

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: July-19-15 5:46 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 #396

Carleton Masters Swimming Newsletter #396

Sunday, July 19th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014, Winter 2015, Spring 2015, Summer 2015, and Alumni 7:30am Earlybirds I (52 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (8 addresses), Masters "Alumni" (25 addresses)

"The miracle isn't that I finished. The miracle is that I had the courage to start." – John Bingham

Masters Program Notes and Cancellations

- The Summer session runs from **Mon Jul 6th** to **Sat Sept 5th**.
 - The weekday groups (7:30am and 6pm) both include Saturdays.
- There are **no workouts on Mon Aug 3rd** (Civic Holiday).
- Saturday workouts are from **12:15-1:25pm for July and August**.
 - On **Sat Sept 5th** workout is from **8:15-9:25am**.
- For Summer, there are currently **2** spaces left in each of the 6pm Whitecaps and Saturday only groups. The 7:30am group is full – wait list available (be sure to let me know if you're on the wait list!). Full details on Summer registration can be found near the end of the newsletter.

Swimmer Notes

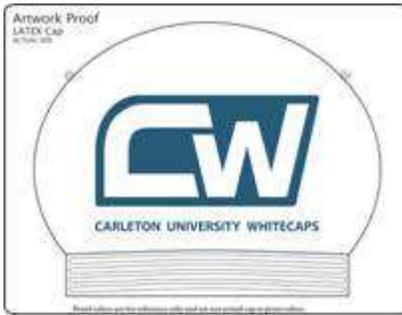
Swimmer Updates:

- Best of luck to **Robert Fabes** (7:30am Earlybirds) for the **Penticton Ultraman**, August 1st to 3rd. And a big thank you to him for the wonderful T-shirt recognizing all those who have helped him on the journey!

- **Residence Move-in Weekend:** On **Sat Aug 29th** and **Sun Aug 30th** students will be moving into residence and traffic on campus (and Bronson, turning into campus from both north and south) will likely be crazy. Also, the **entrance to campus at Colonel By will be closed**. Those swimming or working out on those two days may prefer to walk, cycle, or take public transit (O-Train is your best bet). If you choose to drive, it may be better to park at Brewer.

- 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.

- **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:

- Returning to the Pool after a Shoulder Injury [Thanks to **Heather McBurney** (7:30am Earlybirds) for this link]: <http://www.swimmingscience.net/2014/10/swimmers-shoulder-return-to-swimming-program.html>
- Pan Am Games Swimming Disqualifications: <http://olympic.ca/2015/07/17/the-truth-behind-surprising-swim-disqualifications/>
- New High Tech Swim Facility: <http://www.geekwire.com/2015/this-hi-tech-facility-teaches-you-how-to-swim-with-underwater-cameras-mirrors-water-blasters/>
- 10 Career Lessons from Competitive Swimming [Thanks to **Lee Storm** for this link]: <http://swimswam.com/10-career-lessons-learn-competitive-swimming/>
- Why Your Eyes Sting in the Pool?: <https://www.facebook.com/NowThisNews/videos/vb.341163402640457/852173248206134/>
- My Pan-Am Relay Run: <http://goravens.ca/news/2015/07/lynn-marshall-of-ravens-swimming-participates-in-pan-am-relay-ravens-oua-swimming-schedule-announced/>
- Older Athletes' Age in Fitness Astounds Doctors: <http://www.cbc.ca/news/health/older-athletes-age-in-fitness-terms-astounding-doctor-says-1.3136319>
- 71 Year Old Completes 100 Mile Ultramarathon Run: <http://www.dailymail.co.uk/news/article-3144047/71-year-old-Gunhild-Swanson-finished-100-mile-ultramarathon.html>
- Muscle Memory Speeds Up Recovery after Training Breaks: <http://www.theglobeandmail.com//life/health-and-fitness/fitness/muscle-memory-speeds-up-recovery-after-training-breaks/article25141904/>
- What to Expect in a Gym and How to Stick to Your Routine, Part 2: <http://athletics.carleton.ca/2015/advice-on-what-to-expect-in-a-gym-and-how-to-stick-to-your-routine-part-2/>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/07/10/this-week-in-food-health-fitness/> and <http://www.sheilakealey.com/2015/07/17/this-week-in-food-health-and-fitness-18/>

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.

Summer Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

6pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

12:15pm Saturdays (8:15am Sept 5th): Usually Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Tim and **Blake** have swapped July Saturdays. **Tim** coached **July 18th** and **Blake** will coach **July 25th**.

I am coaching for **Sean** on **Mon July 20th**. **Mits** is coaching for **Sean** on **Thu July 23rd**. **Sean** is coaching for **Mits** on **Tue July 28th**.

Fin Day:

Tue Aug 6th / Wed Aug 7th

Time Trials:

Mon Jul 13th: 400fs or IM

Mon Jul 27th: 50 choice and 100 choice

Tue Aug 11th / Wed Aug 12th: 800 / 1500fs

Tue Aug 18th / Wed Aug 19th: 200 choice

Thu Sept 3rd / Fri Sept 4th: 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 **400 time trials on Mon Jul 13th**. Apologies to those evening swimmers who noticed my typo above (it originally said June not July) and thus owe me a 400 ☺! The biggest improvement was 11.8 seconds by **Ethan Dufour** (7:30am Earlybirds). The full list of improvements follows:

400fs (3)

Ethan Dufour (7:30am Earlybirds) 11.8

Heloise Emdon (7:30am Earlybirds) 5.7

Mike Kujawski (7:30am Earlybirds) 0.1

400IM (1)

Jamie Chalmers (7:30am Earlybirds) 3.6

Here's the weekday attendance summary for the term, so far. Those with the best attendance will receive a certificate at the end of the term. If you notice any errors, please let me know.

7:30am Earlybirds (July 6-17th; 6 workouts; range: 23-32; average: 28.2)

Perfect Attendance: **Bob T, Bruce B, Christian C, Cory F, Harley G, Heather McB, Jamie C, Susan H, Susan N-Y**

6:00pm Whitecaps (July 6-16th; 6 workouts; range: 24-31; average: 26.0)

Perfect Attendance: **Cam D, Dave G, Joanne D, Martin B, Monica F, Nicole D, Peter L, Titia K**

Ask the Coach

Dear Coach: Now we understand the rules for the breaststroke push-off. What are the rules for the number of arm pulls and kicks are allowed on a freestyle start or turn? Improving Our Turns

Dear I.O. Turns: For fly, back, and free, there is no limit on the number of kicks or arm pulls underwater as long as you follow the rules for that stroke and your head breaks the surface of the water within 15m. In breaststroke you are actually permitted to go as far as you like, but it's difficult to get past 15m with the limit of one fly kick, one arm pull, and one breast kick.

Dear Coach: I find it challenging to pass my lane-mates when doing backstroke. What do you recommend? Passing Problems

Dear P. Problems: When passing someone while you are doing backstroke, the only safe way to proceed is to turn onto your stomach until you complete the pass. Of course, that's not legal in a race, but safety is key during workout!

Dear Coach: I have trouble keeping my hips at the surface when I swim freestyle. Will arching my back help? Sinking Swimmer

Dear S. Swimmer: Arching your back is not recommended. Ideally you want to keep your spine straight, to improve your streamline. Pushing down with your face and chest (while keeping your spine aligned) is the best way to keep your hips up. As you get faster it becomes easier to keep your hips up. If you are really struggling, ask your coach about using fins to improve your body position.

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.**

July and August Several Open Water Swims near Toronto: <http://canaquasports.com/>

Sat Jul 25th Technoport Meech Lake 3k Swim <http://www.mastersswimmingontario.ca/events/technoport-3k-open-water-swim/> (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 Riverkeeper (Escape from Aylmer-traz) 4km swim <http://www.ottawariverkeeper.ca/theme-event/6480/>

Sat Aug 15th Technoport Meech Lake 4k Swim <http://www.mastersswimmingontario.ca/events/technoport-4k-open-water-swim-august-15-2015/> (MSO registration not required)

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

Sat July 11th Bring on the Bay 3km Swim (648 participants)

Congratulations to all the Carleton swimmers (do let me know if I missed anyone!). Great job by Tim in winning his age group and to Penny for her 2nd place. Bill W and Mary Lou were also in the top 5! Full results at:

https://www.sportstats.ca/display-results_xhtml?raceid=22829. Here's how the Carleton swimmers did:

Tim Kilby (Coach; 50-59 no wetsuit): 23rd overall; 18th man and 1st in category in 43:13.4

Bill Westcott (6pm Whitecaps; 50-59 no wetsuit): 90th overall; 53rd man and 4th in category in 49:10.4

Gi Wu (6pm Whitecaps; 30-39 no wetsuit): 275th overall; 142nd man and 14th in category in 1:00:26.1

Joanie Conrad (7:10pm Whitecaps; 50-59 no wetsuit): 366th overall; 188th woman and 14th in category in 1:06:15.5

Tony Michel (7:30am Earlybirds; 40-49 no wetsuit): 385th overall; 186th man and 15th in category in 1:07:20.7

Cori Dinovitzer (7:30am Earlybirds; 50-59 no wetsuit): 431st overall; 226th woman and 17th in category in 1:10:11.4

Mary Donaghy (7:30am Earlybirds; 50-50 no wetsuit): 445th overall; 234th woman and 19th in category in 1:11:21.7

Penny Estabrooks (8:30am Earlybirds; 70+ wetsuit): 492nd overall; 267th woman and 2nd in category in 1:16:50.9

Mary Lou Davies (7:30am Earlybirds; 60+ wetsuit): 529th overall; 301st woman and 5th in category in 1:26:05.9

Sun July 12th Musselman Half Ironman Distance Triathlon, Finger Lakes, New York (1.9k; 90k; 21.1k)

Congratulations to **Renee** on a great race, winning her age group both overall and in the swim and the bike!! Full results here: <http://results.score-this.com/SearchresultsPageMS5split.html?raceid=20150712MUSL>.

Renee Robert (7:30am Earlybirds; 60-64): 342nd overall; 130th woman, and 1st in category in 6:46:20 (35:46 swim)

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 23rd**).

Private and Semi-Private Masters Swim Lessons

For July and August, lessons are available at the following times:

Mon-Fri 12:30-1:30pm

Mon-Thu 4:30-5:30pm or 5:00-6:00pm

Wed 6:00-7:00pm

Wed 7:00-8:00pm
Mon, Tue, Thu 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

Summer Masters Swimming Programs, Barcodes and Prices

Registration is open for Summer. 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. The information below is also on the web site: <http://carletonmasters.tripod.com>.

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 (shallow): 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>