

Lynn Marshall

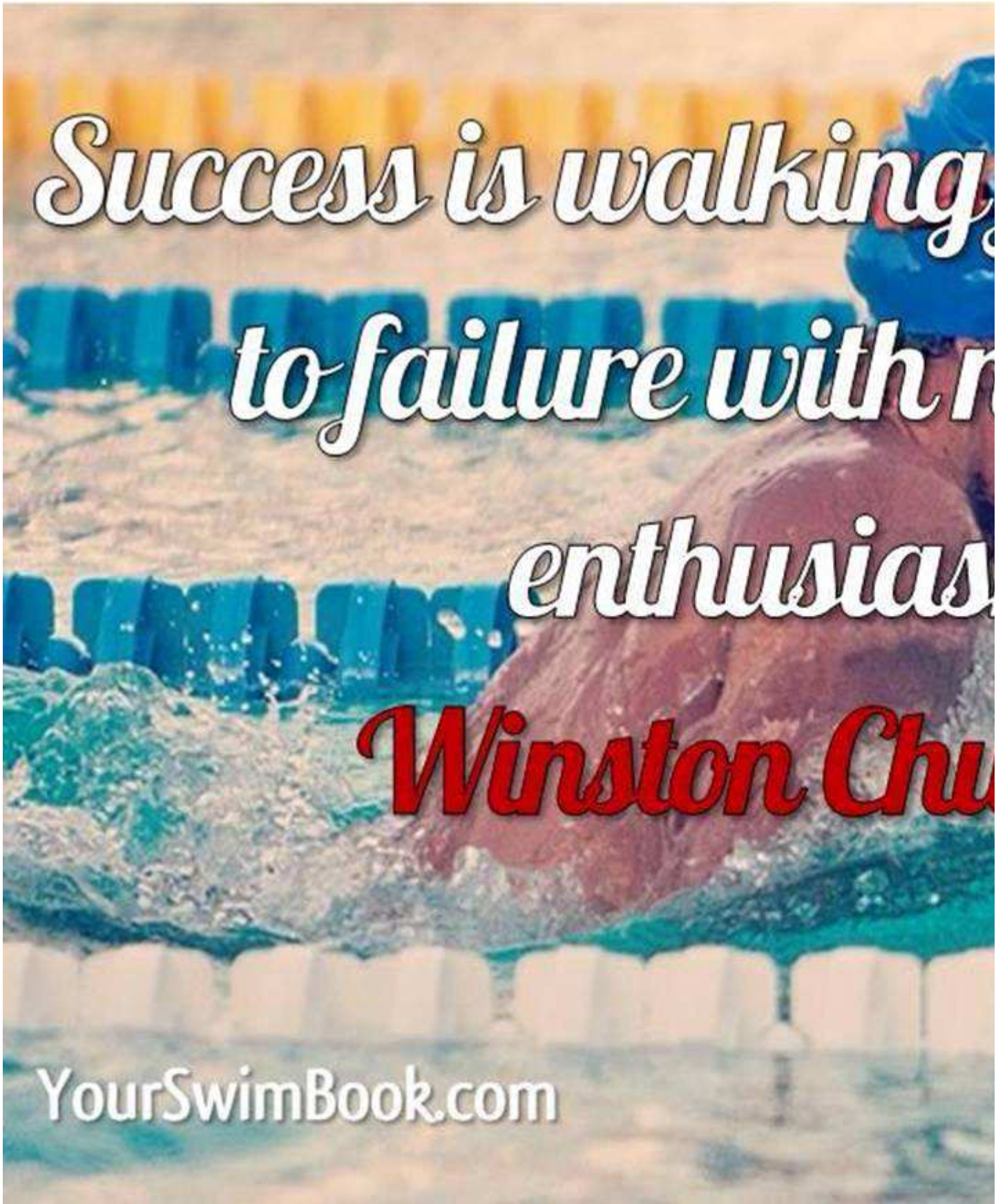
From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: October-23-14 5:41 PM
To: Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #375

Carleton Masters Swimming Newsletter #375

Thursday, October 23rd, 2014

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014 and Alumni 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (31 addresses), 6pm Whitecaps I (41 addresses), 7:10pm Whitecaps II (21 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (4 addresses), Masters "Alumni" (27 addresses)



*Success is walking
to failure with
enthusiasm*
Winston Churchill

YourSwimBook.com

Masters Program Notes and Cancellations

- The Fall session runs until Sat Dec 20th.

- The 6pm and 7:30am groups are full for Fall. Wait lists are available. Please let me know if you are on a wait list!
- Details on the Fall and Winter programs can be found near the end of the newsletter.

Masters Swimming Ontario Registration for 2014-2015 is Open

For those planning to participate in Masters swimming competitions this season, registration is now open and the cost is **\$38**. Please pay by cash (exact change) or cheque payable to Lynn Marshall. All MSO registrations paid for this Fall will be good until **Dec 31st, 2015**. If you are a first time registrant, I need your full name, date of birth, address, and phone number. If you are renewing your membership, please let me know if you have moved.

Parking Lot 5 Closures for Upcoming Football Game

Athletics Parking Lot 5 will be closed for most of the day on **Sat Oct 25th** due to a Carleton Ravens home football game. Those with parking permits may park in any other lot or pay-and-display area on campus. Please remember to give yourself a bit more time to get to the pool on those dates!

Swimmer Notes

Swimmer Updates:

- A date for your diary: The not-to-be-missed **Carleton Masters Holiday Party** will be held once again at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s house: 376 Hamilton Ave South, from **6:30pm Sat Nov 29th**. Full details [here](#). A big thank you to **Don** and **Joanie** for hosting!

- Congratulations to **Siobhan MacManus** (6pm Whitecaps)! She kindly sent in the following: "I have completed the graduate program in conflict resolution and would like to put out a big thank you to my fellow swimmers for all the words of support and advice over the recent years of my student life at Carleton and especially with the death of my Dad at the end of 2012. And, I am continuing to love my work at the Ombudsman's office at Carleton."

- Thanks to **Anne Trepanier** (8:30am Earlybirds) for bringing a bag of organic Spartan apples from her Quebec Orchard to share with the Earlybirds swimmers on **Wed Oct 22nd**!

- If you left or lost a necklace at Whitecaps Masters on **Mon Oct 20th**, please e-mail me to describe it.

- Congratulations to leukemia patient **Liam Elder**, **Christine Harkin** (x-7:10pm Whitecaps)'s son, on his \$2000 Toys 'R Us shopping spree: <http://ottawacitizen.com/news/local-news/after-years-of-battling-rare-leukemia-ottawa-boy-gets-three-minutes-of-toy-store-bliss> and <http://www.ottawacommunitynews.com/news-story/4917238-ottawa-boy-wins-shopping-spreed-of-a-lifetime/>.

- For those entering competitions, please note that there is a new warm-up rule this year: **During a meet warm up, if you enter the water in any way other than slipping in (dive, jump, etc.) except in designated sprint lanes, you may be scratched from your first event with no warning!**

- **Penny Estabrooks** (8:30am Earlybirds) will be selling her cards (\$2 each or 6 for \$10) and paintings at a crafters' open house **Sun Nov 2nd 1-4pm** at 94 Cameron Ave in Old Ottawa South.

- **Dave Grynspan** (6pm Whitecaps)'s two eldest daughters, **Stella** and **Gabriella**, will be in the choir of Opera Lyra's "The Magic Flute" being performed **Oct 25th, Oct 26th, and Nov 1st** at 1pm and 3:30pm at the Arts Court Theatre. Tickets and further details here: <https://operalyra.ca/the-magic-flute/>.

- **Andrea Chandler** (6pm Whitecaps) and **Derek Baas** (x-Whitecaps) younger son, **Stuart**, has been cast as a bear cub in Ballet Jorgen's Ottawa productions of the Nutcracker at Centrepointe Theatre at 1pm and 4pm on **Dec 13th**, and at the Shenkman Arts Centre at 7pm on **Dec 14th**, and at 1:30pm and 7pm on **Dec 15th**. Ticket information here: http://centrepointetheatre.ca/en/events_tickets/december2014/nutcracker/ and http://shenkmanarts.ca/en/calendar_calendrier/december_decembre_2014/nutcracker_cassenoisette/index.htm.

- Interested in being in the **Torch Relay for the Pan Am Games** (it goes through Ottawa)? Apply here: <http://www.toronto2015.org/torch-relay/>.

- The MSC (Masters Swimming Canada) AGM will be held in Toronto at **9:30am Sun Nov 16th**. Details [here](#).

- **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:

- Relieving Stress In the Subclavicus To Help Reduce Risk Of Swimmer's Shoulder: <http://www.swimmingworldmagazine.com/news/relieving-stress-in-the-subclavicus-to-help-reduce-risk-of-swimmers-shoulder/>
- 21 Ways You Know You are a Swimmer: <http://swimswam.com/21-ways-know-swimmer/>
- Strength Train Before or After Swim Practice?: <http://blog.bridgathletic.com/strength-train-before-or-after-swim-practice>
- The Massive Fitness Trend That's Not Actually Healthy at All: <http://greatist.com/connect/militarization-fitness>
- Napping to Improve Sleep Quality and Promote Tissue Recovery: <http://athletics.carleton.ca/2014/napping-improve-sleep-quality-promote-tissue-recovery/>
- Drug Cheats in Sport Could Benefit for Decades: <http://www.bbc.com/sport/0/athletics/29510575>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2014/10/10/week-food-health-fitness-25/> and <http://www.sheilakealey.com/2014/10/17/week-food-health-fitness-26/>

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.

Fall 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: **Sean**; Thursday: **Mits**

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

8:10pm Whitecaps: Shallow End; Tuesday: **Alex**; Thursday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Thanks to **Mits** for coaching for **Sean** on **Mon Oct 20th**.

Fin Days:

Tue Oct 28th / Wed Oct 29th

Thu Nov 27th / Fri Nov 28th

Time Trials:

Thu Oct 16th / Fri Oct 17th: 400fs or IM
Thu Oct 23rd / Fri Oct 24th: two 50s choice
Mon Nov 3rd: 200 choice
Tue Nov 18th / Wed Nov 19th: 800 / 1500fs
Tue Dec 2nd / Wed Dec 3rd: 100 choice
Thu Dec 18th / Thu Dec 19th: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall14.pdf>.

Thanks to all who participated in the 400 time trials on Thu Oct 16th and Fri Oct 17th, and for **Mits'** help in tabulating the results. The biggest improvements in the 400fs were by Lynn Brodsky (8:10pm Whitecaps) and Renata Osika (8:30am Earlybirds) with improvements of 22.1 and 19.9 seconds, respectively. The biggest improvement in 400IM was 8.8 seconds by Bill Westcott (6pm Whitecaps). Here is the list of all improvements.

400fs (11)

Lynn Brodsky (8:10pm Whitecaps) 22.1
Renata Osika (8:30am Earlybirds) 19.9
Mike Kujawski (7:30am Earlybirds) 15.1
Jerome Cyr (8:30am Earlybirds) 14.1
Rocio Aranda (8:10pm Whitecaps) 11.9
Erin McLean (8:10pm Whitecaps) 4.6
Jennifer Murdock (7:30am Earlybirds) 4.2
Mike Mopas (7:30am Earlybirds) 3.7
Paul Denys (7:10pm Whitecaps) 3.4
Brad Shapansky (7:30am Earlybirds) 1.4
Deb Low (6pm Whitecaps) 0.4

400IM (3)

Bill Westcott (6pm Whitecaps) 8.8
Mark Blenkinsop (8:30am Earlybirds) 7.5
Jean-Francois Jacques (7:30am Earlybirds) 1.8

Here is the weekday attendance to date. Please let me know of any errors! (Apologies for mistakenly saying that **Lynn B** had missed a workout last time!) Those with the best attendance will be recognized with certificates.

6pm Whitecaps: Sept 2-Oct 21st (21 workouts): range 15-33; avg.: 24.3

Perfect Attendance: **Deb L, Don W**
Missed 1 Workout: **Nicole D, Peter L**

7:10pm Whitecaps: Sept 2-Oct 21st (21 workouts): range 8-16; avg.: 13.0

Perfect Attendance: **Joanie C**

8:10pm Whitecaps: Sept 2-Oct 21st (15 workouts): range 6-13; avg.: 9.4

Perfect Attendance: **Lynn B**
Missed 1 Workout: **Cynthia N, Manuel L**

7:30am Earlybirds: Sept 3-Oct 22nd (21 workouts): range 23-34; avg.: 26.6

Perfect Attendance: **Bruce B, Harley G, Mike M, Zoe P**
Missed 1 Workout: **Christiane W, Jennifer M**

8:30am Earlybirds: Sept 3-Oct 22nd (21 workouts): range 14-25; avg.: 20.7

Perfect Attendance: **Penny E**
Missed 1 Workout: **Alan H, Amir B, Margaret DK**

Ask the Coach

Dear Coach: In a time trial, is it mandatory to do flip turns if I choose to swim freestyle? New Swimmer

Dear N. Swimmer: No, flip turns are never mandatory. They are, however, faster once you have them mastered. Ask your coach for a flip turn clinic if you'd like to learn to do them.

Dear Coach: When may I do flip turns? Learning to Flip

Dear L.t. Flip: Flip turns are legal for any turn in freestyle and may also be used at the finish, and thus are legal if you get an official split during a freestyle race. Flip turns are also legal for back to back turns, but not for a backstroke finish, and thus are not legal if you want an official split during a backstroke race. Flip turns are not permitted for fly or breaststroke, as you must touch the wall with both hands, or from backstroke to breaststroke in an IM, as you must touch the wall on your back.

Dear Coach: What are the rules for the breaststroke turn? Improving My Turns

Dear I.M. Turns: In breaststroke, you must touch the wall with both hands on your front (i.e. turned less than 90 degrees from flat on your stomach), and also leave the wall on your front. Before you start your first breaststroke cycle, you are permitted to do one underwater arm stroke where you push your arms past your hips (just like in butterfly). During that arm motion, one fly kick is permitted (recommended as your hands pass your hips, like the 2nd fly kick). After that, you bring your arms forward with one breast kick permitted, and then your head must break the surface before the widest part of your first breast arm movement. Ask for a clinic if you'd like to learn to do this.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014-2015 is now open and cost is \$38. 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). 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 2014-2015. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". 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 Oct 25th Brossard Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=16702>

Oct 29th – Nov 2nd Barbados Masters Meet and Open Water Festival <http://www.mastersswimmingontario.ca/barbados-open-water-festival-2014/>

Sat-Sun Nov 8-9th Baie-Comeau Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16909>

Sun Nov 9th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-november-9-2014/>

Nov 13-16th Eighth Annual International Invitational Masters Meet, Dominican Republic pablomota82@gmail.com.

Sun Nov 16th Etobicoke Masters Meet <http://www.mastersswimmingontario.ca/events/eomac-semi-serious/>

Thu Nov 20th Elliot Lake Masters Meet <http://www.mastersswimmingontario.ca/events/november-invitational-november-20/>

Sat Nov 22nd Swim Ottawa Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/willy-lee-invitational/>

Sat Nov 22nd Coupe de Quebec, Claude Robillard Pool LC, Montreal (TBC)

Sat Dec 6th Montreal Nord Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16978>

Sun Dec 7th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-7-2014/>

Sat-Sun Dec 6-7th Ste-Foy Masters Meet (TBC)

Sun Dec 7th North York Pentathlon <http://www.mastersswimmingontario.ca/events/gators-pentathlon/>

Sun Dec 7th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-excuses-clarington-masters-invitational-swim-meet-december-7-2014/>

Sun Jan 18th U of T Masters Meet <http://www.mastersswimmingontario.ca/events/u-of-t-january-18/>

Sun Jan 18th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-40th-annual-scy-swim-meet/>
Sat Jan 24th Pointe Claire Masters Meet (TBC)
Sun Feb 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-1-2015/>
Sat-Sun Feb 7-8th Quebec City LC Masters Meet (details TBD)
Sun Feb 8th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2015/>
Sat-Sun Feb 14-15th La Salle Masters Meet, Montreal (TBC)
Sat Feb 21st Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>
Sun Mar 1st Cote St-Luc, Montreal (details TBD)
Sun Mar 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>
Sun Mar 1st (or Mar 8th) Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>
Sat Mar 14th Dollard-des-Ormeaux, Montreal (TBC)
Thu-Sat Apr 2-4th (or Apr 3-5th) Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>
Fri-Sun Apr 17-19th Quebec Provincials, Quebec City (details TBD)
Sun Apr 19th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>
Sat Apr 25th All Out Swim LC, Toronto (TBC)
Fri-Mon May 15-18th Nationals, Montreal (details TBD)
Sat Jun 6th Longueuil LC, Montreal (details TBD)

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

Sat Sept 27th Wakefield Moonlight 5km River Run (216 participants)

Congratulations to **Kevin** on a great run, despite a fall due to a pothole (it was dark!). Full results: <http://www.sportstats.ca/displayResults.xhtml?racecode=109846>.

Kevin Nelson (6pm Whitecaps; 40-49): 41st overall, 23rd man, and 5th in category in 25:26.1

Sun Oct 12th Valley Harvest 5km Run, Wolfville, NS (550 participants)

Congratulations to **Susan** on her win! Full results: <http://www.atlanticchip.ca/events/results-show.php?result=2284>.

Susan Nevitt-Yelle (7:30am Earlybirds; 50-59): 38th overall, 6th woman, and 1st in category in 23:11 (23:05)

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 30th**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Fall is:

Mon and Fri: 9:40-10:40am

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

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open 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 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: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8648; cost \$160+HST

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

8:10pm Whitecaps 3: 8:10-9:10pm TuTh (shallow): Coaches: 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: Mon/Tue: **Sean**; Thu: **Mits**; barcode 8649; cost \$140+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Alex**; Thu: **Mits**; barcode 8651; cost: \$124+HST

8:10pm Whitecaps 3: 8:10-9:10pm TuTh (shallow): Coaches: 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

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>