

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: May-10-15 8:18 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 #391

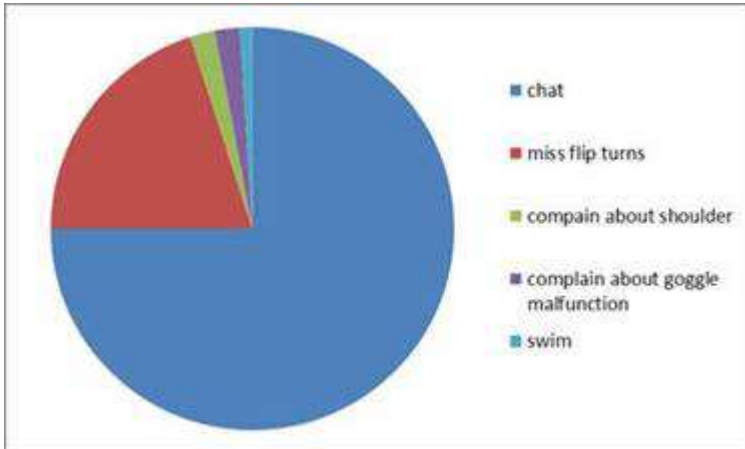
Carleton Masters Swimming Newsletter #391

Sunday, May 10th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014, Winter 2015, Spring 2015, and Alumni 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (28 addresses), 8:10pm Whitecaps III (15 addresses), Saturday Only (7 addresses), Masters "Alumni" (25 addresses)

Thanks to **Dave Grynspan** (6pm Whitecaps) aka "**Chatty Dave**" for sending in this pie chart of what he does during swim workout:



Masters Program Notes and Cancellations

- The Masters Spring session is underway.
 - Saturday swimmers: a reminder that the **Sat May 16th workout is from 10:45-11:55am.**
 - There are **no workouts on Mon May 18th** (Victoria Day).
- Registration is open for both Spring and Summer Masters. Full details near the end of the newsletter.
 - The 7:30am group is now full for Spring with a wait list available. If you are on the wait list, please let me know!

Athletics Renovations

Until the washroom upgrades are completed in the men's and women's change rooms, the alternate needs and women's instructor rooms will remain available to women only. In those two rooms (which are connected) you will find lockers, showers, sinks, and toilets. Men may use the washroom in the men's instructor room, and may also use the pool staff washroom.

Swimmer Notes

Swimmer Updates:

- Best of luck to the Carleton swimmers racing at Masters Nationals in Montreal next weekend (<http://www.cmsc2015.com/en/>): **Bill Westcott** (6pm Whitecaps), **Claire Robinson** (7:30am Earlybirds), **Ian Lorimer**

(7:30am Earlybirds) **Jamie Chalmers** (7:30am Earlybirds), **Larry Durr** (7:30am Earlybirds), **Natalie Aucoin** (8:30am Earlybirds), and **Robin Henderson** (7:30am Earlybirds).

- Some time back I posted a link for those interested in applying to participate in the Pan Am Games torch relay. I applied and just found out that I was selected! I'll be "running" 200m with the torch somewhere in Ottawa sometime on **Tue Jun 30th**. I'll post more details once I have them in the hope of having some supporters present!

- 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/MS2015ONF>. 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:

- Swimming Canada Mourns Death of Coach Randy Bennett: <http://www.swimvortex.com/swimming-mourns-canada-national-coach-randy-bennett-mentor-to-ryan-cochrane/>
- Swimming Race up the Locks in Glasgow: <https://www.youtube.com/watch?v=4tnFBat06gY>
- Swimmers Always Come Back for Seconds: http://www.thestar.com/life/food_wine/fed/2015/04/30/swimmers-always-come-back-for-seconds-fed.html
- Apple Watch Survives Shower and Swimming: <http://www.geek.com/apple/apple-watch-survives-hot-shower-swimming-repeated-submersion-1621344/>
- Why Shower Before a Swim (in French): <http://ici.radio-canada.ca/nouvelles/societe/2015/04/24/008-piscines-interieures-chlore-douche-sante.shtml>
- Woman Wins Half-Marathon While 20 Weeks Pregnant (and has 10 month old!): http://running.competitor.com/2015/04/news/stephanie-rothstein-bruce-wins-slo-half-marathon-20-weeks-pregnant_127328
- The Best 101 Sports Facts: <http://ftw.usatoday.com/2015/04/best-101-sports-facts-trivia-crazy-amazing-incredible-babe-ruth-michael-phelps-michael-jordan>
- The Right Dose of Exercise for a Longer Life: <http://well.blogs.nytimes.com/2015/04/15/the-right-dose-of-exercise-for-a-longer-life/>
- Dietary Supplements Shown to Increase Cancer Risks: <http://www.coloradocancerblogs.org/dietary-supplements-shown-to-increase-cancer-risk/>
- Muscle Supplements Linked to Increased Cancer Risk: <http://www.futurity.org/testicular-cancer-muscle-supplements-896242/>
- Do Microwaves Degrade Food Nutrients?: <http://well.blogs.nytimes.com/2015/04/24/ask-well-do-microwaves-degrade-food-nutrients/>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/04/27/food-sources-of-iron/>, <http://www.sheilakealey.com/2015/04/30/this-week-in-food-health-and-fitness-9/>, <http://www.sheilakealey.com/2015/05/08/this-week-in-food-health-and-fitness-10/>

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 coached for **Sean** on **Mon May 4th**, and **I** coached for **Sean** on **Thu May 7th**. **Tim** coached for **Claudia** on **Sat May 9th**.

Mits is coaching for **Sean** on **Mon May 11th**. (**Sean** is back **Thu May 14th**.) **Sean** will coach for **Mits** on **Tue May 19th**.

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>.

Thanks to those who participated in the 25m dps (distance per stroke) freestyle drills in the morning group, and to both the evening and morning swimmers who participated in the 50m freestyle swimming golf. Here are the best scores:

dps (number of freestyle strokes [1 per arm] for 25m):

1: Mark Blenkinsop (8:30am Earlybirds) and **Sebastien Robillard-Cardinal** (8:30am Earlybirds)

2: Natalie Aucoin (8:30am Earlybirds) and **Tony Revitt** (8:30am Earlybirds)

3: Kevin Graham (7:30am Earlybirds) and **Matthew Tucciarone** (7:30am Earlybirds)

golf (number of freestyle strokes [1 per arm] plus number of seconds for 50m):

57: Mark Blenkinsop (8:30am Earlybirds)

61: Tony Revitt (8:30am Earlybirds)

63: Dave Bourdon (7:30am Earlybirds)

64: Alex Bronson (7:10pm Whitecaps)

Here are the weekday attendance statistics. Great to see so many swimmers with perfect attendance for week #1. Keep it up!

7:30am Earlybirds (May 4-8th: 3 workouts; range: 29-32; average: 30.7)

Perfect Attendance: **Brad O, Bruce B, Christian C, Christiane W, Cory F, Dave B, Ethan D, Harley G, Jamie C, Jim L, Kevin G, Kim F, Larry D, Malika S, Matthew T, Miguel C, Mike K, Norine N, Robin H, Sandy L, Susan H, Susan N-Y, Ursula S**

8:30am Earlybirds (May 4-8th: 3 workouts; range: 17-24; average: 20.0)

Perfect Attendance: **Bill G, Bob T, Colette K, Colleen H, Jerome C, Margaret DK, Marie-Odile J, Mark B, Melanie H, Natalie A, Rod H, Tony R**

6:00pm Whitecaps (May 4-7th: 3 workouts; range: 19-21; average: 19.7)

Perfect Attendance: **Cindy S, Deb L, Elaine Y, Isaac FM, Julie M, Marg E, Mike L, Nicole D, Peter L, Siobhan M**

7:10pm Whitecaps (May 4-7th: 3 workouts; range: 12-17; average: 15.0)

Perfect Attendance: **Alex B, Amanda C, Joanie C, Justine S, Mike H, Nicole M, Sylvia W**

Ask the Coach

Dear Coach: What is the minimum age for Masters Swimming? My Son is Interested

Dear M.S.i. Interested: To train with Carleton Masters, the minimum age is 14, as that's the minimum age to purchase an Athletics Membership. To compete in Canadian Masters Swimming competitions, the minimum age is 18. To compete in International Masters Swimming competitions (like the Masters World Championships), the minimum age is 25.

Dear Coach: I'm new to Carleton Masters swimming. Can you please tell me how it works? New Swimmer

Dear N. Swimmer: We set the lanes up by speed. Ask your coach if you're not sure what lane to swim in. The coach will write a workout on the black board, but will also explain each part as the workout progresses. For the first month of the term, the general plan will be a 20min warm-up, followed by some stroke drills, then a main set, with the last few minutes for warm-down. After the first month, the usual plan is 20-30min warm up, a main set, and a warm-down, except for days with special sets that everyone does together, where everyone will finish the warm up after 20min. As far as the workout, if anything is unclear, just ask your coach. Also, if you want more feedback on your stroke(s), just ask your coach for some tips.

As far as general swimming etiquette, please remember to put your equipment (kick board, pull buoy) by your lane before you start, and put it away when you're finished. Please don't get in the pool before the workout starts, and exit promptly at the end of the swim. If you arrive late, just join in with your lane-mates. If you need to get out early, do your warm-down without interfering with your lane-mates. Keep to either edge of your lane when you stop so that others can turn and/or finish on the wall. If you get a long way ahead or fall behind, ask your coach if there's a better lane for you. If you do need to pass another swimmer, pass with caution as the other swimmers have the right of way (turn onto your stomach if you are doing backstroke). While you should be able to pass or be passed without stopping, please stop if a collision is imminent!

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2015-2016 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.**

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 participated in this meet, and we now have the official results. Congratulations to Melanie on her medals and ribbons!

Melanie Heroux (8:30am Earlybirds): 1st: 100fs (2:40.63); 2nd: 25fl (40.31), 50fl (1:48.91), 100IM (3:32.06)

Sat May 2nd Special Olympics Swim Meet in Montreal

Melanie Heroux (8:30am Earlybirds) participated and had another excellent and fun competition.

Sun May 3rd Toronto Half-Marathon

Congratulations to **Lucie** on a great race! Full results here: <http://results.torontomarathon.com/results.php>.

Lucie Boudreau (8:30am Earlybirds): 832nd overall and 229th woman in 1:52:11 (1:51:07)

Fri-Mon May 15-18th National Masters Swimming Championships, Montreal

Seven Carleton swimmers are participating. Five are swimming for Carleton (CAPS): **Claire Robinson** (7:30am Earlybirds), **Ian Lorimer** (7:30am Earlybirds), **Jamie Chalmers** (7:30am Earlybirds), **Natalie Aucoin** (8:30am Earlybirds), and **Robin Henderson** (7:30am Earlybirds). In addition **Larry Durr** (7:30am Earlybirds) is competing for Technosport (TECH), and **Bill Westcott** (6pm Whitecaps) is competing for Nepean (NEP). Details, including psych sheets and meet timeline are here: <http://www.cmssc2015.com/en/>.

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

Here is the current Spring schedule. More times may be added later:

Tue May 12th 4-5pm

Thu May 14th 4-5pm

Fri Jun 12th 9:35-10:35am

Fri Jun 19th 9:35-10:35am

Mon Jun 22nd 9:35-10:35am

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

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