

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, January 13, 2017 6:07 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 #435

Carleton Masters Swimming Newsletter #435

Friday, January 13th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (46 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (51 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (10 addresses), Masters Alumni (29 addresses).

“Experience: The problem is that when you get it, you’re too damned old to do anything about it.” – Jimmy Connors

Masters Program Notes and Cancellations

- The Winter session started **Tue Jan 3rd**.
 - There will be **no workouts on Mon Feb 20th** (Family Day). Workouts run as usual the rest of Carleton’s Reading Week.
 - The Winter session ends **Fri Apr 7th**.
- The 6pm group is full for Winter. There is a wait list available. Let me know if you are on the wait list.
- There is just 1 spot available at 7:30am.

Carleton Masters End of Year Photos

Here are the group photos that Coach **Sean Dawson** took at the end of 2016:

<http://carletonmasters.tripod.com/fall16photos.pdf>.

Swimmer Notes

Swimmer Updates:

- If you are thinking of attending the **FINA World Masters Championships** in Budapest in August, please let me know. MSO is putting together a list of those attending.

- **Carleton Athletics January Specials:** One month membership: \$40 (including tax). 5 Day Pass: \$30 (including tax). Bring a friend day pass: free (for members).

- **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/>.

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



News and Links:

- Support Ottawa's Bid for the Canada Games in 2021: <http://ottawa2021.ca/#support>
- 'Calm, Quiet and Cold': Frigid Swims Part of Pair's Routine: <http://ottawacitizen.com/news/local-news/calm-quiet-and-cold-frigid-winter-swims-part-of-pairs-routine>
- Ice Swimming in Lake Ontario: <http://www.cbc.ca/news/canada/toronto/ice-swimming-toronto-lake-ontario-1.3914809>
- Ice Swimming: <http://www.nytimes.com/2016/12/15/sports/for-swimmers-with-ice-water-in-their-veins-an-event-to-match.html>
- Backwards Swimming: <http://www.dailymail.co.uk/news/article-4094026/Because-swimming-forwards-easy-Norwegian-athlete-demonstrates-four-strokes-BACKWARDS.html>
- Young Surfer (Daughter of Swimming Olympic Medallist) Doesn't Think Much of Swimming: <https://www.youtube.com/watch?v=kyXXh3yglvE>
- Hotel Room Under the Sea: <https://www.facebook.com/viralthread/videos/617193118453375/>
- Swim Suit Reviews (Prices in US\$): <http://www.usmsswimmer.com/201701/swm.17jf.lr.swimbag.pdf>
- Swimmer New Year's Resolutions: <https://swimswam.com/17-new-years-resolutions-swimmers/>
- Savings, Longevity, and the Year in Fitness [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <http://www.nytimes.com/2016/12/21/well/move/savings-longevity-and-the-year-in-fitness.html>
- 85 Year Old Marathoner, **Ed Whitlock**, is So Fast That Even Scientists Marvel: <http://www.nytimes.com/2016/12/28/sports/ed-whitlock-marathon-running.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.

Winter Session Information

Dates: Tue Jan 3rd to Fri Apr 7th; excluding Mon Feb 20th.

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.

The **7:10pm Whitecaps** was in the **deep end** on **Tue Jan 3rd** and **Thu Jan 5th**.

Sean is coaching for **Mark** on **Sat Jan 14th**.

Fin Days:

Mon Jan 30th

Thu Mar 9th / Fri Mar 10th

Time Trials:

Tue Feb 7th / Wed Feb 8th: timed 400fs or IM

Tue Feb 21st / Wed Feb 22nd: 2 timed 50s

Thu Mar 2nd / Fri Mar 3rd: 100 choice

Thu Mar 16th / Fri Mar 17th: 200 choice

Tue Mar 21st / Wed Mar 22nd: 800 / 1500fs

Thu Apr 6th / Fri Apr 7th: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanwint17.pdf>.

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: Jan 3-12th (5 workouts); range 21-35; average: 27.4

Perfect Attendance: **Cam D, Christian C, Dave G, Debby W, Hayden C, Jian-Lok C, Joanie C, Joanne D, John H, Meagan M, Peter L, Rachel B**

7:10pm Whitecaps: Jan 3-12th (5 workouts); range 9-19; average: 14.4

Perfect Attendance: **Sam G, Steph LSF**

7:30am Earlybirds: Jan 4-13th (5 workouts) range 18-24; average: 21.4

Perfect Attendance: **Kevin G, Liliane C, Margaret K, Susan N-Y, Ursula S**

8:30am Earlybirds: Jan 4-13th (5 workouts) range 16-25; average: 21.4

Perfect Attendance: **Amir B, Chris W, Isla P, Lisa M, Mark B, Melanie H, Natalie A, Penny E**

Ask the Coach

Dear Coach: What position should I be in when I push off the wall after a flip turn? Danger to My Lane-Mates

Dear D.t.M.Lane-Mates: When you leave the wall after a flip turn, your toes should be pointing up towards the ceiling and you should be facing the ceiling. If you twist onto your side after leaving the wall, it's much quicker than if you twist during the turn. Here's a good video showing the motion: <https://www.facebook.com/GoSwim.tv/videos/10154416878029209/>.

Dear Coach: Can you suggest some good weight training exercises for swimmers? Want To Get Stronger

Dear W.T.G. Stronger: Everyone is different, and if you have any pre-existing injuries or weaknesses, it's worth consulting a specialist before starting a weight training program. However, here are some links that you might find useful:

- Strength Training for Swimming: Six Key Gym Exercises: <http://www.220triathlon.com/training/swim/strength-training-for-swimming-6-key-gym-exercises/11466.html>

- Specific Strength Training for Swimming: <http://home.trainingpeaks.com/blog/article/specific-strength-training-for-swimming>

Dear Coach: I'd like to improve my butterfly. Any suggestions? New Flyer

Dear N. Flyer: We will be working on fly drills in workout soon. Ask your coach for some tips after/during the drills. Here are some additional butterfly drills and videos that you might find helpful:

- Swimming Drills for Butterfly: <https://www.linkedin.com/pulse/swimming-drills-butterfly-stroke-garyfallia-zeimpeoglou>

- Improve Your Underwater Dolphin Kick: <https://www.linkedin.com/pulse/tips-how-improve-your-underwater-dolphin-kick-garyfallia-zeimpeoglou>

- Butterfly Building Blocks (Advanced!): <https://swimswam.com/butterfly-building-blocks-full-body-engagement/>

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:

<https://ms.mastersswimmingontario.ca/web/schedule.php>.

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 Jan 20th, 2017 Alderwood SCY Meet, Toronto

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

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

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

Sun Feb 5th Technosport Meet, Ottawa U

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

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

Sat Feb 25th Nepean Winterlude Long Course Meet

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

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

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

Sun Mar 5th Technosport Meet, Ottawa U

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

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

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

Fri-Sun Mar 24-26th Ontario Provincial Masters Meet, Thornhill, Markham

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

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

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

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

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

Aug 7-20th FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships> (Open Water Swimming: Aug 10-12th; Pool Swimming: Aug 14-20th)

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

No race results this time, but special kudos to **Konstantin Petoukhov** (6pm Whitecaps) for doing a 10km swim in the ocean while on "vacation" in Mexico!

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 **December 23rd**).

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Monday and Friday 9:35-10:35am

Monday 4:30-5:30pm

Some additional times may be available Feb 21-24th.

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

Winter Masters Swimming Programs, Barcodes and Prices

A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site:

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

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

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** (6pm Whitecaps), **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 a month's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach

sections! To be added to or removed from the receiver list, just let me know (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

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

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