

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** January-03-15 4:55 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 #381

## Carleton Masters Swimming Newsletter #381

Saturday, January 3<sup>rd</sup>, 2015

**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 (34 addresses), 6pm Whitecaps I (41 addresses), 7:10pm Whitecaps II (23 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (4 addresses), Masters "Alumni" (29 addresses)



### Masters Program Notes and Cancellations

- Happy New Year! The Winter session starts on **Mon Jan 5<sup>th</sup>** and runs until **Fri Apr 10<sup>th</sup>**.
- The only cancellations for the Winter term are:
  - **Mon Feb 16<sup>th</sup>** (Family Day); workouts run as usual the rest of Carleton's Reading Week.
  - **Fri Apr 3<sup>rd</sup>** (Good Friday) and **Mon Apr 6<sup>th</sup>** (Easter Monday); the Saturday group does have a workout **Sat Apr 4<sup>th</sup>**.
- The 6pm and 7:30am groups are nearly full. Register soon to avoid disappointment!
  - Winter 7:30am Group: **1** spot left
  - Winter 6pm Group: **6** spots left
- Full details of the Winter groups can be found at the end of the newsletter.

### Masters Interim Workouts

Thanks to all who attended the interim workouts. We averaged **23** swimmers – well above the 16 required to break even!

## Carleton Athletics Open House: Free Masters Workout

Carleton Athletics is having an Open House the week of **Jan 12-18<sup>th</sup>**, allowing anyone to try one free fitness class. Please let your friends know that these Carleton Masters workouts are included:

- **Mon Jan 12<sup>th</sup> 7:10-8:10pm**
- **Tue Jan 13<sup>th</sup> 7:10-8:10pm**
- **Tue Jan 13<sup>th</sup> 8:10-9:10pm**
- **Thu Jan 15<sup>th</sup> 7:10-8:10pm**
- **Thu Jan 15<sup>th</sup> 8:10-9:10pm**
- **Sat Jan 17<sup>th</sup> 8:15-9:25am**

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Sandy Lawson** (7:30am Earlybirds), **Francois Jacques** (7:30am Earlybirds), **Robert Fabes** (7:30am Earlybirds), **Kevin Graham** (7:30am Earlybirds), **Lee Storm** (Saturday Earlybirds), Robert's friend **Julie Paquette**, and Lee's friend **Karen Zerr** for a very successful "century swim": 100 x 100m on 2:00 this morning from 9:30am to 12:50pm. Awesome job done by all – you can now cross that off your bucket list! Thanks also to **Robert** and **Francois** for their generous donations to my fundraiser.

- Last chance to donate to my Sat Dec 13<sup>th</sup> 120 x 100 @ 1:30 fundraiser in memory of my friend and rival Masters swimmer, who passed away from pancreatic cancer in November, **Jeanne Carlsen**. Link is: <http://albertacancer.ca/jeanneteamlynn>. I'm pleased to report that I'm at \$675, exceeding my goal of \$500. Your support is greatly appreciated! Thanks to **Margaret Dibben King** (8:30am Earlybirds) for her help!

- The GO Kingfish are hosting a screening of the documentary "Touch the Wall" the story of US swimmers **Missy Franklin** and **Kara Lynn Joyce** leading up to the 2012 London Olympics. You can watch a trailer here: <https://www.youtube.com/watch?v=eGAXCG0pZIE>. The screening is **7pm Fri Jan 9<sup>th</sup>** at the University of Ottawa's Alumni Theatre. Tickets are \$12 and can be purchased here: <https://www.eventbrite.ca/e/touch-the-wall-documentary-film-presented-by-go-kingfish-swim-club-tickets-14805155619>. Thanks to **Natalie Aucoin** (8:30am Earlybirds) for sending this information.

- Another swimming related screening and can you believe it's on the same date at almost exactly the same time?! "Ia te Onkwehonwe: Blood, Identity and Belonging" (Club Native: How Thick is Your Blood). This documentary examines the present-day reality of Aboriginal identity, with moving stories from a range of people from Kahnawake. It will be followed by a discussion led by three guest speakers, including **Waneek Horn-Miller** a Carleton graduate who played Water Polo and swam on the Varsity team, and also went to the Olympics for Water Polo. The screening is **6pm Fri Jan 9<sup>th</sup>** in Carleton's River Building room 2200, and the discussion will be at **8pm** in 228 Paterson Hall. More information and a trailer can be found here: <http://www.carleton.ca/aboriginal/cu-events/ia-te-onkwehonwe-blood-identity-belonging/>.

- **Freezin' for a Reason**: On **Sat Feb 21<sup>st</sup>**, Ottawa's First Annual Polar Bear Plunge will be held at TD Place. This is a Special Olympics fundraiser and Special Olympics Athlete Ambassador and Gold Medalist, **Melanie Heroux** (8:30am Earlybirds) is participating. Read about the fundraiser here: <http://athletics.carleton.ca/2014/freezin-reason/>, and you can sponsor **Melanie** here: <https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=2656016&langPref=en-CA>.

- **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:

- Five Things You can do to get Better at Swimming Now: <http://www.usms.org/articles/articledisplay.php?aid=325>
- Five Swim Training Tips for Triathletes: <http://coachrickswimming.com/2014/12/27/5-swim-training-tips-for-triathletes/>
- How Many Calories does Swimming Burn?: <http://www.active.com/triathlon/articles/how-many-calories-does-swimming-burn>
- High Elbow Catch: [http://triathlon.competitor.com/2014/05/training/swim-speed-series-part-3-high-elbow-pull\\_71704](http://triathlon.competitor.com/2014/05/training/swim-speed-series-part-3-high-elbow-pull_71704) and <http://swimswam.com/integrate-high-elbow-catch-proper-body-rotation/>
- Swimming 72m under ice!: <https://www.youtube.com/watch?v=8p1ZO9YHzyk> and <https://www.youtube.com/watch?v=7PnVK6xfx6U>
- Five Promising Updates in Sports Science: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/the-new-news-five-promising-updates-in-sports-science/article22159011/>
- Depleting for Performance: <http://www.runnersworld.com/nutrition-for-runners/depleting-for-performance>
- Masters Running Athlete banned?!: <http://masterstrack.com/2014/12/33461/>
- From Sheila Kealey: <http://www.sheilakealey.com/2014/12/19/week-food-health-fitness-35/>, <http://www.sheilakealey.com/2014/12/26/week-food-health-fitness-36/>, <http://www.sheilakealey.com/2015/01/01/thinking-trying-new-diet/>, and <http://www.sheilakealey.com/nutritionstrategies/>

**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/Thursday: **Sean**; Tuesday: **Mits**

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

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

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

Exceptions will be noted here.

### Fin Days:

Mon Feb 2<sup>nd</sup>

Thu Mar 12<sup>th</sup> / Fri Mar 13<sup>th</sup>

### Time Trials:

Tue Feb 10<sup>th</sup> / Wed Feb 11<sup>th</sup>: 400fs or IM

Tue Feb 24<sup>th</sup> / Wed Feb 25<sup>th</sup>: two 50s choice

Thu Mar 5<sup>th</sup> / Fri Mar 6<sup>th</sup>: 100 choice

Thu Mar 19<sup>th</sup> / Fri Mar 20<sup>th</sup>: 200 choice

Tue Mar 24<sup>th</sup> / Wed Mar 25<sup>th</sup>: 800 / 1500fs  
Thu Apr 9<sup>th</sup> / Fri Apr 10<sup>th</sup>: fun day (relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint15.pdf>.

Once the term has started, the weekday attendance statistics will be included here.

## Ask the Coach

**Dear Coach:** What changes will we see in breaststroke races due to the new turn rule? Breaststroke Swimmer

Dear B. Swimmer: Good question! As a reminder, the new rule is that the one fly kick may be done at any time before, during, or after the underwater pull on the turn. It seems that at the FINA World Championships held in December in Doha, swimmers were able to get away with 2 fly kicks, although this is contrary to the rules. They were doing one kick before the pull and then the second when their arms were under their hips. (Aside: This is why the one fly kick was made legal in the first place – it's difficult to tell the difference between a bend at the waist and a kick at that point of the stroke.) In addition, some coaches are experimenting with their swimmers doing just one dolphin kick and no underwater pull. The rationale for this is that it saves oxygen over longer distances, and, for some swimmers, will also be faster. I'm not sure that this was intended in the change to the rule, but it appears to be legal. The actual wording of the rule is: "At any time prior to the first breaststroke kick after the start and after each turn a single butterfly kick is permitted."

## 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. 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.**

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

Sun Jan 18<sup>th</sup> Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-40th-annual-scy-swim-meet/>

Sat Jan 24<sup>th</sup> Pointe Claire Masters Meet (details TBD)

Sun Feb 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-1-2015/>

Sat-Sun Feb 7-8<sup>th</sup> Quebec City LC Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=16699>

Sun Feb 8<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2015/>

Fri-Sun Feb 13-15<sup>th</sup> La Salle Masters Meet, Montreal (details TBD)

Sat Feb 21<sup>st</sup> Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>

Sun Mar 1<sup>st</sup> Cote St-Luc, Montreal (details TBD)

Sun Mar 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>

Sun Mar 1<sup>st</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>

Sat Mar 14<sup>th</sup> Dollard-des-Ormeaux, Montreal (details TBD)

Sun Mar 22<sup>nd</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-clarington-masters-invitational-swim-meet-march-22/>  
Thu-Sat Apr 2-4<sup>th</sup> (or Apr 3-5<sup>th</sup>) Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>  
Fri-Sun Apr 17-19<sup>th</sup> Quebec Provincials, Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=16436>  
Sun Apr 19<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>  
Sat Apr 25<sup>th</sup> All Out Swim LC, Toronto (TBC)  
Sun Apr 26<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/wp-content/uploads/2014/12/Thornhill-April-26-2015.pdf>  
Fri-Mon May 15-18<sup>th</sup> Nationals, Montreal (details TBD)  
Sat Jun 6<sup>th</sup> Longueuil LC, Montreal (details TBD)  
Aug 5-16<sup>th</sup> World Masters Swimming Championships, Kazan, Russia <http://masters.kazan2015.com/en>

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

### 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 **Jan 2<sup>nd</sup>**).

### Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Winter is:  
Mon and Fri: 9:40-10:40am

Some evenings will likely be available during Reading Week and December exams.

#### 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

#### 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 Winter. Pro-rated prices are available, space permitting, after about a month of each term. The information below is also on the web site:

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

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

**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/Thu: **Sean**; Tue: **Mits**; barcode 8649; cost \$140+HST

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

**8:10pm Whitecaps 3:** 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Mits**; Thu: **Alex**; 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 ([lynmarshall@sympatico.ca](mailto:lynmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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

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