

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: June-07-15 9:11 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 #393

Carleton Masters Swimming Newsletter #393

Sunday, June 7th, 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)

Here's a photo of **Jamie Chalmers (7:30am Earlybirds)** receiving one of his medals at Nationals:



Masters Program Notes and Cancellations

- The Spring session ends on **Sat Jul 4th**.
- Workouts run as usual during this coming convocation week.
- 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:

- Congratulations to **Andrea Mrozek** (6pm Whitecaps) on her marriage to **Nick Zahn** on May 9th at the Britannia Yacht Club, followed by a honeymoon in Antigua. She says that she did a little snorkeling but no swimming and drank too many pina coladas, so she is out of shape and that Chatty Dave (aka **Dave Grynspan**) will now be able to beat her in timed swims (until she's back in shape)! Here's a "Blue Steel Look" wedding photo:



- Condolences to **Madelayne DeGrace** (7:30am Earlybirds) and her family on the sudden passing of her father, **Dr. Michel DeGrace**: <http://www.legacy.com/obituaries/ottawacitizen/obituary.aspx?pid=175007254>. Michel was a level five swimming official and worked at many of the local Technosport swim meets. He will be greatly missed.

- Congratulations to Anne Trepanier (8:30am Earlybirds) on receiving a Carleton teaching award: <http://carleton.ca/edc/2015/announcing-the-2015-carleton-university-teaching-award-winners/>.

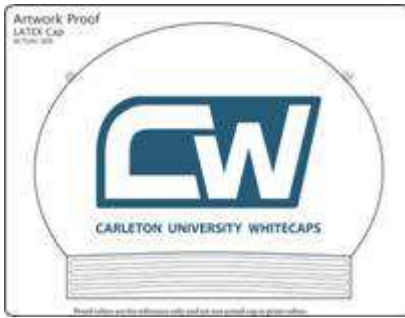
- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week at the Bob MacQuarrie Pool in 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.

- Thanks to **Lisa Meyer** (8:30am Earlybirds) for brining this inspiring result to my attention. On Thu Jun 4th a women's pro cycling race was held in Gatineau, with competitors from all over the world. The winner, **Kirsten Wild**, from the Netherlands was born in **1962**, and turns 53 later this year! <http://grandprixcyclistegatineau.com/wp-content/uploads/2015/06/ROUTE-RESULTATS.pdf>.

- **Lucie Boudreau** (8:30am Earlybirds; boudreau21@sympatico.ca) has kindly agreed to organize a cheering section for my Pan Am Torch Run. She suggests meeting at Equator Coffee, 412 Churchill Ave N (just south of Richmond Rd) at **noon on Tue Jun 30th**. It's probably a good idea to be at the starting point of my 200m run (near 514-518 Churchill) by 12:30pm, as the 12:55pm start time is an estimate. Please let Lucie know if you plan to meet her there.

- **Bud Brannigan** (8:30am Earlybirds) reports that it's now winter in Brisbane, but they continue to brave the "cold" weather (7C) and swim outdoors (in a heated pool). Many of his teammates are still wearing shorts for the post-swim coffee after their 5:30am swim!

- **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:

- Four Reasons Masters Swimmers Should Strength Train: <http://www.swimmingworldmagazine.com/news/4-reasons-masters-swimming-strength-training/>
- Five Stages to Becoming a Distance Swimmer (thanks to **Lee Storm** for this one): <http://www.swimmingworldmagazine.com/news/5-stages-to-becoming-a-distance-swimmer/>
- High Risk Takers Start Fast; Low Risk Takers Finish Fast: <http://www.ncbi.nlm.nih.gov/pubmed/25202846>
- You Cannot Succeed without Resilience: <http://www.leadingmenonly.com/resilience>
- Athletes Shouldn't Skip Breakfast as it Effects Performance: <http://www.ncbi.nlm.nih.gov/pubmed/25970668>
- Warm Weather, Dehydration, and Swimmers: <http://coachrickswimming.com/2015/05/24/warm-weather-dehydration-and-swimmers/>
- Don't Drink so Much Water During Exercise: New Research [thanks to **Alan Hunt** (8:30am Earlybirds)]: <http://www.cyclingweekly.co.uk/news/latest-news/dont-drink-so-much-water-during-exercise-new-research-says-159490>
- Stop Killing the Elderly with Kindness: <http://blogs.plos.org/obesitypanacea/2015/06/02/dont-kill-grandma-with-kindness/>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/05/29/this-week-in-food-health-and-fitness-13/>, <http://www.sheilakealey.com/2015/06/05/this-week-in-food-health-and-fitness-14/>

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 **Sean** for coaching 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 **400m** time trials on **Thu Jun 4th / Fri Jun 5th**. This time there were no takers for the 400IM, but many improvements in the 400fs. Led by **Sarah Clement** (7:10pm Whitecaps) and **Mary Lou Davies** (8:30am Earlybirds), here is the full list:

400fs (12)

Sarah Clement (7:10pm Whitecaps) 38.6
Mary Lou Davies (8:30am Earlybirds) 37.4
Ethan Dufour (7:30am Earlybirds) 27.6
Jean Kneale (7:10pm Whitecaps) 19.0
Miguel Chavaz (7:30am Earlybirds) 11.3
Jerome Cyr (8:30am Earlybirds) 10.8
Bill Gregg (8:30am Earlybirds) 10.6
Marie-Odile Junker (7:30am Earlybirds) 3.9
Justine Schweizer (7:10pm Whitecaps) 3.5
Fiona Hill (7:30am Earlybirds) 3.3
Ursula Scott (7:30am Earlybirds) 2.8
Pam Dilawri (8:30am Earlybirds) 1.2

Here are the weekday attendance statistics. Still quite a large number of swimmers with perfect attendance. Keep it up! (The evening attendance will be updated next time.)

7:30am Earlybirds (May 4-Jun 5th: 14 workouts; range: 22-33; average: 26.7)
Perfect Attendance: **Cory F, Harley G, Malika S, Marie-Odile J, Ursula S**
Missed 1 Workout: Christian C, Matthew T, Miguel C

8:30am Earlybirds (May 4-Jun 5th: 14 workouts; range: 13-27; average: 20.5)
Perfect Attendance: **Bill G, Colleen H, Mark B, Rod H**
Missed 1 Workout: **Renee 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: Why do you ask us to do 8 x 50 of the drills, rather than 4 x 100 or just 400m straight? Practicing My Drills

Dear P.M. Drills: There are two reasons for the 10 second breaks between 50s. First, when you are learning a new technique, it is important to be fresh physically and mentally. The short break allows you to concentrate better on each 50m. Second, it's easier for me to give feedback if you stop after every 50m.

Dear Coach: I get a sore and upset stomach for several hours after swimming. Any suggestions? Tummy Ache

Dear T. Ache: This was a new one for me, but I found a few suggestions on-line: <http://www.livestrong.com/article/439311-sore-stomach-after-i-swim/>. I suspect that the most likely culprit is swallowing air as well as water. Focusing on your breathing (exhaling and well as inhaling) should help.

Dear Coach: How can I avoid a side stitch when swimming? Sore Side

Dear S. Side: Stitches are relatively rare swimming, compared to some other sports. Again I found suggestions on-line for this one: <http://www.active.com/running/articles/7-ways-to-fend-off-the-side-stitch>. It even has an acronym: ETAP (exercise-related transient abdominal pain). However, like muscle cramps, it seems that it's not completely understood what causes this.

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 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/kingwolffswim> (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-Sun May 23-24th Ottawa Race Weekend

Congratulations also to **Renee** on a great run!

Half-Marathon (11608 participants)

Full results at: <http://www.sportstats.ca/display-results.xhtml?raceid=26003>.

Renee Robert (8:30am Earlybirds; 60-64): 7079th overall, 3072nd woman, and 30th in age group in 2:12:49.5

Sun May 31st Perth Triathlon

Congratulations to **Mary Lou** and **Pam** for their great results!

Triathlon (500m/16k/3k; 99 participants)

Full results at: <http://www.sportstats.ca/display-results.xhtml?raceid=23594>

Mary Lou Davies (8:30am Earlybirds; 60+): 83rd overall, 45th woman and 4th in category in 1:22:43.5

Double Triathlon (1000m/32k/6k; 18 participants)

Full results at: <http://www.sportstats.ca/display-results.xhtml?raceid=26243>

Pam Dilawri (8:30am Earlybirds; 45-49): 15th overall; 5th woman and 3rd in category in 2:07:33.7

Sat Jun 6th Masters Long Course Swim Meet Longueuil, Montreal

Jamie and **I** were Carleton's two swimmers. Official results aren't yet available, but here's roughly how we did. Congratulations to **Jamie** on breaking 6:00 in his 200 fly!

Jamie Chalmers (7:30am Earlybirds; 70-74): 50bk (50), 200bk (4:22), 50fl (1:10), 200fl (5:57)

Lynn Marshall (Coach; 50-54): 50bk (37), 50br (43), 100br (1:32), 50fl (34), 100fl (1:14)

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 **June 3rd**).

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

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

Mon Jun 22nd 7:10-8:10pm

Tue Jun 23rd 7:10-8:10pm

Thu Jun 25th 7:10-8:10pm

Mon Jun 29th 7:10-8:10pm

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 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.slowlitch.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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>