

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: April-06-15 2:35 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 #388

Carleton Masters Swimming Newsletter #388

Monday, April 6th, 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 (27 addresses), 8:10pm Whitecaps III (15 addresses), Saturday Only (5 addresses), Masters "Alumni" (27 addresses)

Age is whatever you think it is. You are as old as you think you are. – Muhammad Ali

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 10th**.
 - Reminder: No workouts today: **Mon Apr 6th** (Easter Monday).
- Please note that the **6pm Whitecaps** will be in the **shallow** end on **Tue Apr 7th**.
- The Winter 7:30am and 6pm groups are **full** with wait lists.
 - Full details of the Winter groups can be found at the end of the newsletter.
- The pool will be **closed** for three weeks annual maintenance starting **5:30pm Fri Apr 10th**. The pool will re-open **6am Mon May 4th**.
- The Masters Spring session will start on **Mon May 4th**. Registration is now open for both Spring and Summer Masters. Full details follow.
- Note that Carleton is offering a special price for Summer (May-August) memberships bought in April (monthly prices also available) – details here: <http://athletics.carleton.ca/memberships/>.

Spring/Summer Masters Swimming Programs, Barcodes and Prices

Registration is open for both Spring and Summer registration. 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. Saturdays are included in your weekday registration for Summer (but not for Spring). The information below is also on the web site: <http://carletonmasters.tripod.com>.

Spring 2015: Mon May 4th to Sat Jul 4th; no workouts Mon May 18th or Wed Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 9382; cost: \$80+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 9383; cost: \$80+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **TBD**; barcode 9387; cost \$94+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: **TBD**; barcode 9388; cost: \$84+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except for: 10:45-11:55am May 16th; and 12:15-1:25pm Jun 27th and Jul 4th (shallow): Coaches: **rotating schedule**; barcode 9385; cost: \$32.50+HST

Summer 2015: Mon Jul 6th to Sat Sept 5th; no workouts Mon Aug 3rd

7:30am Earlybirds: 7:30-8:30am MWF and 12:15-1:25pm Sat (MWF deep; Sat shallow): Coaches: Weekdays: **Lynn**; Saturdays: **rotating schedule**; barcode 9384; cost: \$98+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Evenings: **TBD**; Saturdays: **rotating schedule**; barcode 9389; cost \$110+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat, except 8:15-9:25am Sept 5th (shallow): Coaches: **rotating schedule**; barcode 9386; cost: \$34+HST

Swimmer Notes

Swimmer Updates:

- **Mike Kujawski** (7:30am Earlybirds) and his wife, **Erika**, are thrilled to announce the birth of their daughter (and **Logan's** lil' sis), **Mila Mackenzie Kujawski**. She greeted them on **March 20th**, the "International Day of Happiness", at 4:24am, weighing in at a whopping 10lbs and 6 ounces. Both mom and baby are doing very well, and here's a photo:



- Congratulations to **Jamie Chalmers** (7:30am Earlybirds) on winning six medals (3 gold, 3 silver) at the Ontario Provincial Masters Swimming Championships in Etobicoke, held Apr 2nd-4th. Details in "Race Results," below.

- Carleton is now offering a text to park feature, for those who occasionally need to pay for parking on campus. Details here: <http://www.carleton.ca/parking/text2parkme>.

- **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:

- 100yr old Japanese Woman Becomes Oldest to Complete 1500m Freestyle in Competition (in 75min = 5min/100m):

<http://www.bbc.com/news/world-asia-32193642>

- FINA Moves Breaststroke from Swimming to Synchronized Swimming Category [published Apr 1st]:

<http://swimswam.com/fina-approves-major-changes-breaststroke-officially-moves-to-synchronized-swimming/>

- Eight Ways to Make this Your Best Swimming Year Yet: <http://swimswam.com/8-ways-to-make-this-your-best-swimming-year-yet/>

- Deepest Swimming Pool in the World (33m): <https://www.facebook.com/video.php?v=914741875255115&ref=nf>

- Training-Related Risk of Common Illnesses in Elite Swimmers over a 4-yr Period:

<http://www.ncbi.nlm.nih.gov/pubmed/25100341>

- 104yr old runs 100m dash: <https://www.youtube.com/watch?v=Jd-tgeKZiZw>

- Dragon War (like Tug-o-War in a Dragon Boat): <http://bleacherreport.com/articles/2409948-the-polish-have-invented-some-kind-of-new-paddling-tug-of-war-sport>

- How to have the VO2-max of a 35yr old at age 80: <http://www.hindawi.com/journals/crim/2015/909561/>

- "E" is for Eat Right: <https://fromathleticstozoe.wordpress.com/2015/03/15/e-is-for-eat-right/>

- Superfoods that are Better Together: <http://time.com/3739336/superfoods-better-together/>

- Swimmer Back Pain Exercises [thanks to **Jamie Chalmers** (7:30am Earlybirds)]: http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2630:low-back-pain-in-elite-competitive-swimmers&Itemid=974
- Rotator Cuff Injury Exercises [thanks to **Jamie Chalmers** (7:30am Earlybirds)]: https://www.youtube.com/watch?v=tP7fV_d7cDQ
- Gym Shorts: #10 Swiss Ball Hamstring Curl: <http://athletics.carleton.ca/2015/gym-shorts-episode-10/>; #11 Push Up: <http://athletics.carleton.ca/2015/gym-shorts-episode-11/>
- The Latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/03/27/this-week-in-food-health-and-fitness-4/>; <http://www.sheilakealey.com/2015/04/03/this-week-in-food-health-and-fitness-5/>

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.

The **6pm group** will be in the **shallow end on Tue Apr 7th** so that ROCS can use the bubbles.

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>.

Thanks to all who participated in the **800/1500 time trials on Tue Mar 24th / Wed Mar 25th**. There were lots of improvements! **Mary Lou Davies** (8:30am Earlybirds) improved her 800fs by 1:43!! **Andrew Dechamplain** (8:30am Earlybirds) improved his 1500fs by 2:09, and **Erin McLean** (8:10pm Whitecaps) improved hers by 1:57!! Others improving by over 1:00 in the 1500fs were: **Aaron Holtzman** (8:30am Earlybirds), **Matthew Tucciarone** (6pm Whitecaps), and **Megan Holtzman** (8:30am Earlybirds). The full list of improvements follows:

800fs (1)

Mary Lou Davies	1:43	EB2
-----------------	------	-----

1500fs (11)

Andrew Dechamplain	2:09	EB2
Erin McLean	1:57	WC3
Aaron Holtzman	1:33	EB2
Matthew Tucciarone	1:13	WC1
Megan Holtzman	1:09	EB2
Malika Shaath	45	EB1
Cynthia Nelson	33	WC3
Kristine Sanderson	32	WC2
Jordan Monnink	32	EB2
Seema Akhtar	15	WC1
Ursula Scott	3	EB1

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-Apr 1st; 37 workouts; range: 14-37; average: 23.2)

Perfect Attendance: **Harley G, Mike M**

Missed 2 Workouts: **Malika S**

Missed 3 Workouts: **Christian C, Ursula S**

Missed 4 Workouts: **Bruce B, Robin H**

8:30am Earlybirds (Jan 5-Apr 1st; 37 workouts; range: 16-24; average: 21.1)

Perfect Attendance: **Bill G**

Missed 1 Workout: **Colleen H**

Missed 3 Workouts: **Mark B**

Missed 4 Workouts: **Rod H**

6:00pm Whitecaps (Jan 5-Apr 2nd; 38 workouts; range: 18-30; average: 24.7)

Perfect Attendance: **Cam D, Mike L**

Missed 1 Workout: **Joanne D**

Missed 3 Workouts: **Nicole D**

Missed 4 Workouts: **Don W**

7:10pm Whitecaps (Jan 5-Apr 2nd; 38 workouts; range: 6-20; average: 13.8)

Perfect Attendance: **Joanie C**

8:10pm Whitecaps (Jan 5-Apr 2nd; 26 workouts; range: 4-13; average: 7.2)

Perfect Attendance: **Lynn B**

Missed 4 Workouts: **Erin M, Manuel L**

Ask the Coach

Dear Coach: Why do I tire more quickly when the water is warm? Hot Swimmer

Dear H. Swimmer: When we exercise, the body sweats to maintain our body temperature by cooling us down. If the surrounding water (or air if you're not in the water) is too warm, the body will not be able to maintain its usual temperature. As the body temperature rises, we become more fatigued. Extremely hot water or air can be dangerous and lead to heat stroke.

Dear Coach: What are the rules for backstroke? May I do double-arm backstroke in a competition? If so, do I have to use a breaststroke kick, or is freestyle or butterfly kick ok? Saw Some Strange Strokes at the Meet

Dear S.S.S.S.a.t. Meet: In backstroke, you may do anything you like as long as you are on your back. Thus all of the above are legal, as is elementary backstroke, water polo backstroke (one-arm with eggbeater kick), and regular backstroke, and any mixture of any kick that you like.

Dear Coach: I read somewhere that I should breathe out all the time when I swim. Is that correct? Can't do Pull Breathing Every Nine

Dear C.d.P.B.E. Nine: As we are more buoyant when our lungs are full of air, it is better to hold your breath (but not to the point of hyperventilation) after you breathe in. That said, unless you wear a noseclip, you will need to let a very small amount of air exit your nose (e.g. hum) so that water doesn't enter your nose. To succeed at breathing every nine, you need to relax and hold your breath for the first 6 or 7 strokes, and then exhale. You should exhale quite forcefully to ensure that you do breathe out all the way. A mistake beginner swimmers make is to forget to exhale properly, which means that they do not inhale properly and thus get very fatigued very quickly.

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.**

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/>
Sun Apr 26th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/wp-content/uploads/2014/12/Thornhill-April-26-2015.pdf>
Sun May 3rd Perth Masters Meet: <http://www.mastersswimmingontario.ca/events/perth-masters-meet-may-3/>
Fri-Mon May 15-18th Nationals, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=17263>
Sat Jun 6th Longueuil LC, Montreal (details TBD)
Sat Jul 11th Bring on the Bay 3k Open Water Swim, Ottawa <http://bringonthebay.com/>
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 Mar 15th Etobicoke LC 1500m Heart and Stroke Fundraiser

As reported last time, **Jamie** was Carleton's only swimmer. Full results are now available at: <http://mymsc.ca/ShowMeet.jsp?id=780>. Here's how he did:

Jamie Chalmers (7:30am Earlybirds; 70-74): 1st 1500fs (38:07.31)

Sat Mar 28th Special Olympics Swim Meet, Richcraft Complex, Kanata

Melanie Heroux (8:30am Earlybirds) participated in the meet, and **Robin Henderson** (7:30am Earlybirds) volunteered as a timer. Both of them had a great time! Congratulations to Melanie on two 1st places, and two 3rd places – she received some very nice ribbons! Her 25fl was a PB by 10 seconds! Full results here:

<http://gokingfish.ca/liveresults/meet/>. Here's how she did:

Melanie Heroux (8:30am Earlybirds; 30-39): 1st 50fl (39.96), 100IM (3:21.19); 3rd 100fs (2:42.23), 50bk (1:27.82)

Sun Mar 29th Around the Bay 30km Road Race, Hamilton (7277 participants)

Congratulations to **Susan** on a PB! Full results here: <http://www.sportstats.ca/display-results.xhtml?raceid=25227>. Here's how she did:

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 1508th overall; 374th woman, and 30th in category in 2:37.13.2 (2:35.44.3 chip)

Thu-Sat Apr 2-4th Ontario Masters Provincial Championships, Etobicoke

Jamie was again Carleton's only swimmer, although **Bill Westcott** swam for Nepean. Congratulations to Jamie on 2 gold and 3 silver medals, and placing 44th "team" out of 64. Full results here:

<http://www.eswim.ca/realtime/index.htm>. Here's how they did:

Jamie Chalmers (7:30am Earlybirds; 70-74): 1st 400fs (8:28.97), 200fl (5:47.90), 400IM (9:52.19); 2nd 50bk (48.50), 100bk (1:52.23), 200bk (4:09.33)

Bill Westcott (6pm Whitecaps; 55-59): 3rd 100br (1:19.47); 4th 50br (36.36), 100IM (1:12.16); 5th 200fs (2:25.77); 6th 50fs (28.77)

2015 Statistics Summary: 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 **Apr 1st**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Spring and Summer is coming soon. Please let me know if you are interested in a lesson.

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>