

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** Saturday, November 26, 2016 12:57 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 #432

**Flag Status:** Flagged

## Carleton Masters Swimming Newsletter #432

Saturday, November 26<sup>th</sup>, 2016

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (32 addresses), Saturday Only (8 addresses), Masters "Alumni" (31 addresses).

**"You don't get results by focusing on results. You get results by focusing on the actions that produce results."**

### Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Thu Dec 22<sup>nd</sup>**.
- Registration is open for both Fall and Winter. Details on dates, prices, and barcodes are near the end of the newsletter.
- For Fall, the 7:30am, 8:30am, and 6pm groups are full with wait lists available (do let me know if you're on a wait list!).
- There are currently just 8 spots left at 6pm for Winter. The 7:30am group is also starting to fill up. If you like to swim at either of those times, I'd recommend signing up for Winter quite soon.

### Record Number of Carleton Swimmers Compete on Sat Nov 19<sup>th</sup>!

No fewer than 21 Carleton swimmers competed in Masters swim meets last Saturday! Nineteen Carleton swimmers competed at the Willy Lee Swim Meet at the Brewer Pool (Ottawa), while two others traveled to Montreal for the Coupe de Montreal organized by A Contre Courant at the Claude-Robillard pool. It's fantastic to see so many swimmers competing! A shout-out to **Melanie Heroux** (8:30am Earlybirds) and **Philip Kaisary** (6pm Whitecaps) for their first ever Masters swim meet! Thanks to **Sandy Lawson** (7:30am Earlybirds) for providing these videos of the Brewer Meet: <https://goo.gl/photos/fd9NhUgNzz7vveD1A>. Details of the meets including placings, times, and club records can be found in the "Race Results" section below. Please let me know if you notice any errors – there were a lot of numbers!

### Support the Carleton Varsity Swim Team on Giving Tuesday, November 29<sup>th</sup>

You've heard of Black Friday and Cyber Monday. Have you also heard of Giving Tuesday? The idea behind Giving Tuesday is to encourage charitable donations. This year Carleton University hopes to raise \$150,000 in donations on that date and for every donation up to \$1000 Carleton will match it dollar for dollar (until the \$150,000 goal is reached). For many Carleton groups, this is a fantastic for fundraising. As many of you know, I'm the manager of Carleton's Varsity Swim Team. We get very limited funds from Carleton and hope to raise enough money to pay for this year's swim meet trips and to reduce the fees that the swimmers pay so that all the talented swimmers at Carleton can afford to join the team. The fee was \$1800 last season, and is \$1200 this season. We hope to continue that downward trend. Thus, we are encouraging all friends, family, and supporters of swimming to "**Support the Varsity Swim Team**" by following this link: <https://futurefunder.carleton.ca/project/support-the-carleton-varsity-swim-team/>, and making a donation the **morning of Tuesday, November 29<sup>th</sup>**. No amount is too small to help us, and all donations receive tax receipts. Thank you for your support.

## Swimmer Notes

## Swimmer Updates:

- **Reminder:** Tonight: **Annual Holiday Party!!** A big thank you to **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (6pm Whitecaps) for once again agreeing to host our annual Holiday Potluck Party. The party will be held on **Sat Nov 26<sup>th</sup>**, starting at 6:30pm. This is a great feast! I hope to see you there! Full details: <http://carletonmasters.tripod.com/festive2016.pdf>.

- Congratulations to **Julia Aimers** (8:30am Earlybirds) who has been recognized by Triathlon Ontario with Honorable Mention in the Category of Coach of the Year! What a great achievement! **Julia** is the Head Coach of Team Triumph: <http://www.pbest.ca/>.

- **Ursula Scott** (7:30am Earlybirds) is a member of the choral group Voices in Harmony which is performing 3 public Christmas concerts: Wed. Nov. 30 at 7:30 p.m., a fundraiser for the Huntington Society, ticket information: <http://bit.ly/2dLcGrS>; Sat. Dec. 3 at 2 p.m., a fundraiser for the Carleton Memorial United Church - tickets are \$15, \$10 for students, available at the door or the church office, 740 Melfa Crescent (office hours Tuesdays and Thursdays, 9am to 1pm) tel: (613) 224-7433, and Sat. Dec. 17 at 3 p.m. at Woodroffe United Church, 207 Woodroffe Ave, by donation (\$10 recommended).

- **Tony Revitt** (8:30am Earlybirds) has worked at the Carleton Physiotherapy clinic for many years. He's now venturing out on his own! Here's some information for him on his new position:

Glebe Health House is a multidisciplinary clinic which will now be offering Physiotherapy. The clinic is located on Bank and 2nd above the Bridgehead (entry is on 2nd). I will be starting with 2 days a week (Tuesday mornings and Wednesday afternoon/evening) and adding more times as I get busy. The appointments can be booked and managed online, including payments. You will also have personalized appointments (no use of physio assistants). I have been doing physio for 11 years and have been mainly helping sports minded people get back to their various activities, from the weekend warrior to National Team athletes. Outside of the clinic I work with the Canadian National Diving Team and Ontario/Eastern Ontario Rugby teams. I treat all types of injuries including neck and back problems. As well as manual therapy and exercise prescription, I do IMS, a needling technique used for chronic conditions and to relax tight muscles. If you, or anyone else you know, has an injury that is giving you pain or restricting your activity please come in to see me by booking a time on the website: <http://www.glebehealthhouse.com/>.

- I bumped into **Meredith Curren** (x-Whitecaps) at the NAC this week. She is enjoying her competitive kayaking and doing a bit of swimming on her own as cross-training. She asked if I had an update on **Liam Elder**, the younger son of **Christine Harkin**, who used to swim with the 7:10pm Whitecaps. **Liam** has been sick with leukemia for many years. He was in remission for a while and then relapsed and, on top of his leukemia, developed a life threatening fungal infection (mucormycosis). I recently received some promising updates from **Christine**, and **Liam** is finally going to get treatment that could cure his leukemia. The family is looking for financial help and have a bank account set up at TD: "Friends of Liam Elder, care of Christine Harkin". Donations are always welcome. (You can also pass on money to me, and I can deposit it.) Here are the details from her two recent e-mails:

### Nov 6<sup>th</sup>:

Liam and I went to the Children's Hospital of Philadelphia (CHOP) this week for a meeting and assessment for admission to the Chimeric Antigen Receptor (CAR) T-CELL therapy trial. Of course they must tell you about the scariest things they've experienced during the last trial (intense!!) but I would say that things went well and he is officially in the trial.

The stem cells that were collected at Sick Kids in June were sent to CHOP on Thursday and they will start manipulating his t-cells next week. It takes 6-8 weeks for them to manipulate the cells so we are likely returning to Philadelphia around mid- to late-December. The minimal stay is 6 -7 weeks. He will have a lumbar puncture (LP) and bone marrow aspiration (BMA) around week 5-6 to determine how the t-cells are doing (technically CD19). If it's successful, we get to go home. If it was not successful, he needs to do it again. He will be required to go back every 3 months for testing, will need intravenous immunoglobulin (IVIG) likely for the rest of his life ... but small price to pay for a potential cure!!

To get to this point, we had to stop giving Liam chemo and tyrosine kinase inhibitor (TKI) in early September and knowingly watch him relapse again (3rd relapse). Painful experience to watch his energy decrease and mood change. He had a LP & BMA 2 weeks ago and 0.13% blasts were found in his bone marrow. Since, he has had Vinchristin and 2 day steroid pulse and is back on Ponatinib to get him back into remission. We're still dealing with kidney issues and are trying to adhere to a strict low potassium diet.

It feels surreal that after almost 2.5 years waiting for this or transplant ... it's finally here. In a way it's a good thing because he is soooo much stronger physically and mentally. We have also been able to prove that the mucormycosis is no longer present, which is a huge relief. All the Drs I have met with (Sick Kids, CHOP and others), are in awe of all the obstacles Liam has gone through and he is still here. He is a force to be recommend with, an amazing story of resiliency, a larger than life person, an unbelievably great kid, and incredibly stoic ... and I'm extremely proud of him.

We're going to need some help from the community to raise some funds. Going back to CHOP every 3 months for a

number of years (unknown at the moment how long we will need to go back to CHOP for) will eat away at what we have left from the fundraising in 2014/15. We also need to pay out of our own pocket for Ben and Peter to join us in Philadelphia (Liam and my flights are covered under the trial) and for accommodations & food. We appreciate any help with fundraising.

#### Nov 22<sup>nd</sup>:

Great news!! We have dates for Philadelphia!

The cells are growing and doing what they should be doing ... Liam and I are leaving on 3 December (one way for now). Peter and Ben will drive down a week or so later.

The CAR T-CELL itinerary is as follows:

5 Dec: BMA and chemo

6-7 Dec: Chemo

13 Dec: infusion

12 Jan: BMA

17 Jan: results

The plan is for all to be done as out-patient but if he spikes a fever, he will be admitted. There is a possibility that he will lose his hair again (sigh!!).

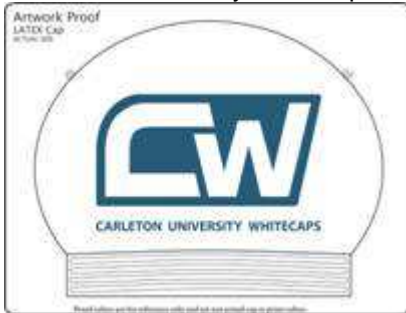
We're excited and nervous at the same time. It'll be busy but given that we've been waiting for this for 2.5 yrs, it's hope, it's a cure and it's a breath of fresh air!!!

Please keep praying and sending positive vibes for Liam and the family!! We appreciate them all!!!

Again, we appreciate any donations and fundraising.

- On **Sun Nov 20<sup>th</sup>**, **Melanie Heroux** (8:30am Earlybirds) participated in a bowl-a-thon to raise funds for Special Olympics. She sent this link to photos of the Special Olympians having a great time: <https://www.flickr.com/photos/soogreaterottawa/albums/72157672878064233>. There are photos of **Melanie** near the bottom of the 3<sup>rd</sup> page, and on the 4<sup>th</sup> and 5<sup>th</sup> pages. Donations are still open on-line: <https://secure.e2rm.com/registrator/startup.aspx?eventid=209543>.

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



#### News and Links:

- B.C.'s Oldest Swimmer, **Alfred Schulhof**, is Retiring at Age 97 [thanks to **Robin Henderson** (7:30am Earlybirds) for this]: <http://www.cbc.ca/news/canada/british-columbia/oldest-competitive-swimmer-in-bc-97-1.3866145>
- Swimming the Dead Sea: <http://www.haaretz.com/israel-news/.premium-1.753429>
- Fourteen Types of (Young) Swimmers: <https://swimswam.com/14-types-young-swimmers/>
- Ten Things Open Water Swimming Taught Champion Kim Chambers: <http://www.redbull.com/uk/en/adventure/stories/1331826141310/kim-chambers-10-things-open-water-swimming-taught-her>
- How To Streamline Your Swim [Ed. Note: Ignore the not-so-streamlined photo!]: <http://www.220triathlon.com/training/swim/how-to-streamline-your-swim/3963.html>
- Competition, Not Support, Gets You to the Gym: <http://www.futurity.org/exercise-motivation-competition-1285682-2/>
- The Idea of Losing Money Gets People to Work Out: <http://www.futurity.org/money-loss-exercise-1131872-2/>
- The Brain is the Key to Ultramarathons: <http://www.businessinsider.com/zach-bitter-says-the-brain-is-key-to-ultramarathons-2016-11>

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

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

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

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

## Fall Session Information

Dates: Tue Sept 6<sup>th</sup> to Thu Dec 22<sup>nd</sup>; excluding Mon Oct 10<sup>th</sup>.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Thu: **Sean**; Tue: **Mark**

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **Mark**

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

**Mark** coached for **Sean** on **Mon Nov 21<sup>st</sup>**, and **Sean** coached for **Mark** on **Tue Nov 22<sup>nd</sup>**.

**Mark** and **Sean** may also swap **Mon Dec 12<sup>th</sup>** and **Tue Dec 13<sup>th</sup>**.

**Sean** is coaching for **me** on **Wed Dec 14<sup>th</sup>**.

### Fin Days:

Tue Oct 25<sup>th</sup> / Wed Oct 26<sup>th</sup>

Thu Nov 24<sup>th</sup> / Fri Nov 25<sup>th</sup>

### Time Trials:

Thu Oct 13<sup>th</sup> / Fri Oct 14<sup>th</sup>: timed 400fs or IM

Thu Oct 20<sup>th</sup> / Fri Oct 21<sup>st</sup>: 2 timed 50s

Mon Oct 31<sup>st</sup>: 200 choice

Mon Nov 14<sup>th</sup>: 800 / 1500fs (and Thu Nov 17<sup>th</sup>)

Tue Nov 29<sup>th</sup> / Wed Nov 30<sup>th</sup>: 100 choice

Wed Dec 21<sup>st</sup> / Thu Dec 22<sup>nd</sup>: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanfall16.pdf>.

Thanks to all those who participated in the **distance time trials** on **Mon Nov 14<sup>th</sup>** and **Thu Nov 17<sup>th</sup>**. There were 15 improvements, led by **Randi Karstad** (7:30am Earlybirds) and **Fay Hjartarson** (8:30am Earlybirds) who both improved their 800s by about 2 minutes (2:03, and 1:58, respectively)!! A full list of all the improvements follows.

### 800fs (6; improvements in seconds)

<b>Randi Karstad</b>	123.0	EB1
<b>Fay Hjartarson</b>	118.0	EB2
<b>Nancy Manning</b>	27.0	EB2
<b>Isla Paterson</b>	12.0	EB2
<b>Mary Lou Davies</b>	10.0	EB2
<b>Bill Gregg</b>	1.0	EB2

### 1500fs (9)

<b>Konstantin Petoukhov</b>	43.0	WC1
<b>Jordan Monnink</b>	41.0	EB2
<b>Rachel Bennett</b>	30.0	WC1

<b>Jean-Louis Tiernan</b>	27.0	WC1
<b>Christiane Wilke</b>	22.0	EB1
<b>Justin Kernot</b>	22.0	WC2
<b>Gillian Massel</b>	16.0	WC2
<b>Ursula Scott</b>	10.0	EB1
<b>Elaine Yardley</b>	7.0	WC1
<b>Tracey McGrath</b>	1.0	WC2

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

**6pm Whitecaps:** Sept 6-Nov 24<sup>th</sup> (29 of 35 workouts: Sept 19, 20, 26, Oct 3, 6 missing); range 21-33; average: 26.2

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

Missed 1 Workout: **Peter Lithgow**

Missed 2 Workouts: **Don W, Rachel B**

Missed 3 Workouts: **Debby W**

**7:10pm Whitecaps:** Sept 6-Nov 24<sup>th</sup> (29 of 35 workouts: Sept 19, 20, 26, Oct 3, 6 missing); range 11-23; average: 15.9

Missed 3 Workouts: **Gillian M**

**7:30am Earlybirds:** Sept 7-Nov 25<sup>th</sup> (34 workouts) range 15-31; average: 23.6

Perfect Attendance: **Christiane W**

Missed 1 Workout: **Jamie C, Ursula S**

Missed 2 Workouts: **Liliane C**

Missed 3 Workouts: **Harley G**

**8:30am Earlybirds:** Sept 7-Nov 25<sup>th</sup> (34 workouts); range 17-32; average: 26.8

Missed 1 Workout: **Alison C, Mark B**

Missed 2 Workouts: **Amir B, Bill G**

Missed 3 Workouts: **Isla P, Rod H**

## Ask the Coach

**Dear Coach:** Does it really matter if I don't look at the pace clock? Short-Sighted Swimmer

Dear S.S. Swimmer: If you are not using the pace clock, you will be unable to keep track of the pace time and your swim times. If you want to become a better swimmer, it's important to track both. If you never look at the clock, you will not know if you are actually building, fading, descending, ascending, etc. Without the clock to keep us honest, we often think that we are getting faster when we are not. Mixing up the speed, distances, and rest intervals helps "shock" the system (your body) into improving. Swimming at one speed won't do that. Inexpensive prescription goggles are available at Aquasport – see the end of the newsletter for details on the team discount. If you are not able to get goggles that help, wearing a watch is better than nothing, but being able to see the pace clock is best!

**Dear Coach:** Can you explain shoulder-driven vs. hip-driven freestyle? Heard About These Terms

Dear H.A.T. Terms: These terms (and I personally don't agree with the names given!) are used to describe the arm stroke timing in freestyle. An almost catch-up style is referred to as hip-driven. Less of a catch-up style is referred to as shoulder-driven. Some swimmers at the Olympics (often long distance swimmers) who have an uneven cadence do a catch up on one side (usually the breathing side) and not on the other, and thus are considered to have one side shoulder-driven and the other hip-driven. All freestyle swimmers do (should!) rotate about the long axis. Here's an article that talks about the styles: [http://www.slowtwitch.com/Training/Swimming/Your\\_Best\\_Freestyle\\_Technique\\_1877.html](http://www.slowtwitch.com/Training/Swimming/Your_Best_Freestyle_Technique_1877.html).

**Dear Coach:** I want to improve. Should I add more swim sessions or add weights? Keen Swimmer

Dear K. Swimmer: It depends on what your goals are and what stage you're at in your swimming. Those with little competitive experience will gain from working on technique, as well as building up endurance (while maintaining technique). Those who want to focus on sprinting don't need to swim as far, and will benefit more from strength training. Distance swimmers need to put in more hours in the pool. For all swimmers, stretching is an important part of



training, especially as we age. Weight training can be used to help swimming (i.e. working on the muscles used in swimming), or to reduce injury by complementing swimming (i.e. working on the muscles that aren't used as much in swimming). Talk to your coach about your situation for specific recommendations.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 (September 2016 to August 2017) costs \$35.** 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 Dec 4<sup>th</sup> Technosport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=803>

Sat Dec 10<sup>th</sup> Montreal Nord Meet, Montreal <https://swimming.ca/en/meet/19960/>

Sat Dec 10<sup>th</sup> Sainte Foy Meet, Quebec City <https://swimming.ca/en/meet/19961/>

Sun Dec 11<sup>th</sup> North York Gators Pentathlon Masters Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=809>

Sat Dec 17<sup>th</sup> Nepean Masters Short Course Invitational Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=808>

Fri Jan 20<sup>th</sup>, 2017 Alderwood SCY Meet, Toronto

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=10>

Sat Jan 21<sup>st</sup> Drummondville Masters Meet, Drummondville, QC <https://swimming.ca/en/meet/19962/>

Sat-Sun Feb 4-5<sup>th</sup> Coupe de la Capitale LCM Meet, Quebec City <https://swimming.ca/en/meet/19963/>

Sun Feb 5<sup>th</sup> Technosport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=804>

Sun Feb 12<sup>th</sup> Burlington Masters Meet <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=810>

Sat Feb 25<sup>th</sup> Nepean Winterlude Long Course Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=825>

Sun Feb 26<sup>th</sup> Thornhill Meet, Markham <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=801>

Sat Mar 4<sup>th</sup> Cowansville Masters Meet, Cowansville, QC <https://swimming.ca/en/meet/19964/>

Sun Mar 5<sup>th</sup> Technosport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=805>

Sun Mar 5<sup>th</sup> Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=847>

Sat Mar 18<sup>th</sup> Dollard-des-Ormeaux Meet, Montreal <https://swimming.ca/en/meet/19965/>

Fri-Sun Mar 24-26<sup>th</sup> Ontario Provincial Masters Meet, Thornhill, Markham

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=802>

Sat-Sun Apr 22-23<sup>rd</sup> Quebec Provincial Masters Meet, Quebec City <https://swimming.ca/en/meet/19951/>

Sun May 7<sup>th</sup>, Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=848>

Fri-Sun May 12-14<sup>th</sup> Canadian Masters Nationals, Quebec City <https://swimming.ca/en/meet/19821/>

Sat Jun 3<sup>rd</sup> Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>

Aug 7-20<sup>th</sup> FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships>

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

**Sun Nov 13<sup>th</sup> Vancouver Fall Classic 10km Run** (1210 participants)

Congratulations to **Susan** on a great run! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=40907>.

**Susan Nevitt-Yelle** (7:30am Earlybirds; 50-59): 162<sup>nd</sup> overall; 52<sup>nd</sup> woman, and 6<sup>th</sup> in category in 49:51.0

## Sat Nov 19<sup>th</sup> Willy Lee Masters Swim Meet, Brewer Pool, Ottawa

A whopping nineteen Carleton swimmers participated!! Eighteen swimming for Carleton, and one swimming for B-Train. There were lots of PBs, and three swimmers set a total of nine club records: **Harley** set four, **Liliane** set three, and **Lindsay** set two! Full results:

<http://www.anzai.com/swimottawa/Meets/Willy%20Lee%202016%20Results%20FINALa.pdf>, and updated club records: <http://carletonmasters.tripod.com/161119.Records.pdf>.

**Liliane Cardinal** (7:30am Earlybirds; 65-69): 1<sup>st</sup> 50br (1:10.38 Club Record), 200br (5:14.00 Club Record; 100 split Club Record); 2<sup>nd</sup> 50fl (1:12.75)

**Harley Gifford** (7:30am Earlybirds; 60-64): 1<sup>st</sup> 50bk (36.82 Club Record; PB), 100bk (1:19.52 Club Record; PB), 50fl (38.08 Club Record), 200IM (3:08.17 Club Record; PB)

**Sylvia Williams** (7:10pm Whitecaps; 55-59): 2<sup>nd</sup> 100fs (1:58.68); 3<sup>rd</sup> 50br (1:05.19 PB), 50fl (1:03.59); 6<sup>th</sup> 50fs (51.75)

**Ian Lorimer** (7:30am Earlybirds; 55-59): 1<sup>st</sup> 200fs (2:52.25), 50fl (38.93); 2<sup>nd</sup> 50fs (33.11); 3<sup>rd</sup> 100fs (1:15.69)

**Sandy Lawson** (7:30am Earlybirds; 50-54): 1<sup>st</sup> 200fs (2:56.47), 50bk (45.77), 100bk (1:35.89 PB)

**Francois Jacques** (7:30am Earlybirds; 50-54): 1<sup>st</sup> 50fs (31.11), 50br (42.19); 2<sup>nd</sup> 100fs (1:09.29), 100br (1:35.13)

**Natalie Aucoin** (8:30am Earlybirds; 40-44): 1<sup>st</sup> 50fl (34.61), 100fl (1:21.36), 200IM (3:11.63 PB); 2<sup>nd</sup> 50fs (34.17)

**Philip Kaisary** (6pm Whitecaps; 35-39): 1<sup>st</sup> 200fs (3:03.93); 3<sup>rd</sup> 100fs (1:21.63); 4<sup>th</sup> 50fl (52.96)

**Melanie Heroux** (8:30am Earlybirds; 30-34): 2<sup>nd</sup> 50bk (1:34.16), 100bk (3:21.69); 5<sup>th</sup> 100fs (3:16.26)

**Paola Osorio** (6pm Whitecaps; 30-34): 1<sup>st</sup> 100bk (1:22.26); 3<sup>rd</sup> 50fl (33.99)

**Luz Osorio** (6pm Whitecaps; 30-34): 1<sup>st</sup> 50fl (32.53), 200IM (2:47.95)

**Jian-Lok Chang** (6pm Whitecaps; 30-34): 1<sup>st</sup> 50fs (25.47), 50bk (28.23), 200IM (2:21.17)

**Lindsay Buckingham** (6pm Whitecaps; 25-29): 1<sup>st</sup> 50fs (28.89 PB), 50bk (35.69 Club Record), 50br (36.11 Club Record), 50fl (32.70 PB)

**Kristen Campbell** (7:10pm Whitecaps; 25-29): 1<sup>st</sup> 100fs (1:10.84); 2<sup>nd</sup> 50fs (31.73), 50bk (37.70)

**Matthew Tucciarone** (7:30am Earlybirds; 25-29): 1<sup>st</sup> 50bk (41.27 PB); 3<sup>rd</sup> 50fs (33.50), 100fs (1:15.49), 50bk (41.27)

**Sean Dawson** (Coach; 25-29): 1<sup>st</sup> 50fs (26.10), 100fs (1:00.32), 200fs (2:08.93), 50fl (29.15)

**Elsbeth Cudmore** (7:10pm Whitecaps; 18-24): 1<sup>st</sup> 50fl (34.23); 2<sup>nd</sup> 50fs (32.25), 100bk (1:26.06), 200IM (2:58.77)

**Justin Kernot** (7:10pm Whitecaps; 18-24): 1<sup>st</sup> 50fs (27.04), 100fs (58.90), 50fl (29.93)

Swimming for B-Train: **Cheri Reddin** (Saturdays; 40-44): 2<sup>nd</sup> 200IM (3:25.17); 3<sup>rd</sup> 100bk (1:41.17); 4<sup>th</sup> 50fl (43.13); 11<sup>th</sup> 50fs (39.63)

## Sat Nov 19<sup>th</sup> A Contre Courant Coupe de Montreal Masters Swim Meet, Claude Robillard Pool, Montreal

Two Carleton swimmers attended. We had some good swims and some not-so-good! Full results:

<http://mymsc.ca/ShowMeet.jsp?id=947>. Updated club records: <http://carletonmasters.tripod.com/161119.Records.pdf>.

**Jamie Chalmers** (7:30am Earlybirds; 70-74): 1<sup>st</sup> 50fs (38.08), 100fs (1:29.47), 100IM (1:54.76); 2<sup>nd</sup> 50fl (59.62); 3<sup>rd</sup> 800fs (19:10.14)

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 100fs (1:04.47), 200bk (2:31.71 World Record), 50br (40.42 Club Record), 100br (1:26.93 Club Record), 100fl (1:09.91)

## Cyclocross Standings to Sun Nov 20<sup>th</sup>

No one is going to catch **Lisa**! She has seven 1<sup>st</sup> and one 2<sup>nd</sup> and your best six races count! Full results:

<http://www.cyclocross.org/wp-content/uploads/2016/11/2016-points-including-Race-9.html>

**Lisa Meyer** (8:30am Earlybirds; Masters C): 1<sup>st</sup> in category

## 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 **November 24<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

For Fall, the schedule is:

Monday and Friday 9:35-10:35am

Some early evenings, usually Thursday 4-5pm.

Additional times available in mid-December.

### Prices:

**Private:** \$52.50 per hour, plus HST.

**Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

## Notes and Reminders

### Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. 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 6<sup>th</sup> to Thu Dec 22<sup>nd</sup>; no workouts Mon Oct 10<sup>th</sup>

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

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

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

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12293; cost: \$152+HST

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

#### Winter 2017: Tue Jan 3<sup>rd</sup> to Fri Apr 7<sup>th</sup>; no workouts Mon Feb 20<sup>th</sup>

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

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

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

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12294; cost: \$132+HST

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

### Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) They have two locations in Ottawa (2730 Iris Street in the West End and 2160 Montreal Road in the East) and several in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

### 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](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>