

## Lynn Marshall

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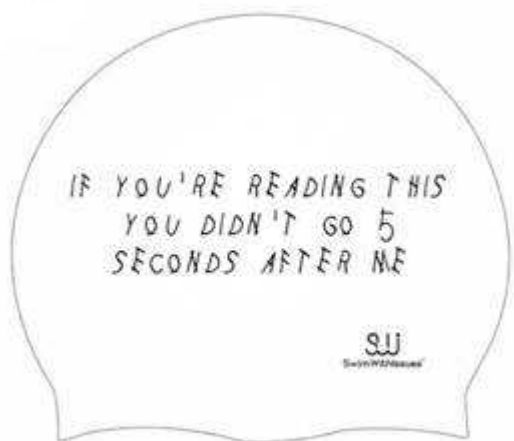
**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** January-26-16 2:22 PM  
**To:** Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #410

## Carleton Masters Swimming Newsletter #410

Tuesday, January 26<sup>th</sup>, 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)



This made me laugh! What a great swim cap!

### Masters Program Notes and Cancellations

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

### Team Outing to a Senators Hockey Game?

I was recently contacted by the Ottawa Senators group sales department as they are encouraging local sports teams (and their families) to see a game by offering a team discount. The two games available are **Sat Mar 12<sup>th</sup> 7pm vs. Toronto** and **Sat Mar 26<sup>th</sup> 7pm vs. Anaheim**. If you are interested, please put your name under the dates/prices that work for you in this [spreadsheet](#). We'll go with the most popular date and price, assuming we have enough interest (minimum 9 tickets). Please indicate your interest by **Sun Jan 31<sup>st</sup>**, as tickets are going fast.

### Sauna Update

The **women's** sauna should be open soon – just a few last things to finish up. The **men's** sauna is still on track to open around the **end of February!** Thanks to **Fran Craig** (Welcome Centre) for the updates.

## Swimmer Notes

### Swimmer Updates:

- Best wishes to **Mary Lou Davies** (8:30am Earlybirds) for a quick recovery from a possible mild heart attack on Mon Jan 18<sup>th</sup>. She was in hospital for a few days, but is now resting at home. Her angiogram came up clear, so she has been cleared to exercise again and has a few more tests to do as an out-patient. Heart attacks manifest differently in women compared to men, thus the difficulty in diagnosis.

- Here's hoping that **Penny Estabrooks** (8:30am Earlybirds) is back in the pool soon. She reports that yesterday's, arthroscopic knee surgery went well.

- **Julia Aimers** (8:30am Earlybirds) also coaches Team Triumph Triathlon Club and has recently done some research an experimentation with sugar. This is a good read: <http://www.pbest.ca/latest-news/2016/1/21/the-sugar-coated-truth-how-much-sugar-is-too-much.html>.

- Apologies to **Peter Lithgow** (6pm Whitecaps) for missing his name in the list of those swimming now and who are also in the 1992 photos on the web site. He was on the list but was lost in my cutting and pasting into alphabetical order. Thanks to **Mike Lau** (6pm Whitecaps) for catching my omission. The list of names is near the end of the newsletter (under "Notes and Reminders"). Please let me know if I missed anyone else!

- **David Merpaw** (<http://www.riverswimmer.com/>) recently completed another of his epic swims, this time in the Agusan River, Phillipines to raise awareness of water pollution. The swim was delayed by a few weeks due to a typhoon. The swim was over 100km swam over 3 days with 3 guide canoes to help him avoid crocodiles, tiger sharks, and a python! He rated the swim as 6/10 in difficulty, but 10/10 in potential danger! I'll stick with the Carleton pool, thank you very much!

- **Mélanie Héroux** (8:30am Earlybirds) will be participating in the Polar Plunge for Special Olympics at Algonquin College 9am-noon on **Sat Feb 27<sup>th</sup>**. She will have an envelope at the pool for donations and here's the link for on-line donations: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=3209649>.

- 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](mailto:kristinkernohan@gmail.com).

- We have about **40** Carleton caps left. **Carolyn 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:

- Snow Swimming in Finland [from **Colleen Hyslop** (8:30am Earlybirds)]: <https://www.youtube.com/watch?v=A4yLgJEKrA4>

- And the Latest Trend in the Recent US Blizzard is Snow Diving, for example: <https://www.youtube.com/watch?v=fBG5ORXZbfY> and (#5 and #1's): <https://swimswam.com/swimmings-toptentweets-of-the-week-5/>
- Outdoor Swim Meet: Pelican Interrupts 200IM (really!): <https://www.youtube.com/watch?v=wHubFRjirYk>
- Finger Position in Swimming: <http://www.swimmingscience.net/2014/10/daniel-marinho-discusses-finger-position-in-swimming.html>
- Do Swimmers get Injured More Often than Other Athletes?: <https://swimswam.com/do-swimmers-get-injured-more-often-than-other-athletes/>
- Muscle Activation in Swimming: <http://www.swimmingscience.net/2015/08/muscle-activation-in-swimming.html>
- Specific Strength Training for Swimming: <http://home.trainingpeaks.com/blog/article/specific-strength-training-for-swimming>
- Why I Swim: <https://swimswam.com/swim/>
- Determinants of Masters Swimming Performance: <http://www.swimmingscience.net/2014/02/determinants-of-masters-swimming-performance.html>
- Waterskiing Squirrel at Toronto Boat Show: <http://www.metronews.ca/news/toronto/2016/01/10/waterskiing-squirrel-a-hit-at-toronto-boat-show.html>
- An Athlete's Guide to Preventing Colds and Flu: <http://www.sheilakealey.com/2016/01/11/an-athletes-guide-to-prevent-colds-and-flu/>

**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** coached for **Mits** on **Tue Jan 19<sup>th</sup>**. **Mits** coached for **Sean** on **Mon Jan 25<sup>th</sup>**.

**Mark** is coaching for **Sean** on **Thu Jan 28<sup>th</sup>**, and **Chanelle** (pool staff) is coaching for **Lynn** on **Fri Jan 29<sup>th</sup>**.

### Fin Days:

Mon Feb 1<sup>st</sup>

Thu Mar 10<sup>th</sup> / Fri Mar 11<sup>th</sup>

### Time Trials:

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

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

Thu Mar 3<sup>rd</sup> / Fri Mar 4<sup>th</sup>: 100 choice

Thu Mar 17<sup>th</sup> / Fri Mar 18<sup>th</sup>: 200 choice

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

Thu Apr 7<sup>th</sup> / Fri Apr 8<sup>th</sup>: 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! Thanks to **Mike Lau** (6pm Whitecaps) and **Sam Gamble** (7:10pm Whitecaps) for pointing out errors! Those with the best attendance will receive certificates.

**6pm Whitecaps:** Jan 4-25<sup>th</sup>; 9 workouts (Jan 21<sup>st</sup> to be included next time); range: 22-31; average: 26.4  
Perfect Attendance: **Cam D, Don W, Iain McD, Joanne D, Jocelyn P, Konstantin P, Mike L, Peter L, Rachel B**

**7:10pm Whitecaps:** Jan 4-25<sup>th</sup>; 9 workouts (Jan 21<sup>st</sup> to be included next time); range: 10-17; average: 14.3  
Perfect Attendance: **Sam G**

**7:30am Earlybirds:** Jan 4-25<sup>th</sup>; 10 workouts; range: 15-28; average: 23.1  
Perfect Attendance: **Brad S, Bruce B, Christian C, Jessica T, Kevin G, Tracey McG, Ursula S**

**8:30am Earlybirds:** Jan 4-25<sup>th</sup>; 10 workouts; range: 19-25; average: 21.2  
Perfect Attendance: **Bill G, Colleen H**

## Ask the Coach

**Dear Coach:** I have trouble seeing the pace clock. Any suggestions? Foggy-Goggled and Short-Sighted Swimmer

Dear F-G.a.S-S. Swimmer: If your goggles are continually fogging up, get a new pair. Older goggles fog much faster than new ones. Also, don't forget to spit in them before you swim (or use anti-fog drops, or baby shampoo, etc.). Once you have them on and sealed properly, don't play with them. Leave them on for the entire workout. If they are not comfortable enough to do that, or if they continually leak, get a new pair. There are many styles out there, and most people can find a comfortable fit. If you are short or far-sighted, you can get inexpensive prescription goggles in various diopters (e.g. -8, -5, -2.5, ..., +2, etc.). These cost about \$25. If your eyes are significantly different, buy two pairs and swap the eye pieces. Unless you are visually impaired, this should do the trick. Another option is to wear a watch, but this isn't recommended. First, it's hard to synchronize with the pace clock. Also, it's illegal for Masters swim races, and is more likely to injure someone if you entangle arms while passing.

**Dear Coach:** How long should I glide in breaststroke? Working on Technique

Dear W.o. Technique: When we do breaststroke drills, I ask that you do a very long glide. This is to get you focusing on the correct timing of the stroke, i.e. getting the glide in at the correct time of the stroke, and to focus on good body position. Once you master that, the length of the glide will vary from swimmer to swimmer, and over the distance that you are swimming (longer glide in longer swims). Here's an article that talks about having a short glide being beneficial, but keep in mind that 22% is still over 1/5<sup>th</sup> of the time!: <https://swimswam.com/physiological-proof-promoting-a-long-glide-in-breaststroke-decrea/>.

## 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.**

Sat-Sun Feb 6-7<sup>th</sup> Quebec City LC Masters Meet <https://www.swimming.ca/en/meet/18523/>

Sun Feb 7<sup>th</sup> 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/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)

Sun Feb 7<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>

Sun Feb 21<sup>st</sup> Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>

Sat Feb 27<sup>th</sup> Riviere-du-Loup Masters Meet (TBC)

Sun Feb 28<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>

Sun Mar 6<sup>th</sup> 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/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)

Sat Mar 19<sup>th</sup> Dollard-des-Ormeaux, Montreal <http://swimming.ca/en/meet/18842/>

Fri-Sun Apr 1-3<sup>rd</sup> Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>

Fri-Sun Apr 15-17<sup>th</sup> Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>

Sun Apr 17<sup>th</sup> 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/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)

Sat Apr 23<sup>rd</sup> All Out Swim LC, Toronto (TBC)

Sun May 1<sup>st</sup> Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>

Fri-Mon May 20-23<sup>rd</sup> Nationals, Etobicoke (details TBA)

Sat Jun 4<sup>th</sup> Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>

Sat Jun 25<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>

Sat Jul 23<sup>rd</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>

Sat Aug 13<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

Sat Aug 14<sup>th</sup> 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 Jan 23<sup>rd</sup> Pointe-Claire Masters Meet

**Jamie Chalmers** (7:30am Earlybirds), **Bill Westcott** (6pm Whitecaps; swimming for Nepean Masters), and I were Carleton's three swimmers. Full results: <http://sce.carleton.ca/courses/sysc-3303/w16/results/Competition%20Maitres%20de%20Pointe-Claire%20Results.pdf>. Updated club records: <http://carletonmasters.tripod.com/160123.Records.pdf>

**Jamie Chalmers** (70-74; 7:30am Earlybirds): 1<sup>st</sup> 50fs (39.80), 100fs (1:38.85), 200br (5:33.73), 200fl (5:55.44); 2<sup>nd</sup> 50br (1:05.99)

**Bill Westcott** (55-59; 6pm Whitecaps): 1<sup>st</sup> 200fs (2:26.62), 50br (36.67), 100br (1:21.97); 2<sup>nd</sup> 50fl (32.44)

**Lynn Marshall** (55-59; Coach): 1<sup>st</sup> 400fs (4:37.35 World Record; 200fs: 2:18.08 National Record; 100fs: 1:07.96 Club Record; 50fs: 33.07 Club Record), 100bk (1:12.92 Ontario Record; 50bk: 36.74 Club Record), 200IM (2:34.01 World Record; 50fl: 34.34 Ontario Record)

### 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 22<sup>nd</sup>**).

### 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.



## Notes and 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/>.

We have identified **19** 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), **Peter Lithgow** (6pm Whitecaps), **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 anyone else?

### 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 4<sup>th</sup> to Fri Apr 8<sup>th</sup>; no workouts Mon Feb 15<sup>th</sup>, Fri Mar 25<sup>th</sup>, Mon Mar 28<sup>th</sup>**

**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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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

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