dear Coach: What's the etiquette for passing another swimmer? Confused Swimmer

Dear C. Swimmer: Ideally everyone in your lane should be aware of where everyone is. If so, then your lane-mate would be aware that you are trying to pass and make it easy for you by moving over. If you think the person you are passing doesn't know that you are about to pass, then you may want to tap his/her foot. When passing, you should pass on the inside only if you will be ahead when you reach the next wall, and on the outside if you will need to complete the pass on the next length (i.e. overlapping, but still behind at the wall). The person being passed may slow down or stop briefly to let you by, but this is not required. If you realize that it is not safe to pass or that the person who is passing is not doing so safely, remember that it's always better to stop than to have a collision with another swimmer!

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.**

July-August Postal Swim 400, 800, 1500 (each a different stroke)

<http://www.mastersswimming.org.au/Portals/26/Events/Postal%20Swim%20Calendar/2014-07%20Tuggeranong%20Trifecta%20Postal%20Swim%202014%20Flyer%20%20Entry%20Form.pdf>

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 Technoport 4k Meech Lake <http://www.mastersswimmingontario.ca/events/technoport-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.)

Sat Jun 28th Technoport Meech Lake 2k Swim (19 participants)

Results are available here:

http://www.technoport.ca/results/technoport_open_water_meet_results_28_jun_19_jul.pdf. Congratulations to **Kevin Nelson** (6pm Whitecaps) on finishing 7th overall, 6th male and 1st in the 40-44 category in 38:18. From the finish times, either the conditions were tough or the race was longer than 2k!

Sat Jul 12th London, ON Masters Meet (LC)

Official results are now available here: <http://mymsc.ca/ShowMeet.jsp?id=694>.

Jamie Chalmers (6pm Whitecaps; 70-74): 1st: 100fs (1:58.78), 50br (1:06.87); 2nd: 200bk (4:14.74), 400IM (10:15.99); 3rd: 50fs (38.93), 50bk (54.53)

Thu Jul 17th OBC 15km Cycling Time Trial

Lisa Meyer (7:30am Earlybirds) was the fastest woman with a PB of 22:27. Congratulations, **Lisa!** Full results here: http://timetrial.ca/cgi-bin/ttq.pl?Q_series=OTT&Q_date=2014-Jul-17.

Sun July 27th Ironman Canada, Whistler, BC (3.8k/180k/42.2k; 1909 competitors)

Congratulations to **Kevin**, **Lucie**, and **Robert** on their races! **Kevin** was the top Carleton finisher. **Robert** had the fastest Carleton swim, and **Lucie** finished in the top 10 in her age category! Full results here:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=canada&y=2014>.

Kevin Graham (7:30am Earlybirds; 40-44): 732nd overall, 591st male, and 111th in age category in 13:12:16 (1:06:31 swim)

Lucie Boudreau (7:30am Earlybirds; 55-59): 1261st overall, 317th female, and 10th in age category in 14:41:15 (1:34:15 swim)

Robert Fabes (7:30am Earlybirds; 50-54): 1367th overall, 1020th male, and 121st in age category in 15:08:07 (1:04:45 swim)

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 **July 7th**).

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

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

Summer 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. 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>.

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

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