

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: January-15-16 2:15 PM
To: Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #409

Carleton Masters Swimming Newsletter #409

Friday, January 15th, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, and Alumni: 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)

"You call it nagging. I call it motivational speaking." – Your Coach [Thanks to Jim Farmer (7:10pm Whitecaps) for this one!]

Masters Program Notes and Cancellations

- The Winter session is underway and runs until **Fri Apr 8th**.
- For this term, there is **1** spot available in the 6pm Whitecaps, and **2** spots in the 7:30am Earlybirds. The other groups have quite a few spaces left.
- There are **no workouts on Mon Feb 15th** (Family Day). Workouts run as usual the rest of Carleton's Reading Week.
- There are **no workouts on Fri Mar 25th or Mon Mar 28th** (Easter). For Saturday swimmers, there is a workout on **Sat Mar 26th**.

Team Photos

The links to the photos have been moved to the "Reminders" part of the newsletter. At some point, I will try to add the names to the old photos – with your help!

In the meantime, thanks to **Mike Lau**, **Debby Whately**, and **Lina Vincent** (all 6pm Whitecaps) for their e-mails with photo names. **Debby** and **Lina** each identified **13** swimmers in the old photos who are still swimming with Carleton Masters. They each win a Carleton swim cap! With their help, I believe that I have identified **18** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (Summer 7:30am Earlybirds), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now. Did we miss any current swimmers?

Sauna Update

The **women's** sauna should be open on **Mon Jan 18th** (fingers crossed) and the **men's** sauna is now making good progress and should open around the **end of February!** Thanks to **Fran Craig** (Welcome Centre) for the update.

Swimmer Notes

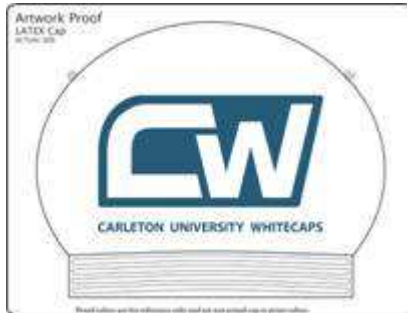
Swimmer Updates:

- **Mélanie Héroux** (8:30am Earlybirds) will be participating in the Polar Plunge for Special Olympics at Algonquin College 9am-noon on **Sat Feb 27th**. She will have an envelope at the pool for donations and an on-line link will be available soon.

- The Rotary Club of Peterborough is hosting the **Rotary Carl Oake Swimathon Fri Feb 12th 7-8am**. **Marilyn Bell DiLascio, Vicki Keith, Annaleise Carr, and Trinity Arsenault** (all famous Canadian open water swimmers) will be there. Most swimmers or teams swim for 5min during the swim-a-thon, so you don't swim the whole hour. It's a fundraiser for the Easter Seals Society. If you're interested in more details, let me know.

- 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, also on Sunday but from 4:00-5:00pm. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at kristinkernohan@gmail.com.

- We still have **44** Carleton caps left. **Caroline Odecki** is heading to Australian for a year on a teacher exchange, so I have purchased the remaining caps on behalf of the club. They are **\$5** each. If we sell them all, we'll make **\$25** profit for the club.



News and Links:

- Wetsuits for Olympic 10km Swim?!: <http://dailynews.openwaterswimming.com/2016/01/ridiculous-and-sadwetsuits-considered.html>
- How many Calories does Swimming Burn: <http://www.active.com/triathlon/articles/how-many-calories-does-swimming-burn>
- Eleven Mental Stages During a Tough Swim Workout: <https://swimswam.com/11-mental-stages-swimmers-go-tough-workout/>
- Develop Better Pool Habits: <https://swimswam.com/develop-better-habits-pool/>
- Be a Great Swim Lane-Mate: <https://swimswam.com/swim-faster-rock-star-teammate/>
- Things Successful Swimmers Never Say: <https://swimswam.com/5-things-youll-never-hear-successful-swimmer-say/>
- 10 Power Quotes for Swimmers: <https://swimswam.com/10-power-quotes-swimmers/>
- Six Tips for Surviving Sharing a Lane in Public Swim: <https://swimswam.com/6-tips-surviving-sharing-lane-public-swimmer/>
- What Exercise Can do for Your Brain: <http://blog.participaction.com/en/what-exercise-can-do-for-your-brain/>
- Forget Owing the Podium and Respect Athletes: <http://ottawacitizen.com/news/national/forget-owning-the-podium-and-respect-athletes>
- Active (Swimming) Mice Better Able to Fight Off Colds: <http://well.blogs.nytimes.com/2015/12/16/how-exercise-may-help-us-fight-off-colds/>
- Swimming will Change your Life [Ed. Note: preaching to the choir!]: <http://www.examiner.com/article/swimming-will-change-your-life>
- Seven Strategies for Successful Health Change: <http://www.sheilakealey.com/2016/01/02/7-strategies-for-successful-health-change/>
- Grizzly Bear and Michael Phelps [from The Onion]: <http://www.theonion.com/article/grizzly-bear-catches-spawning-michael-phelps-jaws-52119>
- Animated Diving Giraffes Video: <https://www.youtube.com/watch?v=nPrWo5pEvyk>

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.

Winter 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 (TBD)

Exceptions will be noted here.

Mark is coaching for **Mits** on **Tue Jan 19th**. **Mits** is coaching for **Sean** on **Mon Jan 25th**. **Mark** is coaching for **Sean** on **Thu Jan 28th**, and **Chanelle** (pool staff) is coaching for **Lynn** on **Fri Jan 29th**.

Fin Days:

Mon Feb 1st

Thu Mar 10th / Fri Mar 11th

Time Trials:

Tue Feb 9th / Wed Feb 10th: 400fs or IM

Tue Feb 23rd / Wed Feb 24th: two 50s choice

Thu Mar 3rd / Fri Mar 4th: 100 choice

Thu Mar 17th / Fri Mar 18th: 200 choice

Tue Mar 22nd / Wed Mar 23rd: 800 / 1500fs

Thu Apr 7th / Fri Apr 8th: fun day (relays)

This information and more can be found with the Winter workout themes

at: <http://carletonmasters.tripod.com/mastplanwint16.pdf>.

Here are the weekday attendance statistics for the term to date. If you notice any errors or omissions, please let me know! Those with the best attendance will receive certificates.

6pm Whitecaps: Jan 4-14th; 6 workouts; range: 22-30; average: 26.3

Perfect Attendance: **Cam D, Debby W, Don W, Iain McD, Joanne D, Jocelyn P, Konstantin P, Peter L, Rachel B**

7:10pm Whitecaps: Jan 4-14th; 6 workouts; range: 10-17; average: 14.5

Missed 4 Workouts: **Sam G**

7:30am Earlybirds: Jan 4-15th; 6 workouts; range: 23-28; average: 24.7

Perfect Attendance: **Brad S, Bruce B, Christian C, Francois J, Jessica T, Kevin G, Susan N-Y, Tracey McG, Ursula S**

8:30am Earlybirds: Jan 4-15th; 6 workouts; range: 19-25; average: 21.8

Perfect Attendance: **Bill G, Colleen H, Isla P, Lisa M, Melanie H, Renee R**

Ask the Coach

Dear Coach: I have problems using the pace clock. Can you help? Clock-Challenged Swimmer

Dear C-C. Swimmer: The large pace clocks on the pool deck are great for helping you figure out the number of seconds you swam for, but not the minutes. Thus, before the pace clock will be helpful, you need to already have an idea of your approximate pace for shorter distances, so you know how many minutes went by during your swim. For example, if you swam 100m and finished at the same second on the clock as you started then it took you either 1 minute, 2 minutes, 3 minutes, 4 minutes, ... You should know which of those makes sense for you! Swimmers usually use the "red" hand as the reference, e.g. let's start on the red top (which is when the red hand is at the 60). If there were 5 in your lane, the first

would start on the 60, the 2nd person on the 5, 3rd on the 10, 4th on the 15, and 5th on the 20. Each person needs to remember when he/she started, and then to look at the clock when he/she touches the wall at the end to figure out the elapsed number of seconds, adding on the correct number of minutes for that swim. Let's say the pace time is 2:40 (for 100m swims). That means that the lead swimmer would start the second 100 on the red 40 (45, 50, 55, 60 for the others). The lead swimmer would start the 3rd 100 on the red 20 (25, 30, 35, 40). For the 4th one, the lead swimmer would start on the red top again (as 2:40 x 3 is a round number of minutes). If you need help with this during workout, just ask your coach.

Dear Coach: Is this the correct way to pull in freestyle? Swimmer With Sore Shoulder

Dear S.W.S. Shoulder: Your coaches are happy to help with technique questions. These questions are easier to answer when you are in the water (as opposed to before or after workout, or by e-mail ☺). You are always welcome ask for some tips, or a specific question about technique. If you are experiencing any pain while swimming (e.g. shoulder, knee, back, neck, etc.), tell your coach and ask for advice. If you are just in pain from working really hard, that's good ☺! After your coach has given you suggestions, don't be afraid to ask for more feedback or to find out if your stroke has improved. Some swimmers want lots of stroke correction, others not so much. The more you ask, the more you will get!

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016 is now available: cost \$38.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few 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 Jan 17th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>

Sat Jan 23rd Pointe Claire Masters Meet <http://swimming.ca/en/meet/18973/>

Sun Jan 24th Kingston 200 and Under Meet <http://www.mastersswimmingontario.ca/events/200-under-kingston-masters-swim-meet-january-24-2016/>

Sun Jan 24th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-meet-january-24-2016/>

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/>

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 <http://swimming.ca/en/meet/18842/>

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)

Sun May 1st Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>
Fri-Mon May 20-23rd Nationals, Etobicoke (details TBA)
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.)

No race results this time!

Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Jan 8th**). Below is a complete list of the 11 Carleton swimmers (6 women and 5 men) who made the 2015 year end top 20 in their age category!

2015 Top 20 Summary:

Women:

Lindsay Buckingham (6pm Whitecaps; 25-29): 3 events: SC: 6th 100fs; 8th 50fs; 10th 50fl

Paola Osorio (6pm Whitecaps; 30-34): 3 events: SC: 13th 200fs; 14th 100fl; 20th 50fl

Natalie Aucoin (8:30am Earlybirds; 40-44): 8 events: SC: 14th 100fl; 16th 50fl; LC: **3rd** 50fl; 4th 100fl, 200IM; 5th 100fs, 200fs; 7th 50fs

Sandy Lawson (7:30am Earlybirds; 50-54): 8 events: LC: **3rd** 200bk; 4th 800fs; 9th 200fs; 10th 400fs, 100bk; 12th 100fs, 14th 50bk; 20th 50fs

Lynn Marshall (Coach; 50-54): 35 events: SC: **1st** 200fs, 400fs, 800fs, 1500fs, 200bk, 400IM; **2nd** 200br, 100fl, 200fl, 200IM; **3rd** 100bk, 100IM; 4th 100fs, 50bk; 5th 50fs; 6th 50fl; 7th 100br; 8th 50br; LC: **1st** 50fs, 100fs, 200fs, 400fs, 800fs, 1500fs, 50bk, 200bk, 200br, 100fl, 200fl, 400IM; **2nd** 100bk, 100br, 40fl, 200IM; **3rd** 50br

Robin Henderson (7:30am Earlybirds; 55-59): 7 events: SC: 11th 1500fs; 18th 800fs; LC: **2nd** 800fs; 8th 400fs; 9th 200IM; 13th 200fs; 14th 50fl

Men:

Jian-Lok Chang (6pm Whitecaps; 30-34): 5 events: SC: **1st** 50bk; **3rd** 100bk; 4th 200IM; 10th 50fs; 16th 100IM

Francois Jacques (7:30am Earlybirds; 50-54): 5 events: LC: 13th 200fs; 16th 50fs, 100fs, 100br; 20th 50br

Ian Lorimer (7:30am Earlybirds; 55-59): 4 events: LC: 11th 50fl; 13th 50fs, 200fs; 14th 100fs

Harley Gifford (7:30am Earlybirds; 60-64): 12 events: SC: 7th 200bk; 9th 50bk; 12th 100bk, 200IM; 13th 200fs; 15th 100fs; 17th 100IM; 20th 50fl; LC: **1st** 50bk, 100bk; 5th 100fs; 9th 50fs

Jamie Chalmers (7:30am Earlybirds; 70-74): 34 events: SC: 4th 200fl; 5th 50bk, 100bk, 200bk, 200IM; 6th 400IM; 7th 1500fs, 100fl; 10th 800fs, 200br, 50fl; 12th 100fs, 100IM; 13th 400fs; 14th 50fs; 16th 100br; 17th 200fs; LC: **1st** 400IM; **2nd** 1500fs, 200fl; 4th 50fs, 200IM; 5th 800fs, 50bk, 100bk, 200bk, 100br, 200br, 100fl; 7th 50fl; 8th 50br, 100fs; 9th 400fs; 14th 200fs

Private and Semi-Private Masters Swim Lessons

For Winter lessons are usually available: Monday 9:40-10:40am.

Additional times may be available during Reading Week and April exams.

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

Carleton Masters Swim Team Photos:

Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for 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. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

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

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