

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: May-24-15 2:11 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 #392

Carleton Masters Swimming Newsletter #392

Sunday, May 24th, 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 (44 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (7 addresses), Masters "Alumni" (25 addresses)

"The world is full of people who have dreams of playing at Carnegie Hall, of running a marathon, and of owning their own business. The difference between the people who make it across the finish line and everyone else is one simple thing: an action plan." – John Tesh

Masters Program Notes and Cancellations

- The Spring session ends on **Sat Jul 4th**.
- There are **no workouts** on **Wed Jul 1st**.
- The Summer session runs from **Mon Jul 6th** to **Sat Sept 5th**.
- Saturday swimmers please note:
 - Until **Sat Jun 20th** all Saturday workouts are from **8:15-9:25am**.
 - From **Sat Jun 27th** until **Sat Aug 29th** all Saturday workouts are from **12:15-1:25pm**.
 - On **Sat Sept 5th** workout is from **8:15-9:25am**.
- 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 Update

The alternate needs change room toilet is now available to both men and women. Until the washroom upgrades are completed in the men's and women's change rooms, the women's instructor rooms will remain available to all women, and the men's instructor room to all men. The entrance to the men's change room is via the squash court hallway. The renovations are expected to finish in mid-June.

Swimmer Notes

Swimmer Updates:

- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week at the Bob MacQuarrie Pool in Orleans on Sundays from 4:30-5:30pm. Please pass this on to anyone else who may be interested. For more details, contact **Mélanie Héroux** at: saku_fan@hotmail.com.

- I now have the details of my 200m Pan Am Torch Run! It will be at approximately **12:55pm on Tue Jun 30th**, on **Churchill Ave North from street numbers 514-518 to 461**. (From south of Churchill at Kenwood to north of that intersection.) My route may vary slightly but I'm told that my torchbearer number (043) will be on a utility pole or other landmark indicating my start point. Spectators, supporters, and hecklers are welcome!

- **Bud Brannigan** (8:30am Earlybirds) is now back in Brisbane (where he swims in an outdoor pool at the University of Queensland, year round!) and has sent news of Australia's first Ultraman triathlon: <http://www.abc.net.au/news/2015-05-09/australia-first-ultraman-triathlon-noosa-endurance-race/6457770> which had one Canadian participant: <http://www.sunshinecoastdaily.com.au/photos/ultraman-noosa/31256/#/5>. **Bud** suggests that participating in this event next year would be a good reason to visit him next May!

- Here's the Masters Swimming Canada Spring Newsletter: http://mymsc.ca/Features/201505/Spring15News_en.pdf.

- **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:

- Paddle-boarder visited by Orca [thanks to **Tony Revitt** (8:30am Earlybirds) for this one]: <http://globalnews.ca/news/2009531/watch-orca-nibbles-mans-paddle-board-in-amazing-gopro-video/>
- The Myth of Losing Speed: <http://www.scienceofrunning.com/2015/04/the-myth-of-losing-speed.html>
- Aerobic Ability Stays as You Age: <http://www.runnersworld.com/running-tips/aerobic-ability-stays-with-you-as-you-age>
- Why Some Get Fitter than Others: <http://well.blogs.nytimes.com/2015/04/29/why-some-people-get-fitter-than-others/>
- Supplements for Every Athlete: <http://www.eattoperform.com/2015/01/26/supplements-that-every-athlete-should-be-taking/>
- Why Runners Can't Eat Whatever They Want: <http://www.wsj.com/news/articles/SB10001424052702303949704579461381883678174>
- How to Prevent Colds after Training Long and Racing: http://www.runnersweb.com/running/news_2015/rw_news_20150429_IAWR_Colds.html#.VUDMw_pyXX4.facebook
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/05/15/this-week-in-food-health-and-fitness-11/>, <http://www.sheilakealey.com/2015/05/22/this-week-in-food-health-and-fitness-12/>, <http://www.sheilakealey.com/2015/05/13/double-chocolate-peanut-butter-energy-bites/>

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.

Thanks to **Mits** for coaching for **Sean** on **Mon May 11th**, and to **Sean** for coaching for **Mits** on **Tue May 19th**.

Sean will also coach for **Mits** on **Tue May 26th**.

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) breaststroke and backstroke drills in the morning group. Here are the best scores:

dps (number of breaststroke strokes [excluding underwater pull-out] for 25m):

2: Tony Revitt (8:30am Earlybirds)

3: Fiona Hill (7:30am Earlybirds)

dps (number of backstroke strokes for 25m):

1: Mark Blenkinsop (8:30am Earlybirds)

3: Tony Revitt (8:30am Earlybirds)

4: Ethan Dufour (7:30am Earlybirds)

Here are the weekday attendance statistics. Still quite a large number of swimmers with perfect attendance. Keep it up!

7:30am Earlybirds (May 4-20th: 8 workouts; range: 25-33; average: 28.9)

Perfect Attendance: **Brad O, Bruce B, Christian C, Christiane W, Cory F, Harley G, Malika S, Matthew T, Norine N, Susan H, Susan N-Y, Ursula S**

8:30am Earlybirds (May 4-20th: 8 workouts; range: 16-26; average: 21.3)

Perfect Attendance: **Bill G, Bob T, Colleen H, Margaret DK, Marie-Odile J, Mark B, Rod H, Tony R**

6:00pm Whitecaps (May 4-21st: 8 workouts; range: 19-27; average: 22.3)

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

7:10pm Whitecaps (May 4-21st: 8 workouts; range: 12-17; average: 14.8)

Missed 1 Workout: **Joanie C, Justine S**

Ask the Coach

Dear Coach: How many strokes per length (25m) should I take in freestyle? 28 Strokes Per Length

Dear 28.S.P. Length: The number of strokes per length varies widely amongst swimmers, although faster swimmers generally have a lower stroke count than slower swimmers. Fifteen is very very good; 20 is good; 25 is fair... The number of strokes depends on how good your turns and push-offs are, your stroke length, and your kick speed, and is related to your height and the power you generate in the water. If you can reduce your stroke count without increasing

the effort (or decreasing your speed), you will be more efficient in the water. To reduce your stroke count, work on your turns: push off in a streamlined position, hold it a little longer than usual and don't take your first breathe on the first stroke. Also, try to pause at the top/bottom of each stroke to take advantage of the fact that you move faster when you are "long" in the water. Keep your head down so that your hips are high and in a streamlined position. Work on a more efficient kick, especially on shorter distances. You can also experiment with the number of strokes you take and time yourself to find what is the most efficient for you.

Dear Coach: I'm still having problems with the pace clock. Any more suggestions? Stumped by Pace Clock

Dear S.b.P. Clock: Here's a video that may help. (Thanks to **Lee Storm** for this link.) <http://loneswimmer.com/2015/05/13/how-to-an-introduction-to-the-pace-clock-for-beginner-improving-swimmers/>

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.**

Sat Jun 6th Longueuil LC, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=16405>
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.)

Sun May 10th Sporting Life 10km Run, Ottawa (1421 participants)

Congratulations to **Margaret King** (7:30am Earlybirds) and **Susan Nevitt-Yelle** (7:30am Earlybirds) on placing so well in this inaugural run in Ottawa! Full results here: <http://www.sportstats.ca/display-results.xhtml?raceid=25809>.

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 124th overall; 34th woman and 3rd in age group in 46:26.5
Margaret King (7:30am Earlybirds; 50-54): 286th overall; 114th woman and 7th in age group in 51:35.2

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

Six Carleton swimmers participated. Five were 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) competed for Technosport (TECH). Congratulations to all on the great results. Lots of medals and six club records. Three club records were set by **Robin**, two by **Jamie**, and one by **Ian**. The updated club records can be found here: <http://carletonmasters.tripod.com/150518.Records.pdf>. Also, Carleton placed 53rd out of 129 clubs, despite only 5

swimmers! Full results here: <http://www.swimrankings.net/services/CalendarFile/12858/live/index.html>. Here's how the Carleton swimmers did:

Robin Henderson (7:30am Earlybirds; 55-59): 6th 800fs (14:34.42 Club Record and PB), 1500fs (27:51.42 Club Record; 800 split 14:43.50 Club Record)

Natalie Aucoin (8:30am Earlybirds; 40-44): 6th 50fl (34.47); 8th 50fs (32.23 PB); 12th 200fs (2:44.16 PB); 15th 100IM (1:26.10 PB)

Claire Robinson (7:30am Earlybirds; 45-49): 11th 50fs (34.90); 12th 100br (1:45.13); 14th 200fs (3:00.35)

Jamie Chalmers (7:30am Earlybirds; 70-74): 2nd 200fl (5:55.71), 200IM (4:18.33), 400IM (9:52.14); 3rd 200bk (4:02.88 Club Record); 4th 50bk (47.22 Club Record), 100fl (2:25.21); 5th 100bk (1:48.35)

Ian Lorimer (7:30am Earlybirds; 55-59): 12th 50fl (38.78); 13th 50fs (32.70); 20th 200fs (2:50.41 Club Record)

Relays:

4x50FR 200+: **Jamie, Natalie, Claire, Ian**: 1st 2:20.61 (excellent job on the relay takeovers as this team actually finished 5th, but all 4 teams ahead of them were disqualified for having a swimmer leave early!!)

Larry Durr (7:30am Earlybirds; 75-79 swimming for Tech): 2nd 50bk (44.96), 50br (49.38), 100br (1:52.06), 200br (4:11.58); 3rd 100bk (1:48.81), 200bk (4:04.06)

Sat May 16th Early Bird Sprint Triathlon, Carleton University (500m/23.6km/5km; 226 participants)

Congratulations to **Lisa Tauskela** (7:10pm Whitecaps), **Aaron Holtzman** (8:30am Earlybirds), and **Tony Revitt** (8:30am Earlybirds) on their great races! Full results here: <http://www.sportstats.ca/display-results.xhtml?raceid=25866>. (If I missed anyone, let me know!)

Tony Revitt (8:30am Earlybirds; 40-44): 15th overall; 14th man and 1st in category in 1:17:38.5

Aaron Holtzman (8:30am Earlybirds; 40-44): 16th overall; 15th man and 2nd in category in 1:17:45.0 (6.5 seconds behind Tony!)

Lisa Tauskela (7:10pm Whitecaps; 16-17): 195th overall, 91st woman and 2nd in category in 1:55:19.4

Sat-Sun May 23-24th Ottawa Race Weekend

Thanks to **Debby Whately** (6pm Whitecaps) for volunteering all weekend yet again. **Susan Nevitt-Yelle** (7:30am Earlybirds) competed in the marathon and **Christian Cattan** (7:30am Earlybirds) in the half marathon. I'm sure I've missed lots of other swimmers, so please let me know if you participated. Full results: <http://www.sportstats.ca/>.

Marathon (4652 participants)

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 1400th overall, 219th woman, and 11th in age group in 3:42:51

Half-Marathon (11608 participants)

Christian Cattan (7:10am Earlybirds; 35-39): 861st overall, 719th man, and 143rd in age group in 1:39.11

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 **May 13th**).

Private and Semi-Private Masters Swim Lessons

Here is the current Spring schedule. Some evening times will be added for Summer:

Fri Jun 19th 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

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

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