

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: January-16-15 6:51 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 #382

Carleton Masters Swimming Newsletter #382

Friday, January 16th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014, Winter 2015, and Alumni 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (36 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (24 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (5 addresses), Masters "Alumni" (27 addresses)



Kevin Graham (7:30am Earlybirds), **Francois Jacques** (7:30am Earlybirds), **Robert Fabes** (7:30am Earlybirds), **Julie Paquette** (Robert's friend), **Karen Zerr** (Lee's friend), **Sandy Lawson** (7:30am Earlybirds), and **Lee Storm** (Saturday Earlybirds) before their 100x100m @ 2:00, and Kevin, Robert, Julie, Francois, Sandy, Karen, Lee (and me) after their 100x100s on **Sat Jan 3rd!**

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 10th**.
- The only cancellations for the Winter term are:
 - **Mon Feb 16th** (Family Day); workouts run as usual the rest of Carleton's Reading Week.
 - **Fri Apr 3rd** (Good Friday) and **Mon Apr 6th** (Easter Monday); the Saturday group does have a workout **Sat Apr 4th**.
- The 7:30am group is **full** with a wait list. The 6pm group has **2** spots left.
- Full details of the Winter groups can be found at the end of the newsletter.
- Note that the Carleton Synchro team will no longer be in the diving well during the Monday 7:30am Earlybirds swim.

Swimmer Notes

Swimmer Updates:

- **Freezin' for a Reason:** On **Sat Feb 21st**, 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. She has raised \$340 so far. You can read about the fundraiser here: <http://athletics.carleton.ca/2014/freezin-reason/>, and sponsor **Melanie** here: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=2656016&langPref=en-CA>. Also, if you visit the Special Olympics Floor Hockey web page: <http://www.specialolympics2015floorhockey.com/> and click the red button with the Scotia Bank logo, you can enter a free draw for a chance to win \$10,000 and other prizes. (Thanks to **Melanie** for this tip!)

- Thanks very much for your support of my fundraiser 120 x 100m @ 1:30 in memory of my friend and rival Masters swimmer, **Jeanne Carlsen**, who lost her battle with pancreatic cancer in November. I've raised **\$948**, and the site is still accepting donations: <http://albertacancer.ca/jeanneteamlynn>. A big thank you to **Robert Fabes** (7:30am Earlybirds), **Francois Jacques** (7:30am Earlybirds), **Jose Vivanco** (Whitecaps), **Claire Robinson** (7:30am Earlybirds), **Mariette Kenney** (7:10pm Whitecaps), **Heather McBurney** (7:30am Earlybirds), **Kevin Graham** (7:30am Earlybirds), **Debby Whately** (6pm Whitecaps), and the **Earlybirds** for their donations.

- **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:

- The Truth about Exercise (thanks to **Mike Lau** (6pm Whitecaps) for sending in this very interesting BBC documentary): <http://vimeo.com/51836895>
- A Feeling for the Water, the **Murray Rose** Story (50min Australian TV program brought to my attention by **Marty Raymond**): <https://www.youtube.com/watch?v=Xq53DiMvYpM&feature=youtu.be>
- 91 Year Old Swimmer Stars in Speedo Ad: <http://www.usatoday.com/story/money/business/2015/01/11/speedo-advertising-marketing-swimming-masters-swimmer/21495873/>
- Open Water Swimmer **Bhakti Sharma** sets World Record in Antarctic Ocean (1.4 miles in 52min in 1C water!): <http://timesofindia.indiatimes.com/sports/more-sports/others/Open-water-swimmer-Bhakti-Sharma-sets-world-record-in-Antarctic-Ocean/articleshow/45886901.cms?intenttarget=no>
- Former NFL Player Swims 14km to Shore: <http://news.nationalpost.com/2015/01/12/former-miami-dolphins-player-rob-konrad-swims-14-km-to-shore-after-falling-off-boat-while-fishing/>
- The World Winter Swimming Championships: <http://www.theguardian.com/lifeandstyle/the-swimming-blog/2015/jan/05/world-winter-swimming-championships-cold-tough-but-what-a-buzz>; and a video: <https://www.youtube.com/watch?v=LOjqVdMKBfk>
- Mermaid Lessons Anyone (in Montreal, brought to my attention by **Jennifer Prevost**)?: <http://www.journaldemontreal.com/2015/01/05/une-ecole-de-sirene-ouvre-ses-portes-a-montreal-et-ca-risque-de-faire-des-vagues>; and it turns out that you can buy mermaid tails with a monofin (brought to my attention by **Louise Hayes**): [http://www.finfunmermaid.com/!](http://www.finfunmermaid.com/)
- The Ponytail Swim Cap (a project looking for funding): <https://www.indiegogo.com/projects/the-ponytail-swim-cap>
- The Pool Belongs to Those Who Show Up: <http://swimswam.com/pool-belongs-show/>
- Why Swimming may be the Best Exercise as you Age: http://www.washingtonpost.com/national/health-science/2014/12/05/e10f272c-5ad0-11e4-8264-deed989ae9a2_story.html
- More Swimming Lists:
<http://swimswam.com/5-swim-meet-must-haves/>,
<http://swimswam.com/8-things-swimmers-hate-to-hear/>,
<http://swimswam.com/10-things-every-swimmer-never-admit/>,

<http://swimswam.com/swim-mom-10-ways-swimmers-different-kids/>,
<http://swimswam.com/11-mental-stages-swimmers-go-tough-workout/>,
<http://swimswam.com/25-strategies-to-keep-swimmers-from-quitting-the-sport/>
- From **Sheila Kealey**: <http://www.sheilakealey.com/2015/01/09/week-food-health-fitness-37/> and
<http://www.sheilakealey.com/2015/01/16/week-food-health-fitness-38/>

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 2nd

Thu Mar 12th / Fri Mar 13th

Time Trials:

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

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

Thu Mar 5th / Fri Mar 6th: 100 choice

Thu Mar 19th / Fri Mar 20th: 200 choice

Tue Mar 24th / Wed Mar 25th: 800 / 1500fs

Thu Apr 9th / Fri Apr 10th: fun day (relays)

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

Here are the weekday attendance statistics to date. Please let me know if there are any errors. Those with the best attendance will receive certificates.

7:30am Earlybirds (Jan 5-16th; 6 workouts; range: 20-27; average: 24.7)

Perfect Attendance: **Bruce B, Harley G, Jamie C, Malika S, Margaret K, Mike M, Ursula S**

8:30am Earlybirds (Jan 5-16th; 6 workouts; range: 16-23; average: 19.5)

Perfect Attendance: **Bill G, Isla P, Renee R**

6:00pm Whitecaps (Jan 5-15th; 6 workouts; range: 23-28; average: 25.8)

Perfect Attendance: **Bill W, Cam D, Cindy S, Debby W, Don W, Joanne D, Lina V, Mike L, Nicole D**

7:10pm Whitecaps (Jan 5-15th; 6 workouts; range: 12-15; average: 13.7)

Perfect Attendance: **Joanie C, Mindy F, Roy H**

8:10pm Whitecaps (Jan 5-15th; 4 workouts; range: 5-9; average: 6.5)

Perfect Attendance: **Cynthia N, Lynn B**

Ask the Coach

Dear Coach: I'm interested in trying a competition. What are the requirements, etc.? Keen Swimmer

Dear K. Swimmer: Canadian Masters swimming competitions are open to everyone 18 years of age and older. (For international competitions you have to be at least 25 years old.) While there are time standards you must meet to compete in the World Championships, local, provincial and national meets are open to everyone. You need to register as a member of the Carleton University Masters Swim Club – details below and/or talk to me about it. A list of nearby competitions is included in the “Competitions” section of the newsletter. I can help you find other swimmers who plan to attend any competitions you are interested in. For those sitting on the fence, you may want to read this: Afraid to Try a Swim Meet?: <http://www.usms.org/articles/articledisplay.php?aid=3053>

Dear Coach: When swimming fly, how narrow or wide should my hands be on entry/catch? Learning to Fly

Dear L.t. Fly: On fly your hands should be shoulder width or narrowed. Unlike in freestyle, it's ok if your hands come together above your head, but it's also ok to keep them shoulder width.

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 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 <https://registration.swimming.ca/MeetInfo.aspx?meetid=17396>

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 <https://registration.swimming.ca/MeetInfo.aspx?meetid=16699>

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

Fri-Sun Feb 13-15th La Salle Masters Meet, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=17381>

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

Sun Mar 1st Cote St-Luc, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=16830>

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

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

Sat Mar 14th Dollard-des-Ormeaux, Montreal (details TBD)

Sun Mar 22nd Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-clarington-masters-invitational-swim-meet-march-22/>

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 <https://registration.swimming.ca/MeetInfo.aspx?meetid=16436>
Sun Apr 19th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>
Sat Apr 25th All Out Swim LC, Toronto (TBC)
Sun Apr 26th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/wp-content/uploads/2014/12/Thornhill-April-26-2015.pdf>
Fri-Mon May 15-18th Nationals, Montreal (details TBD)
Sat Jun 6th Longueuil LC, Montreal (details TBD)
Aug 5-16th 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 2nd).

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 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/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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

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

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