

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: November-15-15 1:21 PM
To: Fran Craig; Steve Baird; Blake Christie; Brian Hill; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #404

Carleton Masters Swimming Newsletter #404

Sunday, November 15th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (39 addresses), 7:10pm Whitecaps II (32 addresses), Saturday Only (3 addresses), Masters "Alumni" (41 addresses)

Don't ever let your Dream become Just an Pipe Dream.

Masters Program Notes and Cancellations

- The Fall session runs until **Sat Dec 19th**.
- The Fall 7:30am and 6pm groups are full. Wait lists are available. There are just 2 spots left at 8:30am, and 6 spots at 7:10pm. (Still lots of room on Saturdays.) Please let me know if you are on a wait list.

Note to Whitecaps Swimmers

As most of you prefer the deep end, the 6pm Whitecaps will remain in the deep end on Tuesdays and Thursdays. Here's an update from **Steve Baird** (Aquatics Coordinator):

October 31, 2015: Lynn and I have reviewed feedback concerning the evening environment around the pool and facility, recently brought forward by Whitecaps swimmers and coaches. We will continue to discuss with ROCS Executive and Senior coaches areas of concern, problem solving strategies and ways to make some improvements. I am confident that with positive communication and a few changes, things will be better for everyone. Masters Swimming, along with its many loyal and long-time Members, are a very important part of the Carleton Aquatics program. Thank-you for your feedback!

November 15th Update: As Steve is only recently back at work after his broken shoulder, he has a lot of catching up to do and thus has not yet had a chance to meet with the ROCS coaches. This will be happening soon.

Masters Swimming Ontario (MSO) Registration

If you would like to enter any Masters swimming competitions this season, you must register with Masters Swimming Ontario as a member of Carleton University Masters. The cost is **\$38** (cheque e-transfer, or cash payable to me, Lynn Marshall) for all meets between now and the end of 2016. Payment can be given directly to me or any of the other coaches. If you are registering with MSO as a Carleton Masters swimmer for the first time, I also need:

- name (as you would like it on swim meet programs and results)
- gender
- date of birth
- full address (including postal code) and phone number

Those registered with MSO as a Carleton Masters swimmer for 2014-2015, your current registration is good until December 31st, but if you renew now you won't forget!

Swimmer Notes

Swimmer Updates:

- **Final Reminder:** The annual Carleton Masters Festive Gathering Potluck / BYOB will be held starting at **6:30pm Sat Nov 28th** at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s house, **376 Hamilton Ave South**. Full details here: <http://carletonmasters.tripod.com/festive2015.pdf>. Hope to see everyone there!

- Cornwall's **David Merpaw**, a very long distance swimmer (see <http://www.riverswimmer.com>), is hoping to set an age group record of 48km in a 12 hour swim at the Nav Can pool in Cornwall on **Sat Dec 5th 8am-8pm**. He's looking for pacers for the afternoon to swim with him. Note that 48km in 12 hours is a 1:30/100m pace. If you are interested, please contact **David** at d3330@hotmail.com.

- For those Carleton Alumni and others who make charitable donations to Carleton, note that on **Giving Tuesday December 1st** Carleton will add 50c to each \$1 donation on that date, up to a maximum of \$500 per donation, and up to a total of \$50,000.

- Masters Swimming Ontario's (MSO's) AGM will be held **Sun Dec 13th** at the Douglas Snow Aquatic Centre at about **1:30pm** after the North York Pentathlon Meet. The meeting is open to everyone registered with MSO.

- **Lost at the Pool: Update:** The paddles and necklace have been found. Please keep your eyes open for the earring.
- Sat Oct 17th after 8:15am Saturday Masters in the Women's Change Room: diamond earring

- Special Olympics Ontario – Ottawa Division is holding the first annual Norm McEwen Fundraiser Bowl-a-thon to raise funds. You can sponsor **Mélanie Héroux** (8:30am Earlybirds), or participate in the bowling for \$20 per person, or attend the event to purchase crafts, pastries, and/or raffle tickets. The event is **10am-4pm Sun Nov 22nd** at the Walkley Bowling Centre, 2092 Walkley Road. More details here: <http://ottawa.specialolympicsontario.ca/>.

- 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 on Sundays from 4:30-5:30pm. The workout is at the Bob MacQuarrie pool except for January and February, when it will be at the Ray Friel pool. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at kristinkernohan@gmail.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:

- Fun Video of the Louisville Swim Team at the Raleigh-Durham Airport:

https://www.youtube.com/watch?v=IHYhdAOsT_4

- Lifetime Best Swims in your 50s and 60s: <http://www.usms.org/articles/articledisplay.php?aid=3126>

- After Rehabilitation, the Best of **Michael Phelps** may lie Ahead: <http://www.si.com/olympics/2015/11/09/michael-phelps-rehabilitation-rio-2016>

- Swimming doesn't Just Help Build Character, it Tests it (inspirational video):

<https://www.youtube.com/watch?v=rOimUXOgezW>

- Subscapularis Stretch (part of the Rotator Cuff) [thanks to **Bicki Westerheide** (6pm Whitecaps)]: <http://www.do-it-yourself-joint-pain-relief.com/subscapularis-stretch.html>

- Does Exercise Slow the Aging Process?: <http://well.blogs.nytimes.com/2015/10/28/does-exercise-slow-the-aging-process/>

- How Small Performance Improvements Led to Olympic Gold: <https://hbr.org/2015/10/how-1-performance-improvements-led-to-olympic-gold>

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.

Fall 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: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Mits coached for **Sean** on **Mon Nov 9th**. **Sean** coached for **Mits** on **Tue Nov 10th**. I coached for **Claudia** on **Sat Nov 14th**. **Sean** is coaching for **Brian** on **Sat Nov 21st**.

Fin Days:

Tue Oct 27th / Wed Oct 28th

Thu Nov 26th / Fri Nov 27th

Time Trials:

Thu Oct 15th / Fri Oct 16th: 400fs or IM

Thu Oct 22nd / Fri Oct 23rd: two 50s choice

Mon Nov 2nd: 200 choice

Tue Nov 17th / Wed Nov 18th: 800 / 1500fs

Tue Dec 1st / Wed Dec 2nd: 100 choice

Thu Dec 17th / Thu Dec 18th: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall15.pdf>.

Thanks to those who participated in the **200 time trial on Mon Nov 2nd**. The morning improvements were included last time. The largest improvements were 41.8 seconds for **Ahmed Doha** and 29 seconds for **Monica Flores**, both in 200fs. A full list of improvements follows.

200fs

Ahmed Doha (7:10pm Whitecaps) 41.8

Monica Flores (7:10pm Whitecaps) 29.0

Sylvia Williams (7:10pm Whitecaps) 6.0

Lara Thorpe (7:10pm Whitecaps) 0.1

Fouad Hejazi (x-Earlybirds) 25.8

Jennifer Chisholm (7:30am Earlybirds) 11.7

Matthew Tucciarone (7:30am Earlybirds) 3.0

Aaron Holtzman (8:30am Earlybirds) 0.7

200IM

Andrea Zarins (7:10pm Whitecaps) 3.6

Natalie Aucoin (8:30am Earlybirds) 1.3

Here are the weekday attendance stats to date. Note that due to a phone malfunction, the evening attendance for Oct 5th and 8th has been lost. The morning Oct 26th attendance will be added next time, I hope! Those with the best attendance will receive certificates. Let me know of any errors!

7:30am Earlybirds: Sept 9-Nov 13th (excluding Oct 26th); 27 workouts; range: 17-28; average: 23.3
Perfect Attendance: **Jessica T, Margaret K, Susan N-Y, Ursula S**
Missed 1 Workout: **Bruce B, Christian C, Jamie C**
Missed 2 Workouts: **Harley G, Mike M**

8:30am Earlybirds: Sept 9-Nov 13th (excluding Oct 26th); 27 workouts; range: 19-32; average: 26.7
Perfect Attendance: **Amir B, Colleen H, Lorne M, Mark B**
Missed 2 Workouts: **Rod H**

6pm Whitecaps: Sept 8-Nov 12th (excluding Oct 5, 8th); 26 workouts; range: 19-32; average: 23.5
Perfect Attendance: **Francois P, Joanne D**
Missed 1 Workout: **Nicole D**
Missed 2 Workouts: **Cam D**

7:10pm Whitecaps: Sept 8-Nov 12th (excluding Oct 5, 8th); 26 workouts; range: 10-21; average: 15.1
Missed 2 Workouts: **Lynn B**

Ask the Coach

Dear Coach: Can you suggest stretches for before and after swimming? New Swimmer

Dear N. Swimmer: You should do dynamic stretches before swimming and static stretches after swimming. Examples of static stretches are arm swings, leg swings, shoulder shrugs, etc. Examples of some good swimming static stretches can be found here: <http://www.swimwithscience.com/5-stretches-every-swimmer-needs/>.

Dear Coach: I will be arriving late on a time trial date. Is that ok? Busy Schedule

Dear B. Schedule: We usually start the time trials after about 20min. The only date that a really late arrival causes issues is the 800/1500 time trial date. In that case, if you know you'll be more than 15min late, please let your coach know ahead of time. If the long distance time trial has already started, it will be difficult for you to participate.

Dear Coach: I have to leave early on a time trial date. Is that ok? Another Busy Schedule

Dear A.B. Schedule: Usually this can be accommodated. If it's a short distance time trial, just let the coach know that you want to be in the first heat. If it's the long distance time trial, please let your coach and the swimmers in your lane know that you'll be leaving early to avoid confusion.

Dear Coach: I'm going to miss a time trial due to another commitment. Is it possible to do a make-up? Too Many Commitments

Dear T.M. Commitments: If it's a short distance time trial, it may be possible to do the time trial on a different date. This is easiest if it can be incorporated with another short distance time trial (for example, doing a 200 time trial during the 100 time trials). Sometimes, with your lane-mates cooperation, a time trial make-up can be done near the end of workout. Just remind your coach if you want to do 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 available: cost \$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, gender, 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 e-transfer, 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/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, 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 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 Nov 15th Cote St-Luc Masters Meet, Montreal <https://www.swimming.ca/en/meet/18297/>
Sat Nov 21st Swim Ottawa Meet, Brewer Pool <https://www.mastersswimmingontario.ca/events/willy-lee-invitational-november-21-2015/>
Sat Dec 5th Montreal Nord Masters Meet <https://www.swimming.ca/en/meet/18260/>
Sun Dec 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-6-2015/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/
Sat-Sun Dec 5-6th Ste-Foy Masters Meet <http://swimming.ca/en/meet/18785/>
Sun Dec 13th North York Pentathlon <https://www.mastersswimmingontario.ca/events/north-york-gators-pentathlon-dec-13-2015/>
Sun Jan 17th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>
Sat-Sun Jan 23-24th Pointe Claire Masters Meet (TBC)
Sat-Sun Feb 6-7th Quebec City LC Masters Meet <https://www.swimming.ca/en/meet/18523/>
Sun Feb 7th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-7-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/
Sun Feb 7th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>
Sat-Sun Feb 13-14th La Salle Masters Meet, Montreal (TBC)
Sun Feb 21st Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>
Sat Feb 27th Riviere-du-Loup Masters Meet (TBC)
Sun Feb 28th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>
Sun Mar 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/
Sat Mar 19th Dollard-des-Ormeaux, Montreal (TBC)
Fri-Sun Apr 1-3rd Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>
Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>
Sun Apr 17th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/
Sat Apr 23rd All Out Swim LC, Toronto (TBC)
Fri-Mon May 20-23rd Nationals (TBC)
Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>
Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>
Sat Aug 14th Elma Couture Open Water Swim, Welland <https://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-aug-14-2016/>

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

Sat Oct 24th Brossard Masters Meet, Montreal

Congratulations to Jamie on five top-3 places. Full results here: <http://mymisc.ca/ShowMeet.jsp?id=826>.

Jamie Chalmers (7:30am Earlybirds; 70-74): **1st** 50fs (38.34), 50fl (56.48); **2nd** 100br (2:32.98), 100IM (2:02.54); **3rd** 50br (1:02.07)

Sun Nov 8th Technosport Masters Meet, U of Ottawa

Congratulations to **Sylvia** on excellent results at her first ever swim meet, and to **Harley** on four club records in four events!! Both swimmers won all their events! The 50br record broken by **Harley** belonged to the late **George Tombler**. Full results here: <http://mymsc.ca/ShowMeet.jsp?id=828>. The updated club records are here: <http://carletonmasters.tripod.com/151108.Records.pdf>.

Sylvia Williams (7:10pm Whitecaps; 55-59): 1st 50fs (50.63 PB), 50fl (1:03.84)

Harley Gifford (7:30am Earlybirds; 60-64): 1st 200fs (2:46.32 PB and Club Record), 50br (46.55 PB and Club Record), 50fl (38.82 PB and Club Record), 100IM (1:25.84 PB and Club Record)

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 **Nov 14th**).

Private and Semi-Private Masters Swim Lessons

For Fall, lessons are available at the following times:

Monday 9:40-10:40am

Friday 9:40-10:40am

Additional lunch-time/afternoon/evening lessons will be available in December.

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

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and Winter. 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. Note that the 8:10pm group will not run this year due to low registration. As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Fall 2015: Tue Sept 8th to Sat Dec 19th; no workouts Mon Oct 12th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10100; cost: \$140+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10101; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10106; cost \$156+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10108; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10102; cost: \$58+HST

Winter 2016: Mon Jan 4th to Fri Apr 8th; no workouts Mon Feb 15th, Fri Mar 25th, Mon Mar 28th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$50+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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)

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