

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: January-30-15 11:55 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 #383

Carleton Masters Swimming Newsletter #383

Friday, January 30th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014, Winter 2015, and Alumni 7:30am Earlybirds I (48 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (26 addresses), 8:10pm Whitecaps III (15 addresses), Saturday Only (5 addresses), Masters "Alumni" (26 addresses)



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.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Lena Williams** (7:10pm Whitecaps), who is pleased to report that **Abigail Aalish Roberts** arrived a week early on January 11th and weighed 8lbs 6oz. She's been a great baby so far!

- Congratulations also to **Tricia Gerrow** (7:10pm Whitecaps) and her husband **Nick** on the arrival of their second daughter **Abigail (Abby) Emily Albright** on Monday, January 26th, weighing 7lb 10oz. Big sister **Mikayla** is now 2.5 years old. Thanks to Grandmother **Jan Gerrow** (7:30am Earlybirds) for passing on the news!

- **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!)

- The final total was **\$1048** for my fundraiser swim of 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. Thank you all very for your support! It's greatly appreciated.

- **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:

- Stop, Drop, Swim: The Benefits of Swimming: <http://athletics.carleton.ca/2015/stop-drop-swim/>
- The Seven Competitive Turns (video): <https://www.facebook.com/video.php?v=10152746322009209&fref=nf>
- New Year's Resolutions for Swimmers and Coaches: <http://coachrickswimming.com/2015/01/03/some-honest-new-years-resolutions-for-swimmers-and-coaches/>
- Vintage learn to swim photos from Masters Swimming Australia: <http://tinyurl.com/pz4w4g3>, <http://tinyurl.com/npyf2s8>, <http://tinyurl.com/oruclpr>
- How Much Swimming Training is Right for Me?: <http://www.swimmingworldmagazine.com/news/how-much-swimming-training/>

- Scientists Just Created Crystals that make Breathing Underwater a Possibility: <http://www.collective-evolution.com/2014/10/10/absorbing-crystal-can-steal-oxygen-from-air/>
- Your Body's Amazing Reaction to Water: http://ideas.ted.com/2014/06/25/science_of_freediving/
- Sport England's "This Girl Can", thanks to **Mary Ann Oberthier** (7:10pm Whitecaps): <http://www.elmwood.ca/2015/01/15/girl-can/>
- All-Out Intervals (Ed. Note: I'm surprised that the author is surprised that a race hurts more when you pace it poorly. It's pretty obvious to anyone who has ever raced ☺ !): <http://www.runnersworld.com/workouts/all-out-intervals>
- What's Better for You: High Volume or High Intensity Training?: <http://www.joefrielsblog.com/2014/12/whats-better-for-you-high-volume-or-high-intensity-training.html>
- Intense Exercise Can Reduce Your Ability to Fight Off Colds: <http://www.businessinsider.in/There-Could-Be-A-Hidden-Downside-To-Intense-Exercise/articleshow/45917523.cms>
- Another Article on **Bill Meyer** Playing Varsity Water Polo at 56: <http://www.remonline.com/veteran-broker-bill-meyer-plays-varsity-water-polo-56/>
- From **Sheila Kealey**: <http://www.sheilakealey.com/2015/01/23/week-food-health-fitness-39/>

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 5-30th; 12 workouts; range: 20-37; average: 26.8)

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

Missed 1 Workout: **Miguel C**

8:30am Earlybirds (Jan 5-30th; 12 workouts; range: 16-24; average: 19.7)

Perfect Attendance: **Bill G**

Missed 1 Workout: **Colleen H, Ethan D, Margaret DK**

6:00pm Whitecaps (Jan 5-29th; 12 workouts; range: 18-28; average: 24.5)

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

Missed 1 Workout: **Deb L, Siobhan M**

7:10pm Whitecaps (Jan 5-29th; 12 workouts; range: 6-15; average: 12.6)

Perfect Attendance: **Joanie C**

8:10pm Whitecaps (Jan 5-29th; 8 workouts; range: 4-13; average: 7.9)

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

Missed 1 Workout: **Erin M**

Ask the Coach

Dear Coach: How long should I stay underwater after each turn? Should I try to stay under longer in competitions than in workouts? Improving My Turns

Dear I.M. Turns: If you watch elite swimmers, you'll see that they stay underwater for quite a long distance, though generally longer in shorter events. For us mere mortals, that's still the right general idea, but your relative abilities at underwater kicking and surface swimming play a role, and it may differ from stroke to stroke. And, if anything, you should aim to stay underwater longer in workout than in a competition, as we revert to all our bad habits when racing, so best not to have any ☺! There's a video of the seven competitive turns in the "News and Links" section above. Some of those special crystals mentioned there will help, too!

Dear Coach: My freestyle has improved since I started Masters, but recently feel like I've plateaued. Any suggestions? Want Faster Freestyle

Dear W.F. Freestyle: It's not unusual to feel like you're in a bit of a rut. Here are some suggestions: Be sure that you are training regularly. If you are away from the pool for a while, it will take some time to get back to your best. Focus on your technique, even as you get tired (getting lots of sleep, eating well, etc. will help you focus – easier said than done at times, I know!). Some short all-out sprints will sometimes help you get to the next level. And, if you can fit it into your schedule/budget a private lesson can be helpful.

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 Feb 1st Technoport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technoport-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/>
Sat Feb 28th 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 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.)

Sun Jan 18th University of Toronto Masters Meet (LC)

Congratulations to **Jamie Chalmers** for being the first Carleton Masters swimmer to race in a Masters swim meet in 2015! Full results at: <http://mymisc.ca/ShowMeet.jsp?id=749>, and here's how he did:

Jamie Chalmers (7:30am Earlybirds; 70-74): **1st** 100fs (1:33.55), 100bk (2:01.07), 50fl (55.83); **2nd** 50br (1:08.76), 200br (5:43.86)

Sat Jan 24th Pointe Claire, Montreal Masters Meet (SC)

Jamie and I were the two Carleton swimmers at this meet. We are pleased to report that we did all best times for this year ☺! Full results here: http://splash.pointe-claire.ca:8082/P1/index_us.html. Here's how we did:

Jamie Chalmers (7:30am Earlybirds; 70-74): **1st** 200fl (5:55.50), 200IM (4:28.29); **2nd** 50bk (49.17), 50br (1:02.72), 50fl (54.82)

Lynn Marshall (Coach; 50-54): **1st** 100fs (1:04.49), 400fs (4:38.75), 100bk (1:14.25), 200br (3:05.02); **2nd** 200fl (2:32.32)

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>