

Lynn Marshall

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Sent: April-27-15 10:38 AM
To: naren@sce.carleton.ca
Cc: Lynn Marshall
Subject: FW: Carleton Masters Swimming Newsletter #390

Testing...

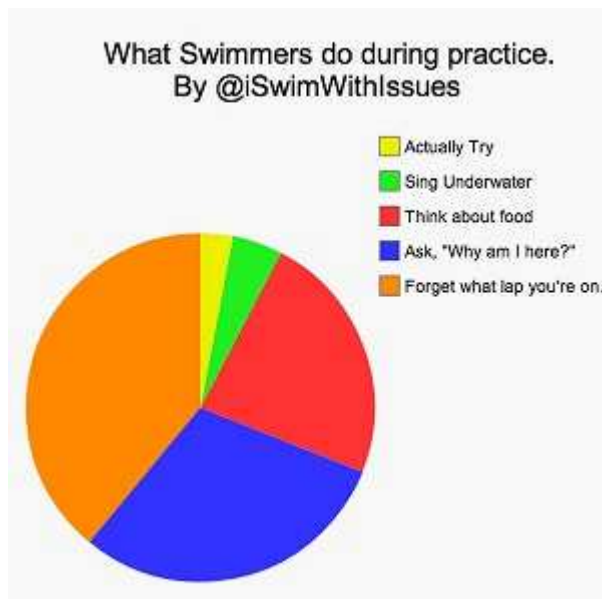
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Subject: Carleton Masters Swimming Newsletter #390

Carleton Masters Swimming Newsletter #390

Monday, April 27th, 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)



Masters Program Notes and Cancellations

- The Masters Spring session starts on **Mon May 4th**.
 - A reminder that the change room renovations are ongoing. Details below.
- Saturday swimmers: The **Sat May 16th workout is from 10:45-11:55am**.
- There are **no workouts on Mon May 18th** (Victoria Day).
- Registration is now open for both Spring and Summer Masters. Full details near the end of the newsletter, with the regular evening coaches added.

- There is still space in all groups for both Spring and Summer. (7:30am is nearly full for Spring.)
- The Spring/Summer workout themes and Saturday coaches can be found here: <http://carletonmasters.tripod.com/mastplansprsum15.pdf>.
- 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/>.

Athletics Renovations Updates

The Athletics renovations are scheduled to finish on **Sun May 10th**. Thus, for the first week of the term, **the Alternate Needs Change Room will be for women only**. (Women may also use the adjacent Instructor's Room.) The men may use their usual change room, but the nearest washrooms to the pool are by the Fieldhouse. Full details here: <http://athletics.carleton.ca/2015/spring-2015-maintenance-schedule/>.

Swimmer Notes

Swimmer Updates:

- Please take the time to complete this **Masters Swimming Canada survey**, either in English: <https://www.surveymonkey.com/s/MSC2015ON> or in French: <https://fr.surveymonkey.com/s/MSC2015ONF>. Thanks!
- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps. 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! Caps are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. This is what the caps look like:



News and Links:

- A Comparison of the Men's 100m Freestyle Olympic Medalists: <https://www.facebook.com/174520961109/videos/10153809236011110>
- Michael Phelps Hopes to Compete in Rio Olympics: <http://bleacherreport.com/articles/2431842-michael-phelps-announces-he-hopes-to-compete-in-2016-rio-olympics>
- How Grant Hackett Made it Back on the Australian Swim Team: <http://theconversation.com/how-grant-hackett-made-it-back-to-championship-swimming-39855>
- Swimmers are the Best Lovers [thanks to Kevin Nelson (6pm Whitecaps)]: <http://edition.cnn.com/2015/04/15/sport/swimmers-are-the-best-lovers-survey/>
- 100% Waterproof Smart Watch for Swimmers: <http://www.digitaltrends.com/sports/dont-drown-iwatch-swimmo-smartwatch-swimmers/>
- Western Kentucky U Swim Team Suspended 5 Years Due to Hazing: <http://swimswam.com/western-kentucky-university-suspends-swimming-diving-program-for-5-years-in-light-of-hazing-allegations/>
- What We can Learn from Runner Haile Gebrselaisse about Carbs: <http://jennifersygo.com/blog/sports-nutrition-update-what-we-can-learn-about-carbs-from-haile-gebrselaisse/>
- From **Sheila Kealey**: <http://www.sheilakealey.com/2015/04/17/this-week-in-food-health-and-fitness-7/> and <http://www.sheilakealey.com/2015/04/24/this-week-in-food-health-and-fitness-8/>
- Gym Shorts #12 Abs Roll Out: <http://well.blogs.nytimes.com/2015/04/15/the-right-dose-of-exercise-for-a-longer-life/> and #13 (Season Finale) Plank with Tuck and Pike: <http://athletics.carleton.ca/2015/gym-shorts-season-finale/>

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.

Spring 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: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays (10:45am May 16th; 12:15pm Jun 28th and Jul 4th): Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Mits is coaching for **Sean** on **Mon May 4th** and **Mon May 11th**. I am coaching for **Sean** on **Thu May 7th**.

Note that **Whitecaps** will be in the **shallow end during the last week of the session**, due to the start of the Water polo league.

Fin Day:

Thu May 28th / Fri May 29th

Time Trials:

Thu Jun 4th / Fri Jun 5th: 400fs or IM

Tue Jun 9th / Wed Jun 10th: 200 choice

Mon Jun 15th: 800 / 1500fs

Thu Jun 25th / Fri Jun 26th: 50 choice and 100 choice

Thu Jul 2nd / Fri Jul 3rd: fun day (relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum15.pdf>.

Ask the Coach

Dear Coach: I still have problems using the pace clock. Any suggestions? Puzzled by Pace Clock

Dear P.b.P. Clock: Practice makes perfect! Keep at it, and you'll become more familiar. Some swimmers find that sitting down with a piece of paper and pen and doing a bit of math makes things a bit easier. Here's a Pace Clock Math quiz that may help: <http://www.gamesgimmickschallenges.com/ppt.htm> (scroll down to “pace clock quiz” near the bottom).

Dear Coach: Last summer we were able to use two lanes in the shallow end when the 7:30am group to accommodate extra busy lanes and slower swimmers. Will that be an option this year? Considering My Options

Dear C.M. Options: Yes, if the Summer 7:30am registration is high we will be able to use 2 lanes in the shallow end, in addition to the deep end.

Dear Coach: Is it permissible to do breaststroke kick in butterfly? Fly Kick Challenged

Dear F.K. Challenged: In age group and open competitions (e.g. the Olympics), it is not permitted. In Masters competitions, breaststroke kick is permitted in butterfly. However, for swimmers competing in disabled swimming categories, it is not permitted. (Complicated, eh?) In addition, while you may do an unlimited number of butterfly kicks per stroke in fly, you may do at most one breaststroke kick per stroke. You may also mix the two. Thus, in Masters competitions, for each stroke you may do as many fly kicks as you like and, optionally, one breaststroke kick.

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. 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 May 3rd Perth Meet CANCELLED

Fri-Mon May 15-18th Nationals, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=17263>

Sat Jun 6th Longueuil LC, Montreal (details TBD)

Sat Jun 20th Charity Open Water Swims, Langton, ON <http://www.mastersswimmingontario.ca/events/waves-of-hope-three-to-be-charity-open-water-race-june-20/>

Sat Jun 27th Technosport Meech Lake 2k Swim (details TBC; MSO registration not required)

Sat Jul 4th Kingston to Wolfe Island 5.5km Open Water Swim <http://debo345.wix.com/kingwolfswim> (MSO registration not required)

Sat Jul 11th Bring on the Bay 3k Open Water Swim, Ottawa <http://bringonthebay.com/> (MSO registration not required)

Sat Jul 25th Technosport Meech Lake 3k Swim (details TBC; MSO registration not required)

Aug 5-16th World Masters Swimming Championships, Kazan, Russia <http://masters.kazan2015.com/en>

Sun Aug 9th Welland Open Water Swims <http://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-august-9-2015/>

Sat Aug 15th Technosport Meech Lake 4k Swim (details TBC; MSO registration not required)

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

Sat Apr 18th Special Olympics Provincial Summer Games 2016 Qualifier Swim Meet

Melanie Heroux (8:30am Earlybirds) participated in this meet. She swam 100fs, 50bk, 25fl, 50fl, and 100IM, and earned lots of ribbons. Her coaches have noticed an improvement in her strokes, so she's happy about that.

Sun Apr 19th New Orleans Ironman 70.3 Triathlon (1.9k/90k/21.1k; 1726 competitors)

Congratulations to **Jordan Monnik** (8:30am Earlybirds) on a great race. **Jordan** was 25th overall out of 1726! competitors! Full results here: <http://www.ironman.com/triathlon/events/americas/ironman-70.3/new-orleans/results.aspx#axzz3YMy6rpjm>.

Jordan Monnik (8:30am Earlybirds; Pro): 25th overall and 19th in category in 4:13.36 (22:05 swim)

Sun Apr 19th Technosport Swim Meet, U of Ottawa

I was Carleton's only swimmer. Full results here: <http://mymisc.ca/ShowMeet.jsp?id=795>

Lynn Marshall (Coach; 50-54): 1st 50fs (30.31), 200fs (2:19.66), 50bk (36.87), 100fl (1:13.90), 100IM (1:16.23), 200IM (2:41.17)

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 17th**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Spring and Summer is coming soon, and will include Mon and Fri 9:35-10:35am. 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

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: Mon/Thu: **Sean**; Tue: **Mits**; barcode 9387; cost \$94+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; 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: Mon/Thu: **Sean**; Tue: **Mits**; 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

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>