

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: April-10-16 3:48 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 #415

Carleton Masters Swimming Newsletter #415

Sunday, April 10th, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, and Alumni: 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (34 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)

"You can't help getting older, but you don't have to get old." – George Burns

Masters Program Notes and Cancellations

- The Winter session ended **Fri Apr 8th**.
- The Spring session starts **Mon May 2nd**.
- There are no interim workouts as the pool is closed for maintenance!
 - Links and suggestions on places to swim can be found in the "Ask the Coach" section.
- Registration is open for Spring and Summer (details near the end of the newsletter).
 - There is space in all groups, but 7:30am and 6pm are between half and three quarters full.
 - Spring workout themes will be posted on the web site nearer the start of the session.

Swimmer Notes

Swimmer Updates:

- **Jessica Reddin** (x-Safety Supervision) and daughter of **Cheri Reddin** (7:30am Earlybirds) is participating in the Cheer Nationals in Niagara Falls this weekend. Here are a couple of videos: https://www.youtube.com/watch?v=i72eT_2Tanc, <https://www.youtube.com/watch?v=XkfedvlyfYI>. Note that she only learned the second routine last week as she replaced an injured dancer! Amazing!

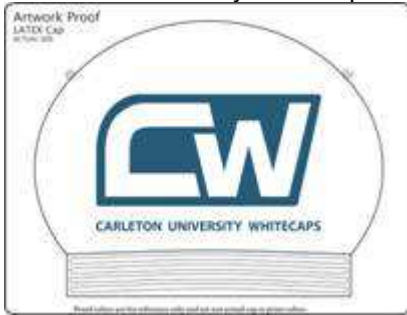
- YOGA CLASS, 10 am Wednesday beginning in September. **Mary Lou Davies** (8:30am Earlybirds) needs to identify 9-10 interested participants by mid-April, or the class will not be offered. It would be a 1 hour class and the estimated cost is \$90 tax in. Please indicate your interest by emailing marylou.davies1@gmail.com.

- On **Fri Apr 22nd**, Carleton is celebrating Earth Day with the usual "Clean-up the Campus" initiative. Details here: <http://carleton.ca/healthy-workplace/cu-events/clean-up-the-campus-for-earth-day-2016/>.

- For those who are interested in **coaching** (swimming, Special Olympics, and a variety of other sports), here's a great opportunity to get a very good deal on a coaching course. Most courses are regularly \$300 and are being offered for \$75. However, they are in **Toronto from May 6th to 8th**. Details here: <http://www.coachesontario.ca/superclinic/>. Please pass this along to anyone else who may be interested.

- **Lisa Hans** (x-Whitecaps) is coordinating a team from the Royal Ottawa Hospital to participate in the Run for Women on **Sun May 8th** in support of the Women's Mental Health Program at the Royal. You can do 5k or 10k, and walking is fine! Any women interested in participating can go here: <http://www.runforwomen.ca/?s=15505>, and click "Register Now" next to the Teams of 5 or more. Lisa's team's name is "Track Attackers" and the team password is jav24juy. For more information, contact Lisa: lhans@rohcg.on.ca.

- Carleton University Whitecaps swim caps, great for training and competition are available for \$5 each:



News and Links:

- Shoulder Stretches that you Should and Shouldn't do, and Pre-Swim Warm-Up Exercises [thanks to Bob Tipple (8:30am Earlybirds) for this one]:

http://www.udel.edu/PT/PT%20Clinical%20Services/journalclub/sojc/09_10/Nov09/Active%20Warmup%20George.pdf

- Female Refugee Who Pushed Sinking Dinghy being Considered for Olympics: <http://www.dailymail.co.uk/news/article-3498594/Going-Gold-Teenage-girl-fled-Syria-pushed-sinking-dinghy-THREE-HOURS-Lesbos-swimming-glory-Rio-2016-Olympic-refugee-team.html>, and <https://www.facebook.com/UNHCR/videos/10154839909783438>

- Appropriate for the Recent Distance Time Trial: Distance Swimmer Struggles: <https://swimswam.com/10-struggles-distance-swimmers-know-all-too-well/>

- Why Swimming is the Best Exercise Ever: http://www.huffingtonpost.com/entry/swimming-best-exercise_us_56e76334e4b065e2e3d7188a

- Seven Swimming Tips: <http://www.weekendtriathlete.com/blog/7-swimming-tips-you-can-use-to-increase-your-speed>

- Strengthening the Catch: <http://mastersswimmingcanada.com/index.php/2016/03/11/strengthening-the-catch/>

- Tips for Effective Sculling: <https://swimswam.com/8-tips-for-effective-sculling/>

- Go to Swim Practice Today: <https://swimswam.com/go-practice-today/>

- Interesting (Scary?) Water Photos: <http://www.trendfrenzy.net/dangerous-things-on-swimming/>

- How to Eat for Maximum Muscle Growth: <http://www.bodybuilding.com/fun/how-to-eat-for-max-muscle-growth-at-any-age>

- The New Rules of Fitness: <http://www.outsideonline.com/1870246/new-rules-fitness>

- Why Fitness Actually Matters (Age 58 to 97): <https://www.youtube.com/watch?v=vZRCkUzROr0>

- Taking the Stairs makes Your Brain Younger: <http://www.cbc.ca/news/canada/montreal/taking-stairs-younger-brain-1.3484438>

- Penn Running Relays: The "Seniors": <https://www.youtube.com/watch?v=NKsx9mvowbY>

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

Dates: Mon Jan 4th to Fri Apr 8th, excluding Mon Feb 15th, Fri Mar 25th, Mon Mar 28th.

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.

Fin Days:Mon Feb 1stThu Mar 10th / Fri Mar 11th**Time Trials:**Tue Feb 9th / Wed Feb 10th: 400fs or IMTue Feb 23rd / Wed Feb 24th: two 50s choiceThu Mar 3rd / Fri Mar 4th: 100 choiceThu Mar 17th / Fri Mar 18th: 200 choiceTue Mar 22nd / Wed Mar 23rd: 800 / 1500fsThu 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>.

Sean coached for **Mits** on **Tue Mar 22nd**. **Chanelle** coached for **me** on **Fri Apr 1st**.

Mits coached for **Sean** on **Thu Mar 31st**. **Sean** coached for **Mits** on **Tue Apr 5th**.

6pm Whitecaps was in the **shallow end** on **Thu Apr 7th** so that ROCS could use the bubbles.

Thanks to those who participated in the **800/1500 time trials** on **Tue Mar 22nd / Wed Mar 23rd**. The largest improvements were by **Rachel Bennett** (6pm Whitecaps) with 1:32 in 1500fs, and **Nancy Manning** (8:30am Earlybirds) with a 45 second improvement in 800fs. Here's the full list:

800fs (5)**Nancy Manning** (8:30am Earlybirds) 45**Bill Gregg** (8:30am Earlybirds) 40**Colleen Hyslop** (8:30am Earlybirds) 30**Mary Lou Davies** (8:30am Earlybirds) 15**Heloise Emdon** (7:30am Earlybirds) 3**1500fs (6)****Rachel Bennett** (6pm Whitecaps) 1:32**Miguel Chavez** (7:30am Earlybirds) 1:16**Annemarieke Goldsmith** (8:30am Earlybirds) 33**Lisa Meyer** (8:30am Earlybirds) 30**Mars Nienhuis** (6pm Whitecaps) 28**Kathryn Hrycusko** (8:30am Earlybirds) 12

Two 8:30am Earlybirds swimmers requested a **make-up 100 time trial** on **Wed Mar 30th**, and both improved – congratulations!

100fs (2)**Nancy Manning** (8:30am Earlybirds) 3.3**Jerome Cyr** (8:30am Earlybirds) 1.1

The Earlybirds did relays on the last day, **Fri Apr 8th**. Thanks to those who participated. The largest improvements were by **Margaret King** (7:30am Earlybirds) with 4.9 seconds in 50bk, **Kathryn Hrycusko** (8:30am Earlybirds) with an additional 2.1 seconds in her 50fs, giving her 3.5 seconds for the term, and **Claire Owen** (8:30am Earlybirds) with an additional 1.1 second in her 50bk, giving her a total of 3.2 seconds for the term. **Kathryn** and **Claire** also improved in both their 50s. A full list follows:

50fs (7)**Kathryn Hrycusko** (8:30am Earlybirds) +2.1 = 3.5 total for term**Jessica Tripp** (7:30am Earlybirds) +0.3 = 1.2 total**Matt Czupalay** (7:30am Earlybirds) 1.0**Claire Owen** (8:30am Earlybirds) 0.6**Miguel Chavez** (7:30am Earlybirds) 0.6**Amir Banihashemi** (8:30am Earlybirds) 0.4**Aaron Holtzman** (8:30am Earlybirds) 0.3

50bk (2)

Margaret King (7:30am Earlybirds) 4.9

Claire Owen (8:30am Earlybirds) +1.1 = 3.2 total

50br (2)

Bruce Brown (7:30am Earlybirds) 0.6

Kathryn Hrycusko (8:30am Earlybirds) 0.2

Winter Session Summary

A big thank you to evening and Saturday coaches **Mits Kachi** and **Sean Dawson**, and to Saturday/substitute coaches **Mark Blenkinsop**, **Tim Kilby**, **Blake Christie**, **Kristi Dean**, and **Chanelle Suter** for their coaching this term.

Thank you to the Earlybirds for the swimming-themed end-of-term card made by **Penny Estabrooks** (8:30am Earlybirds).

Here's the summary of the attendance and time trials for the Winter session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Spring term or by e-mail.

Weekday Attendance:

This term we had four swimmers with perfect attendance, all from the 6pm Whitecaps. Congratulations to **Cam Dawson**, **Joanne Dawson**, **Konstantin Petoukhov**, and **Rachel Bennett**.

Here's the attendance summary:

6pm Whitecaps: Jan 4-Apr 7th; 40 workouts; range: 8-31; average: 24.9

Perfect Attendance: **Cam D**, **Joanne D**, **Konstantin P**, **Rachel B**

Missed 4 Workouts: **Don W**, **Iain McD**, **Peter L**

7:10pm Whitecaps: Jan 4-Apr 7th; 40 workouts; range: 3-19; average: 12.7

Missed 3 Workouts: **Christian C**

7:30am Earlybirds: Jan 4-Apr 8th; 39 workouts; range: 13-28; average: 21.2

Missed 3 Workouts: **Jessica T**

Missed 4 Workouts: **Bruce B**, **Harley G**, **Ursula S**

8:30am Earlybirds: Jan 4-Apr 8th; 39 workouts; range: 12-26; average: 20.4

Missed 1 Workout: **Bill G**, **Colleen H**

Missed 4 Workouts: **Isla P**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 119 different swimmers: 69 women and 50 men. There were 429 completed time trials: 239 for women and 190 for men. If you notice any errors or omissions, please let me know.

Forty-seven swimmers (31 women and 16 men) improved in at least one event (86 total improvements). Most improved overall was **Mariette Kenney** (7:10pm Whitecaps) with a 26.1 (13.1sec/100m) improvement in 200fs. Next was **Ursula Scott** (7:30am Earlybirds) with a 6.3 (12.6sec/100m) improvement in 50fl. She was followed by **Sylvia Williams** (7:10pm Whitecaps) with a 6.0 (12.0sec/100m) improvement in 50br. Next, and top man was **Andrew Dechamplain** (8:30am Earlybirds) with a 40.1 (10.0/100m) improvement in 400fs. Rounding out the top three for the men were **Lorne Monti** (8:30am Earlybirds) with a 28.4 (7.1sec/100m) improvement in 400fs, and in a tie **Bill Gregg** (8:30am Earlybirds) and **Miguel Chavez** (7:30am Earlybirds) with 20.4 in 400fs and 76.0 in 1500fs, respectively, both 5.1sec/100m improvements. **Bill Gregg**, **Miguel Chavez**, **Nancy Manning** (8:30am Earlybirds), and **Randi Karstad** (7:30am Earlybirds) each improved in four different events.

Twenty-five swimmers (14 women and 11 men) scored 270 plus points in at least one event (61 swims total), as per the 2015 point scores at this link: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. First overall was **Lindsay Buckingham** (6pm Whitecaps) with 483 points for 2:21.1 in 200fs. Next was **Hilary March** (6pm Whitecaps) with 447 for 1:06.7 in 100fs. She was followed by coach **Sean Dawson** who scored 441 points for 26.6 in 50fs. Rounding out the top three for the women was **Luz Osorio** with 413 points for 1:13.3 in 100fly. The top three (non-coach) men were **Jian-Lok Chang** (6pm Whitecaps) with 375 for 1:02.3 in 100fs, **Jordan Monnink** (8:30am Earlybirds) with 354 for 20:01 in 1500fs, and **Tony Revitt** (8:30am Earlybirds) with 341 for 2:22.1 in 200fs. **Sean** scored 270+ points in six different events. **Jian-Lok Chang** and **Kathryn Hrycusko** (8:30am Earlybirds) each scored 270+ points in five different events.

All those improving and all those scoring over 270 points, as well as the top 3 improvements and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, WC3 = 8:10pm Whitecaps III, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 23 women and 18 men who improved in at least one event.

Pl	Name	Group	Gender	Event	Imp	Imp/100m
1	Mariette Kenney	F	WC2	200fs	26.1	13.1
2	Ursula Scott	F	EB1	50f1	6.3	12.6
3	Sylvia Williams	F	WC2	50br	6.0	12.0
4	Margaret King	F	EB1	50bk	4.9	9.8
5	Randi Karstad	F	EB1	400fs	36.2	9.1
6	Kathryn Hrycusko	F	EB2	50fs	3.5	7.0
6	Nancy Manning	F	EB2	50fs	3.5	7.0
8	Claire Owen	F	EB2	50bk	3.2	6.4
8	Jennifer Murdock	F	WC1	100fs	6.4	6.4
10	Mary Lou Davies	F	EB2	200fs	12.6	6.3
11	Rachel Bennett	F	WC1	1500fs	92.0	6.1
12	Julia Aimers	F	EB2	200fs	11.7	5.9
13	Colleen Hyslop	F	EB2	200fs	10.8	5.4
14	Fay Hjartarson	F	EB2	50fs	2.2	4.4
15	Janet Whitley	F	EB2	100fs	4.3	4.3
16	Robin Devey	F	WC2	50fs	2.1	4.2
16	Lisa Meyer	F	EB2	200fs	8.3	4.2
18	Dawn Walsh	F	EB2	50br	1.8	3.6
19	Jessica Tripp	F	EB1	50fs	1.2	2.4
19	Norine Naguib	F	EB1	50bk	1.2	2.4
21	Mars Nienhuis	F	WC1	200fs	4.5	2.3
22	Annemarieke Goldsmith	F	EB2	1500fs	33.0	2.2
22	Lisa Tauskela	F	WC2	50fs	1.1	2.2
24	Melanie Heroux	F	EB2	100bk	2.0	2.0
25	Tracey McGrath	F	EB1	200fs	3.8	1.9
26	Robin Henderson	F	EB1	100IM	1.1	1.1
27	Monica Flores	F	WC2	50fs	0.5	1.0
28	Sandy Lawson	F	EB1	200bk	1.2	0.6

29	Lindsay Buckingham	F	WC1	200fs	1.0	0.5
30	Seema Akhtar	F	EB1	50fs	0.2	0.4
30	Heloise Emdon	F	EB1	800fs	3.0	0.4
1	Andrew Dechamplain	M	EB2	400fs	40.1	10.0
2	Lorne Monti	M	EB2	400fs	28.4	7.1
3	Bill Gregg	M	EB2	400fs	20.4	5.1
3	Miguel Chavez	M	EB1	1500fs	76.0	5.1
5	Tony Michel	M	EB1	100bk	4.2	4.2
6	Harley Gifford	M	EB1	400fs	9.3	2.3
7	Matthew Tucciarone	M	EB1	400fs	8.2	2.1
8	Matt Czapalay	M	EB1	50fs	1.0	2.0
9	Bill Westcott	M	WC1	100br	1.2	1.2
9	Bruce Brown	M	EB1	50br	0.6	1.2
x	Sean Dawson	M	EB2	50bk	0.6	1.2
11	Paul McCullough	M	WC1	200fs	2.1	1.1
12	Amir Banihashemi	M	EB2	50fs	0.4	0.8
13	Isaac Fierro Marquez	M	WC1	100fs	0.7	0.7
14	Aaron Holtzman	M	EB2	50fs	0.3	0.6
14	Brad Shapansky	M	EB1	100IM	0.6	0.6

Fastest Swimmers (best event for each person):

All those scoring 270 or more points are shown. This term there were 17 women and 12 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Lindsay Buckingham	WC1	F	200fs	2:21.1	483
2	Hilary March	WC1	F	100fs	1:06.7	447
3	Luz Osorio	WC1	F	100f1	1:13.3	413
4	Andrea Zarins	WC2	F	200br	3:04.5	388
5	Kathryn Hrycusko	EB2	F	50fs	32.4	369
6	Paola Osorio	WC1	F	100fs	1:11.4	364
7	Jennifer Murdock	WC1	F	100fs	1:13.9	328
8	Lisa Tauskela	WC1	F	100fs	1:14.1	326
9	Jenna Roundell	WC1	F	100fs	1:14.4	322
10	Gillian Massel	WC2	F	400fs	5:52.0	295
11	Julie Mouris	WC1	F	200fs	2:47.9	287
12	Mars Nienhuis	WC1	F	200fs	2:48.5	284
13	Rachel Bennett	WC1	F	1500fs	23:23	281
14	Natalie Aucoin	EB2	F	50fs	35.9	271
x	Sean Dawson	EB2	M	50fs	26.6	441
1	Jian-Lok Chang	WC1	M	100fs	1:02.3	375
2	Jordan Monnink	EB2	M	1500fs	20:01	354
3	Tony Revitt	EB2	M	200fs	2:22.1	341
4	Miguel Chavez	EB1	M	50fs	30.0	308
5	Bill Westcott	WC1	M	100br	1:22.7	304
6	Gi Wu	WC1	M	50fs	30.4	296
7	John Critch	WC1	M	100fs	1:07.9	289
x	Mark Blenkinsop	WC2	M	200fs	2:30.7	286
8	Peter Lithgow	WC1	M	1500fs	21:34	283

9	Francois Jacques	EB1	M	50fs	31.1	276
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(For point scores, see: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points.)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Kathryn Hrycusko	EB2	F	3.5	7.0
1	Nancy Manning	EB2	F	3.5	7.0
3	Fay Hjartarson	EB2	F	2.2	4.4
1	Matt Czapalay	EB1	M	1.0	2.0
2	Miguel Chavez	EB1	M	0.6	1.2
3	Amir Banihashemi	EB2	M	0.4	0.8
(12/4)					
100fs					
1	Jennifer Murdock	WC1	F	6.4	6.4
2	Rachel Bennett	WC1	F	4.6	4.6
3	Sylvia Williams	WC1	F	4.4	4.4
1	Isaac Fierro Marquez	WC1	M	0.7	0.7
2	Bill Gregg	EB2	M	0.1	0.1
(7/2)					
200fs					
1	Mariette Kenney	WC2	F	26.1	13.1
2	Mary Lou Davies	EB2	F	12.6	6.3
3	Julia Aimers	EB2	F	11.7	5.9
1	Lorne Monti	EB2	M	3.9	2.0
2	Paul McCullough	WC1	M	2.1	1.1
3	Isaac Fierro Marquez	WC1	M	0.3	0.2
(9/4)					
400fs					
1	Randi Karstad	EB1	F	36.2	9.1
2	Nancy Manning	EB2	F	26.3	6.6
3	Janet Whitley	EB2	F	15.8	4.0
1	Andrew Dechamplain	EB2	M	40.1	10.0
2	Lorne Monti	EB2	M	28.4	7.1
3	Bill Gregg	EB2	M	20.4	5.1
(6/7)					
800fs					
1	Nancy Manning	EB1	F	45.0	5.6
2	Colleen Hyslop	EB1	F	30.0	3.8
3	Mary Lou Davies	EB1	F	15.0	1.9
1	Bill Gregg	EB1	M	40.0	5.0
(4/1)					
1500fs					
1	Rachel Bennett	WC1	F	92.0	6.1

2	Annemarieke Goldsmith	EB2	F	33.0	2.2
3	Lisa Meyer	EB2	F	30.0	2.0
1	Miguel Chavez	EB1	M	76.0	5.1
(5/1)					
50bk					
1	Margaret King	EB1	F	4.9	9.8
2	Claire Owen	EB2	F	3.2	6.4
3	Norine Naguib	EB1	F	1.2	2.4
1	Matthew Tucciarone	EB1	M	0.8	1.6
x	Sean Dawson	EB2	M	0.6	1.2
2	Harley Gifford	EB1	M	0.2	0.4
(5/3)					
100bk					
1	Melanie Heroux	EB2	F	2.0	2.0
1	Tony Michel	EB1	M	4.2	4.2
(1/1)					
200bk					
1	Sandy Lawson	EB1	F	1.2	0.6
(1/0)					
50br					
1	Sylvia Williams	WC2	F	6.0	12.0
2	Nancy Manning	EB2	F	1.9	3.8
3	Dawn Walsh	EB2	F	1.8	3.6
1	Bruce Brown	EB1	M	0.6	1.2
(5/1)					
100br					
1	Bill Westcott	WC1	M	1.2	1.2
2	Miguel Chavez	EB1	M	0.4	0.4
(0/2)					
50f1					
1	Ursula Scott	EB1	F	6.3	12.6
1	Andrew Dechamplain	EB2	M	3.4	6.8
(1/1)					
100IM					
1	Ursula Scott	EB1	F	2.5	2.5
2	Robin Henderson	EB1	F	1.1	1.1
1	Brad Shapansky	EB1	M	0.6	0.6
(2/1)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 32:30.)

	Name	Group	Gender	Time
25fs				
1	Melanie Heroux	EB2	F	35.9
1	Rod Haney	EB2	M	29.1
(1/2)				

50fs				
1	Lindsay Buckingham	WC1	F	29.8
2	Kathryn Hrycusko	EB2	F	32.4
3	Jenna Roundell	WC2	F	34.9
x	Sean Dawson	EB2	M	26.6
1	Jian-Lok Chang	WC1	M	28.8
2	Miguel Chavez	EB1	M	30.0
3	Gi Wu	WC1	M	30.4
(55/45)				
100fs				
1	Lindsay Buckingham	WC1	F	1:05.4
2	Hilary March	WC1	F	1:06.7
3	Paola Osorio	WC1	F	1:11.4
1	Jian-Lok Chang	WC1	M	1:02.3
2	Gi Wu	WC1	M	1:07.9
2	John Critch	WC1	M	1:07.9
(36/21)				
200fs				
1	Lindsay Buckingham	WC1	F	2:21.1
2	Paola Osorio	WC1	F	2:37.5
3	Kathryn Hrycusko	EB2	F	2:42.9
x	Sean Dawson	EB2	M	2:15.7
1	Tony Revitt	EB2	M	2:22.1
x	Mark Blenkinsop	WC2	M	2:30.7
2	Isaac Fierro Marquez	WC1	M	2:36.6
3	Matt Czapalay	EB1	M	2:41.7
(35/20)				
400fs				
1	Kathryn Hrycusko	EB2	F	5:39.6
2	Gillian Massel	WC2	F	5:52.0
3	Jenna Roundell	WC2	F	5:54.0
x	Sean Dawson	EB2	M	4:58.8
1	Jordan Monnink	EB2	M	5:07.4
2	John Critch	WC2	M	5:24.0
3	Miguel Chavez	EB1	M	5:38.7
(26/21)				
800fs				
1	Randi Karstad	EB1	F	16:38
2	Marg Eades	WC1	F	16:50
3	Nancy Manning	EB1	F	16:57
1	Bill Gregg	EB1	M	18:06
2	Jamie Chalmers	EB1	M	19:58
3	Roy Hanes	WC2	M	20:30
(15/3)				
1500fs				
1	Hilary March	WC1	F	21:32
2	Kathryn Hrycusko	EB2	F	22:06
3	Jennifer Murdock	WC1	F	23:01

x	Sean Dawson	EB2	M	19:58
1	Jordan Monnink	EB2	M	20:01
2	Peter Lithgow	WC1	M	21:34
3	Bill Westcott	WC1	M	21:37
(17/20)				
50bk				
1	Norine Naguib	EB1	F	41.9
2	Jessica Tripp	EB1	F	42.7
3	Claire Owen	EB2	F	45.9
1	Jian-Lok Chang	WC1	M	31.8
x	Sean Dawson	EB2	M	32.1
2	Tony Revitt	EB2	M	33.8
3	Don Wells	WC1	M	37.4
(17/11)				
100bk				
1	Jessica Tripp	EB1	F	1:29.5
2	Melanie Heroux	EB2	F	3:18.6
1	Don Wells	WC1	M	1:16.7
2	Tony Michel	EB1	M	1:32.1
(2/2)				
200bk				
1	Jessica Tripp	EB1	F	3:12.4
2	Sandy Lawson	EB1	F	3:31.5
(2/0)				
25br				
1	Melanie Heroux	EB2	F	57.8
(1/0)				
50br				
1	Kathryn Hrycusko	EB2	F	43.0
2	Norine Naguib	EB1	F	47.5
3	Malika Shaath	EB1	F	48.6
1	Tony Revitt	EB2	M	37.8
x	Sean Dawson	WC1	M	39.2
2	Sam Gamble	WC2	M	40.2
3	Don Wells	WC1	M	41.9
(14/16)				
100br				
1	Bill Westcott	WC1	M	1:22.7
2	Miguel Chavez	EB1	M	1:27.0
(0/2)				
200br				
1	Andrea Zarins	WC2	F	3:04.5
1	Gi Wu	WC1	M	3:14.6
2	Amir Banihashemi	EB1	M	3:43.2
(1/2)				
50fl				
1	Lindsay Buckingham	WC1	F	35.1
2	Natalie Aucoin	EB2	F	39.8

3	Julie Mouris	WC1	F	41.3
x	Sean Dawson	WC1	M	30.0
1	Matt Czapalay	EB1	M	36.9
2	Andrew Dechamplain	EB2	M	41.8
3	Ian Lorimer	EB1	M	42.3
(11/8)				
100f1				
1	Luz Osorio	WC1	F	1:13.3
(1/0)				
200f1				
1	Luz Osorio	WC1	F	2:49.8
(1/0)				
100IM				
1	Natalie Aucoin	EB2	F	1:33.2
2	Ursula Scott	EB1	F	1:53.4
3	Robin Henderson	EB1	F	1:57.0
1	Tony Revitt	EB2	M	1:12.5
2	Matt Czapalay	EB1	M	1:28.9
3	Brad Shapansky	EB1	M	1:33.2
(3/5)				
200IM				
1	Hilary March	WC1	F	2:51.4
x	Mark Blenkinsop	WC1	M	2:50.4
1	Jim Lee	EB1	M	3:44.3
(1/2)				
400IM				
1	Jamie Chalmers	EB1	M	9:58.6
(0/1)				

Fun Relays (Fri Apr 8th)

4x50 Free Relay

7:30am Earlybirds

1=: 2:29.0: Team 1: Jamie Chalmers, Jim Lee, Andrea Mrozek, Miguel Chavez

1=: 2:29.0: Team 3: Margaret King, Francois Jacques, Ian Lorimer, Ursula Scott

3: 2:33.2: Team 4: Jessica Tripp, Heloise Emdon, Matt Czapalay, Matthew Tucciarone

4: 2:47.3: Team 2: Susan Hulley, Bruce Brown, Harley Gifford, Randi Karstad

8:30am Earlybirds

1: 2:29.1: Team 2: Lorne Monti, Isla Paterson, Amir Banihashemi, Rod Haney

2: 2:35.8: Team 5: Sean Dawson, Aaron Holtzman, Penny Estabrooks, Sean Dawson

3: 2:48.5: Team 3: Claire Owen, Lisa Meyer, Andrew Dechamplain, Bill Gregg

4: 2:49.3: Team 4: Nancy Manning, Kathryn Hrycusko, Marie-Odile Junker, Megan Holtzman

5: 2:50.3: Team 1: Colleen Hyslop, Melanie Heroux, Natalie Aucoin, Paul Scully

4x50 Medley Relay

7:30am Earlybirds

1: 2:57.0: Team 4: Jessica Tripp, Heloise Emdon, Matt Czapalay, Matthew Tucciarone

2: 3:01.9: Team 3: Margaret King, Francois Jacques, Ian Lorimer, Ursula Scott
3: 3:05.8: Team 1: Jamie Chalmers, Jim Lee, Andrea Mrozek, Miguel Chavez
4: 3:18.4: Team 2: Susan Hulley, Bruce Brown, Harley Gifford, Randi Karstad

8:30am Earlybirds

1: 2:57.9: Team 5: Sean Dawson, Aaron Holtzman, Penny Estabrooks, Sean Dawson
2: 3:07.3: Team 2: Lorne Monti, Isla Paterson, Amir Banihashemi, Rod Haney
3: 3:14.7: Team 3: Claire Owen, Lisa Meyer, Andrew Dechamplain, Bill Gregg
4: 3:28.5: Team 1: Colleen Hyslop, Melanie Heroux, Natalie Aucoin, Paul Scully
5: 3:30.5: Team 4: Nancy Manning, Kathryn Hrycusko, Marie-Odile Junker, Megan Holtzman

Ask the Coach

Dear Coach: Where would you suggest that we swim while the Carleton pool is closed? Keen Swimmer

Dear K. Swimmer: First, here are some links to pool schedules: City of Ottawa: <http://ottawa.ca/2/en/drop-in-programs?activity-id=392>. Ville de Gatineau: http://www.ville.gatineau.qc.ca/portail/default.aspx?a=culture&c=en-CA&p=quoi_faire/activites_recreatives_sportives/baignade/piscines_interieures. University of Ottawa: http://www.geegees.ca/en/rec/activities/calendar/month?field_activity_type_tid=291 (note that it closes for maintenance on April 30th). Good places to swim depend on where you live and what water temperature you like, as well as whether you mind busy swims. The Ottawa U public swims are rarely busy, and the water is quite cold. Ottawa's Champagne pool's swims are always adult-only lengths-only and the water is cool, but it can be busy and it's 25yd (not 25m). The Brewer pool is very near Carleton's campus but some swims are busy. I've heard good things about the Plant pool. The Gatineau pool is rarely busy during public swims. So, go with what is convenient!

Dear Coach: I'm moving to Toronto and would like to join a Masters swim team. Any suggestions? Swimmer with New Job

Dear S.w.N. Job: All Masters clubs that are registered with Masters Swimming Ontario can be found here: <http://www.mastersswimmingontario.ca/locations/>. The map allows you to search by region, which is handy. Once you find some teams that are convenient for where you will live or work, feel free to ask me for more information on them, as I may have contacts who can advise!

Dear Coach: I will be swimming triathlons this summer. How can I improve by open water swimming? New Triathlete

Dear N. Triathlete: Building up your endurance and speed through our Masters workouts will definitely help. Even doing non-free, especially IM will improve your fitness. In addition, you may want to add a weekly endurance swim on your own, either in a pool or open water. And, some training in open water just to become familiar with it (getting used to sighting and your wetsuit, if you'll be wearing one) is recommended.

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.**

Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>
Sun Apr 17th Technoport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technoport-invitational-april-17-2016/> and http://www.technoport.ca/technoport_swim_and_triathlon_club/short-course-invitational-swim-meet/
Sun May 1st Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>
Sun May 8th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-roc-masters-invitational-may-8-2016/>
Fri-Mon May 20-23rd Nationals, Etobicoke <http://www.mastersswimmingontario.ca/events/2016-canadian-masters-swimming-championships-may-20-to-may-23-2016/>
Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 25th Technoport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
Sat Jul 16th Bring on the Bay 3k Open Water Swim (MSO Registration not required) <http://bringonthebay.com/>
Sat Jul 23rd Technoport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>
Sat Aug 7th Elma Couture Open Water Swim, Welland <http://www.mastersswimmingontario.ca/elma-couture-open-water-swim-aug-7-2016/elma-couture-open-water-swim-aug-7-2016>
Sat Aug 13th Technoport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>
Sat Aug 27th to Tue Aug 31st Swimming at the Americas Masters Games, Vancouver (Note: Event may or may not be sanctioned – check before you enter! If it is not sanctioned, your times don't count towards records, statistics, etc.): <https://www.americasmastersgames2016.com/>
Sat Nov 19th Swim Ottawa Willy Lee Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/annual-willy-lee-invitational-nov-19-2016/>

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

Sat Mar 26th OTC Long Course Time Trials

Megan and **Aaron Holtzman** (8:30am Earlybirds) took part. They swam all the events (100, 200, 500, and 1500 free)!! Still waiting for the results to be posted:

http://ottawatriathlonclub.com/index.php?option=com_content&view=article&id=350:march-swim-meet&catid=57:events-2016&Itemid=101.

Sat Apr 2nd Brockville Special Olympics Swim Meet

Congratulations to **Melanie** on her great swims, and yet another PB and first place in 25fl! Here's how she did:

Melanie Heroux (8:30am Earlybirds; 30 and over): **1st** 25fl (42.07 PB), **5th** 50bk (1:27.56), **6th** 50fs (1:09.31), **7th** 100fs (2:44.16)

Fri-Sun Apr 1-3rd Ontario Masters Swimming Provincials, Markham

Jamie Chalmers, **Robin Henderson**, and **I** were Carleton's three swimmers. In addition, **Fouad** was swimming for his Mississauga club, and **Bill Westcott** was coaching the Nepean Masters. Congratulations to **Jamie** for near PBs in most of his races and lots of medals, to **Robin** for a great 400fs, and to **Fouad** for many PBs! Full results here:

<http://mymsc.ca/ShowMeet.jsp?id=898> and <http://www.2016provincialchampionships.com/wp-content/uploads/results/>. Lots of photos here:

<http://caughtinactionsportsphotography.pixieset.com/2016mastersswimmingchampionships/>, and the updated club records here: <http://carletonmasters.tripod.com/160403.Records.pdf>.

Jamie Chalmers (7:30am Earlybirds; 70-74): **2nd** 200bk (4:04.12), 200fl (5:29.52); **3rd** 100bk (1:49.12), 200IM (4:23.89), 400IM (9:29.37); 4th 50bk (48.59)

Robin Henderson (7:30am Earlybirds; 55-59): **3rd** 400fs (7:11.65); 4th 100IM (1:57.73)

Lynn Marshall (Coach; 55-59): **1st** 100fs (1:04.08 Ontario Record, 50 split 31.64 Club Record), 1500fs (20:24.47; 800 split 9:33.78 World Record), 100bk (1:13.08; 50 split 36.37 Ontario Record), 100fl (1:10.02 Canadian Record), 200fl (2:36.32 Canadian Record), 400IM (5:23.08 World Record)

Fouad Hejazi (x-7:30am Earlybirds; 25-29; swimming for Mississauga Lifetime Athletic Club): **5th** 200fs (2:34.37 PB); **6th** 400fs (5:38.34 PB); **8th** 50br (45.57); **9th** 50fl (34.75 PB); **11th** 100fs (1:09.18); 50fs on relay 30.83 (team was 13th)

Apr 1-7th Dragon Boat Club Crew World Championships, Adelaide, Australia

Congratulations to the **SportChicks Senior B** (age 50+) women's and mixed dragon boat teams for great results at the World Championships. The women won three golds (200m, 500m, and 2k), and the mixed team got a gold, silver, and

bronze. Congratulations to **Debby Whately** (6pm Whitecaps) and **Carolyn Odecki** (Whitecaps) on their performances!! The web site is here: <http://www.adelaide-dragonboat2016.com/>, but no results are posted yet.

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 **Apr 6th**).

Private and Semi-Private Masters Swim Lessons

I usually have a wide range of lessons available from May to August. Details coming soon!

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

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/index.html#schedSpringSummer>.

Spring 2015: Mon May 2nd to Sat Jul 2nd; no workouts Mon May 23rd or Fri Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 11255; cost: \$82.50+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 11256; cost: \$82.50+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **Tue: Mits; Mon/Thurs: Sean**; barcode 11260; cost \$95+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: **Tue: Mits; Mon/Thurs: Sean**; barcode 11261; cost: \$85+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except: May 21st 10:45-11:55am; and Jul 2nd 12:15-1:25pm (shallow): Coaches: **rotating schedule**; barcode 11258; cost: \$35+HST

Summer 2015: Mon Jul 4th to Sat Sept 3rd; no workouts Mon Aug 1st

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 11257; cost: \$100+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean**; Saturdays: **rotating schedule**; barcode 11262; cost \$112+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat, except: Sept 3rd 8:15-9:25am (shallow): Coaches: **rotating schedule**; barcode 11259; cost: \$35+HST

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?

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>