

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: August-13-16 4:33 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 #424

Carleton Masters Swimming Newsletter #424 Saturday, August 13th, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, Spring 2016, Summer 2016, and Alumni: 7:30am Earlybirds I (51 addresses), 8:30am Earlybirds II (40 addresses), 6pm Whitecaps I (49 addresses), 7:10pm Whitecaps II (37 addresses), Saturday Only (2 addresses), Masters "Alumni" (42 addresses)

"Time you enjoyed wasting is not wasted time." – Bertrand Russell (For those who are glued to the Olympics!)

Masters Program Notes and Cancellations

- The Summer session runs until **Sat Sept 3rd**.
 - Note that while the Saturday workout is from **12:15-1:25pm** in August, it will be from **8:15-9:25am** on **Sept 3rd**.
- A reminder that both the Summer 7:30am group and the 6pm group include Saturday (12:15-1:25pm). In addition, it is also possible to sign up for Saturdays only.
- The Summer 6pm group is full with a wait list available. Please let me know if you are on the wait list!
 - There are a few spots left for Summer at 7:30am and for Saturday only.
- Registration for Fall 2016 and Winter 2017 is underway. Program details and prices are in the next section.
 - There is space in all groups, but 7:30am and 6pm are starting to fill up.

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration opens **Wed Aug 3rd** (tomorrow!) 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. 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 2016: Tue Sept 6th to Thu Dec 22nd; no workouts Mon Oct 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 12285; cost: \$148+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 12286; cost: \$148+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 12291; cost \$168+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 12293; cost: \$152+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 12287; cost: \$60+HST

Winter 2017: Tue Jan 3rd to Fri Apr 7th; no workouts Mon Feb 20th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 12288; cost: \$132+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 12289; cost: \$132+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 12292; cost \$148+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 12294; cost: \$132+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 12290; cost: \$52+HST

Swimmer Notes

Swimmer Updates:

- The Rideau Speedeaus (Ottawa's Gay/Lesbian-friendly Masters Swim Team) is looking for a Wednesday night coach 6-7pm at Ottawa U for next season, starting September. It is a paid position, pay dependent on experience. Please contact **Tarek** (swimguy_66@hotmail.com) for more information.

- **Sarah Zhang** (6pm Whitecaps) works in an exercise physiology lab at U of Ottawa. Here's an opportunity to get involved:

"We are currently looking for older participants (55+ yo) to come in and participate in our research. Our research looks at different responses and performances in the heat, with an emphasis on more vulnerable populations (chronically ill, aging, etc.). All our participants receive a free aerobic fitness test as well as body composition analysis, which we give in a fitness report as compensation. The testing would take place in July most likely."

If anyone is interested, please e-mail Sarah at szhan139@uottawa.ca.

- I volunteered at the Rogers Cup Tennis in Toronto from July 23rd to 31st. For those who are interested, here are a few photos:

<https://www.facebook.com/media/set/?set=a.10157370230420604.1073741840.669015603&type=1&l=9823e68ad6>.

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



News and Links:

- **Bob McRory** (Edmonton Masters, age 90) Obituary: <https://edmontonmasters.org/2016/08/05/bob-mcrory/>

- **Forbes Carlile**, a Pioneer of the Science of Swimming, Dies at Age 95:

<http://www.nytimes.com/2016/08/03/sports/olympics/forbes-carlile-olympic-swimming-coach-for-australia-dies-at-95.html>

- **Wayne Strach**: 135km Lake Okanagan swim: <http://www.cbc.ca/news/canada/edmonton/educ-man-attempts-to-break-open-water-swimming-record-1.3684316>; <http://mastersswimmingcanada.com/index.php/2016/08/05/the-incredible-swim-story-of-wayne-strach/>

- **Richard Weinberger** Looks to "Clean Up" in Rio's 10k Swim: <http://www.cbc.ca/sports/trained-by-assassins-vancouver-s-richard-weinberger-looks-to-clean-up-in-rio-s-dirty-water-1.3697917>

- **Loren King** swims Lake Ontario: <http://www.cbc.ca/news/canada/kitchener-waterloo/wilfrid-laurier-university-s-loren-king-swims-lake-ontario-in-for-great-lakes-preservation-1.3704624>; <http://www.thespec.com/news-story/6797914-hamilton-man-swims-across-lake-ontario/>

- **Anita Doppenberg** Swims Lake Erie: <http://thebanner.org/news/2016/07/ontario-mom-swims-across-lake-erie-for-guatemalan-mission>

- **Michael Phelps**: "Best Turn Ever": <http://sports.yahoo.com/news/the-story-of-how-michael-phelps-and-the-best-turn-ever-done-made-olympic-magic-065358629.html>

- **Ryan Lochte**'s Turns: <http://www.nytimes.com/interactive/2016/08/05/sports/olympics-swimmer-ryan-lochte.html>

- 41 Year Old Gymnast at Olympics: <http://www.telegraph.co.uk/olympics/2016/08/06/rio-olympics-2016-meet-oksana-chusovitina-the-41-year-old-gymnas/>

- The Age of Olympians: Rio has Younger and Older Athletes: <http://www.si.com/edge/2016/08/11/rio-2016-olympics-age-young-old-athletes>

- Ottawa Double-Lung Recipient Heads to the Transplant Games:

<http://www.metronews.ca/news/ottawa/2016/08/07/double-lung-recipient-heads-to-different-kind-of-games.html>

- Female Athletes and Sexism at the Rio Games: <http://nymag.com/thecut/2016/08/female-athletes-at-the-olympics-face-sexism.html>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

Caps and Goggles to Borrow: I always have a “lost and found” bag full of spare caps and goggles to borrow if you forget (or break) yours.

Swim Caps for Sale: The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

Nose Clips for Sale: Cost \$5. Contact me if you are interested.

Summer Session Information

Dates: Mon Jul 4th to Sat Sept 3rd; excluding Mon Aug 1st.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End (plus 2 lanes Shallow End as needed); **Lynn**

6pm Whitecaps: Shallow End: **Sean**

12:15pm Saturdays (except: 8:15am Sept 3rd): Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Sean coached for **Mark** on **Sat Jul 30th**. **Mark** coached for **Sean** on **Sat Aug 6th**.

Whitecaps was in the **deep end** on **Tue Aug 9th**, as water polo was cancelled that evening.

Fin Day:

Thu Aug 4th / Fri Aug 5th

Time Trials:

Mon Jul 11th: timed 400fs or IM

Mon Jul 18th: timed 50 and 100 choice

Tue Aug 9th / Wed Aug 10th: 800 / 1500fs

Tue Aug 16th / Wed Aug 17th: 200 choice

Thu Sept 1st / Fri Sept 2nd: fun day (relays)

This information and more can be found with the Spring/Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum16.pdf>.

Thanks to those who participated in the **800m and 1500m time trials** on **Tue Aug 9th / Wed Aug 10th**. There were seven improvements: two in the 800 and five in 1500. The largest improvement in the 800 was by **Heloise Emdon** (7:30am Earlybirds) with a 33 second improvement. The largest in the 1500 was a whopping 4 minutes and 39 seconds by **Nicole Mikhael** (6pm Whitecaps). That bodes well for her upcoming Ironman! Here's the full list:

800 (2)

Heloise Emdon (7:30am Earlybirds) 33

Cory Fraser (7:30am Earlybirds) 11

1500 (5)

Nicole Mikhael (6pm Whitecaps) 4:39

Christian Cattan (6pm Whitecaps) 55

Harley Gifford (7:30am Earlybirds) 45

Andrea Zarins (6pm Whitecaps) 31

Robin Henderson (7:30am Earlybirds) 1

Here are the weekday attendance statistics for this term. If you notice any mistakes, please let me know! Those with the best attendance will receive certificates early next term.

7:30am Earlybirds: July 4-Aug 12th (17 workouts); range 19-35; average: 26.4

Perfect Attendance: **Jamie C, Jerome C, Ursula S**

Missed 1 Workout: **Justin K, Liliane C, Mike M**

6pm Whitecaps: July 4-Aug 11th (17 workouts); range 22-30; average: 24.8

Perfect Attendance: **Luz O**
Missed 1 Workout: **Cam D, Joanne D**
Missed 2 Workouts: **Andrea Z, Elaine Y, Nicole D**

Ask the Coach

Dear Coach: Why have there been so few World Records in swimming at the Olympics? Avid Olympic Fan

Dear A.O. Fan: The list of World Records from before the games is here: http://www.fina.org/sites/default/files/wr_50m_aug_3_2016.pdf. You'll notice that many of the records are from 2008 and 2009, the "shiny suit" era. The buoyant suits that included wetsuit-like material were used then and were made illegal as of 2010. Times done without those suits as "textile suit bests", and many of those are still a long way from the 2008/2009 records, which some say should have asterisks next to them.

Dear Coach: Why is there no 1500 free for the women at the Olympics? What Happened to Equality?

Dear W.H.t. Equality?: At the Olympics there is no 800 for the men, and no 1500 for the women. There are also no stroke (fly, back, breast) 50s for either gender. The World Championships do include those events. (Well, World Masters Championships do not include the 1500 due to time constraints.) There has been talk of changing the women's 800 to a 1500. (Adding events is problematic.) Here's an article that talks a little about this topic: <https://swimswam.com/case-olympic-womens-1500/>.

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 available: cost \$38.** If you register in the Fall, your registration will be good until December 2017. 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 Aug 13th Technosport 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: This event is not sanctioned. Thus, it is open to everyone, no MSO registration is required, but your times don't count towards records, statistics, etc.): <https://www.americasmastersgames2016.com/>

Oct 29th to Nov 6th Swim Camp in Barbados <http://katiebrambley.wix.com/freestyleexperience>

Sat Nov 12th Brossard Meet, Montreal

Sun Nov 13th Technosport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/techno-nov-13-2016/>

Sat Nov 19th Swim Ottawa Willy Lee Meet, Brewer Pool <http://www.mastersswimmingontario.ca/events/annual-willy-lee-invitational-nov-19-2016/>

Sat Nov 19th Claude Robillard Meet, Montreal

Sat Dec 10th Montreal Nord Meet, Montreal

Sat Dec 10th Sainte Foy Meet, Quebec City

Sat Dec 17th Nepean Masters SCM Meet <http://www.mastersswimmingontario.ca/events/nepeansc-dual-meet-bvsr-dec-17-2016/>

Fri Jan 20th, 2017 Alderwood SCY Meet, Toronto <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-42nd-annual-scy-meet-january-20-2017/>

Sat Jan 21st Drummondville Masters Meet, Drummondville, QC

Sat-Sun Feb 4-5th Coupe de la Capitale LCM Meet, Quebec City

Sun Feb 5th Technosport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/technosport-feb-5-2017/>
Sun Feb 26th Thornhill Meet, Markham <http://www.mastersswimmingontario.ca/events/thornhill-feb-26-2017/>
Sat Mar 4th Cowansville Masters Meet, Cowansville, QC
Sun Mar 5th Technosport Meet, Ottawa U <http://www.mastersswimmingontario.ca/events/technosport-mar-5-2017/>
Sat Mar 18th Dollard-des-Ormeaux Meet, Montreal
Fri-Sun Mar 24-26th Ontario Provincial Masters Meet, Thornhill, Markham
<http://www.mastersswimmingontario.ca/events/thornhillprovincials-mar-24-25-26-2017/>
Sat-Sun Apr 22-23rd Quebec Provincial Masters Meet, Quebec City
Fri-Mon May 19-22nd Canadian Masters Nationals LCM, Quebec City
Late July to Early August FINA World Masters Aquatic Championships, Budapest, Hungary

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

Sat Jul 30th National Capital Sprint Triathlon (500m/20k/5k; 133 participants)

Congratulations to **Tony Revitt** (8:30am Earlybirds) for his great race, especially the 9:03 swim – second overall (just 1 second behind a youngster!). Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30477>.
Tony Revitt (8:30am Earlybirds; 40-44): 7th overall, 7th male, and 2nd in category in 1:10:10.9 (9:03 swim)

Sun Jul 31st K-Town Triathlon

Congratulations to **Jordan Monnink** (8:30am Earlybirds) on his win!! Here's his race report:

http://www.jmonninktriathlon.com/?fb_action_ids=1313093865374926&fb_action_types=og.comments#!KTown-Race-Report/qjgrd/579ff94a0cf27547c72fffc2

Sat Aug 6th 4km Ottawa Riverkeeper Swim

Julia Aimers (7:30am Earlybirds) participated. Here's her report, from the Team Triumph Weekly News:

On Saturday Cary and Cheryl escorted by Kevin (in a beautiful handmade kayak he made for Cary) and I supported by Martin, crossed the mighty Ottawa river! What looked like a fairly calm morning quickly changed as the wind picked up and we were getting hit head on by waves.

This year they changed it up and we crossed from Ontario to Quebec. The sighting was much easier but the current was against us. There are only 5 buoys set out and they had placed them too far to the right so we were told to just use the red roof to site with 4km away! Although challenging and oh yes...FUN, we all managed to get across and were very happy to be greeted by Annemarieke and David on the other side.

This is my 3rd year doing this event and every year I learn from the experience. Here are 4 tips for success:

1) Make sure you have an escort paddler for safety and sighting. There are only 100 people in the race and they break up pretty fast. If you run into trouble, you're pretty much on your own.

2) Remember, the kayaker is in charge of your direction. The swimmer chases the kayak. We saw so many supported swimmers so far off course.

3) Have the kayak drag a MyFloat and use that to sight off so you don't get whacked in the head by a paddle! ... relationship changer :(

4) Have the kayak take the rough water so the swimmer is protected from the waves. If the waves are coming at you, you're pretty much up a creek without a paddle!

We couldn't find anyone to use our 2nd kayak so Martin dragged the other one behind so we could kayak back to Ontario together which is a fun way of doing it. Trust me...at one point when it got really rough I was tempted to jump in :) "We shall never surrender!"

A great event in support of a great cause!

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 **July 10th**).

Private and Semi-Private Masters Swim Lessons

Just a few lessons left in August:

Monday 4:30-5:30pm: Aug 15, 22

Monday 5:30-6:30pm: Aug 22

Thursday 5:30-6:30pm: Aug 18

Fall schedule will be available 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**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>.

Summer 2016: 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 (lynnmarshall@sympatico.ca).

Happy lengths!

Lynn

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

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