

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, May 12, 2017 4:23 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 #443

Carleton Masters Swimming Newsletter #443

Friday, May 12th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, Spring 2017, and Alumni: 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (44 addresses), 6pm Whitecaps I (54 addresses), 7:10pm Whitecaps II (29 addresses), Saturday Only (12 addresses), Masters Alumni (29 addresses).

10 Things that Require Zero Talent: being on time; work ethic; effort; body language; energy; attitude; passion; being coachable; doing extra; being prepared.

Masters Program Notes and Cancellations

- The Spring session is underway. Please note the following upcoming schedule changes:
 - The second half of the 7:10pm Whitecaps on **Thu May 18th 7:40-8:10pm** will be 4 lanes only, like on **Thu May 11th**.
 - This is due to a need to accommodate 3 groups during that time.
 - For Saturday swimmers, **the workout on Sat May 20th is 10:45-11:55am** due to the Somersault Earlybird Triathlon
 - There are **no workouts on Mon May 22nd (Victoria Day)**
- Registration is open for both Spring and Summer Masters. Details of the programs can be found near the end of the newsletter.
- The groups closest to full are:
 - 6pm Whitecaps Spring: 3 spots left
 - 7:30am Earlybirds Spring: 6 spots left
 - 6pm Whitecaps **Summer**: 6 spots left
- The Spring/Summer workout themes are available here: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.
 - More details under "Spring Session Information" below.

Athletics Memberships and Day Passes

Note that Carleton students who are not taking summer courses need to purchase an Athletics membership to swim with Masters during the Spring/Summer terms. In addition, if anyone has a friend considering joining, please pass along the information that CU Athletics currently has some new and ongoing membership specials:

Introductory Specials: \$40 for one month (tax included); \$30 for 5 guest day passes (tax included)

Day Passes: \$12+HST; non-CU student or guest of member: \$8+HST; booklet of 10 passes: \$100+HST

Spring/Summer Memberships (May-August): \$125 for students (\$175 with CU-fit); \$225 non-students (includes CU-fit); all plus HST

Summer Membership (July-August): \$70 for students (\$95 with CU-fit); \$130 non-students (includes CU-fit); all plus HST

Swimmer Notes

Swimmer Updates:

- Best of luck to the Carleton Masters swimmers competing at Masters Nationals in Quebec City this weekend: **Robin Henderson** (7:30am Earlybirds), **Luz Osorio** (6pm Whitecaps), **Natalie Aucoin** (8:30am Earlybirds), **Liliane Cardinal** (7:30am Earlybirds), **Sandy Lawson** (7:30am Earlybirds), **Jian-Lok Chang** (6pm Whitecaps), **Claire Robinson** (x-8:30am Earlybirds), **Marty Raymond** (x-6pm Whitecaps). You can follow along on the live results: <https://www.swimrankings.net/services/CalendarFile/18352/live/>.

- Apologies for the lack of parking due to the Volleyball competition last weekend. With your parking pass, you can park in any other spot on campus when the usual lot is full.

- Thank you to **Lucie Lalonde** for sending the below. Please read and pass on this encouraging information for anyone diagnosed with GBM.

"I wish to share with you the details of a project that my husband, **Dr. François Jacques** (7:30am Earlybirds), and I take to heart. And I am also seeking your support for this project by asking you to communicate the news of its existence to as many people as you can reach. This can be done by making your computer's opening page <https://www.gbmtherapy.com/> or forwarding this website address/email to as many as you can with the same request to forward. The specifics of the acceptance into the clinical trial make it important to reach a person with a Glioblastoma Multiforme (GBM) in its very early stages.

Working on it for 18 months, François, with **Dr. Ian Lorimer** (7:30am Earlybirds) and **Dr. Garth Nicholas** of OHRI, have developed a clinical research protocol using immunotherapy to treat Glioblastoma Multiforme. Developing a protocol for a clinical trial, using new treatments, involves many steps and requires review and approval by Health Canada, multiple ethics committees, and more. As of this month, the GBM clinical trial is ready to go and is recruiting patients. As you read the information on the GBM website about one suffering with a GBM, you will understand why I am seeking your cooperation to reach as many people as possible.

For background information, if you take a look at the plaques on the AcadeCap International School Wall of Awards, you will find one, for perseverance and determination, in the memory of **Sarah Emmanuelle**. For two years she worked as a Kindergarten assistant and the physical education teacher at AcadeCap; this after her GBM diagnosis.

François was the one who diagnosed Sarah Emmanuelle with a GBM, who took care of her after each of the four operations, and who was the neurologist on call to sign the certificate when she passed away at the age of 23. Sarah Emmanuelle suffered immensely; people with GBM suffer immensely. And so, essentially, since 2002, François has searched for a medical treatment that could alleviate the suffering and provide hope for some through a viable treatment option. This clinical research protocol, using this specific immunotherapy in the treatment of GBM, is one of the few in the world...with the aim that more will be put in place.

The protocol's name, SEJ, is in memory of our Sarah Emmanuelle and Jim, a close friend of the president of the pharmaceutical company developing the immunotherapy. "

- The Behavioural and Metabolic Research Unit at the University of Ottawa are currently investigating the influence various training environments on the ability to dissipate heat during exercise in hot and humid conditions. We are currently seeking to recruit athletes age 18-40 who are highly trained swimmers and middle to long distance runners. Briefly, the total time commitment for prospective participants will be 9 hrs over 3 visits separated by at least 24 hrs. upon completion of all trials, participants will receive the results of their body composition scan using dual x-ray absorptiometry (DEXA; the accuracy is below MRI) and an assessment of their maximum oxygen consumption using a Modified Bruce Treadmill Protocol. If there is an additional fitness testing procedure that we are equipped to conduct at the BMRU, we would be happy to provide that as further recuperation for their time! Contact **Nicholas Ravanelli** (nick.ravanelli@gmail.com) for more information.

- **Grey Cup Festival Volunteers Needed:** From Tue Nov 21st to Sun Nov 26th Ottawa is hosting the Greg Cup Festival and volunteers are needed (age 16+, speak fluent English or French, attend volunteer training sessions). If interested, register here: <https://app.initlive.com/web-admin/app/index.html#/join-party?k=b24wq4xuv3iyu>.

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



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- How to Exit the Pool on Friday: <https://www.facebook.com/earlybirdswimmers/videos/192444937775170/>
- So You Think You're a Good Kicker?: How About 22.73 50 fs long course underwater (DQ): <https://swimswam.com/watch-pavel-sankovich-goes-22-73-50-free-underwater/>
- Shark Interrupts Ironman Australia Swim: <http://triathlonmagazine.ca/news/shark-ironman-australia-swim/>
- How Swimming Changes Your Brain: <http://www.lifehack.org/450951/how-swimming-changes-your-brain-and-makes-you-mentally-healthier?ref=fbp&n=1>
- Eight Benefits of Swimming: <https://draxe.com/swim-workouts-benefits-swimming/>
- 45 Things that Make Swimmers Scream: <https://www.buzzfeed.com/samstryker/list-of-swimmer-problems>
- Penny Oleksiak says Rio didn't Change Her: <https://swimswam.com/oleksiak-says-rio-did-not-change-her-gmm-presented-by-swimoutlet-com/>
- Positive Thinking May Improve Health and Extend Life: <https://www.nytimes.com/2017/03/27/well/live/positive-thinking-may-improve-health-and-extend-life.html>
- The Best Exercise for Aging Muscles: <https://www.nytimes.com/2017/03/23/well/move/the-best-exercise-for-aging-muscles.html>
- Brit **Josh Griffiths** Finished his First Marathon in 2:14 and How his Life has Changed: <http://www.telegraph.co.uk/athletics/2017/04/29/britains-top-finisher-london-marathon-josh-griffiths-life-has/>

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 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.

Spring Session Information

Dates: Mon May 1st to Fri Jun 30th; excluding Mon May 22nd, Sat Jul 1st.

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; **Sean** (and occasionally **Lynn**)

7:10pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; **Sean** (and occasionally **Lynn**)

8:15am Saturdays (except: 10:45am on May 20th): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

I coached for **Sean** on **Thu May 4th**. **Rachael B** (Pool Staff) coached for **me** on **Fri May 5th**.

On **Thu May 11th** and also coming up on **Thu May 18th**, the 7:10pm Whitecaps will have just **four lanes for the second half (7:40-8:10pm)**.

Sean is coaching for **me** on **Fri May 19th**. **Rachael B** is coaching for **Blake** on **Sat May 20th (10:45-11:55am)**.

On **Thu May 25th, Jun 1st, Jun 8th, and Jun 15th** the **dive tank** may be used by Capital Wave Water Polo from **7:40-8:10pm**.

Fin Day:

Thu May 25th / Fri May 26th

Time Trials:

Thu Jun 1st / Fri Jun 2nd: 400 fs or IM

Tue Jun 6th / Wed Jun 7th: 200 choice

Mon Jun 12th: 800 / 1500fs

Thu Jun 22nd / Fri Jun 23rd: 50 and 100 choice

Thu Jun 29th / Fri Jun 30th: fun day (relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.

Here are the weekday attendance statistics to date. If you notice any errors, please let me know.

7:30am Earlybirds: May 1-12th (6 workouts): range 16-27; average: 21.0

Perfect Attendance: **Brad S, Bruce B, Candace N, Christiane W, Harley G, Jennifer M, Meagan M, Sam H, Ursula S**

8:30am Earlybirds: May 1-12th (6 workouts): range 15-21; average: 18.3

Perfect Attendance: **Bill G, Bob T, Claire O, Flo K, Justin K, Nancy M, Sheila K**

6pm Whitecaps: May 1-11th (6 workouts): range 23-27; average: 25.2

Perfect Attendance: **Cam D, Don W, Elaine Y, Erica P, Joanie C, Joanne D, Jocelyn P, Mars N, Meagan M, Owen S, Peter Lithgow**

7:10pm Whitecaps: May 1-11th (6 workouts): range 9-15; average: 11.8

Perfect Attendance: **Lisa T, Sam G**

Ask the Coach

Dear Coach: I am getting foot and toe cramps during swim practice. Any suggestions? Cramping Swimmer

Dear C. Swimmer: While cramping is not fully understood, things that can help include hydration, stretching, potassium, magnesium, and quinine (tonic water). If you feel a cramp coming on, try to stop before it sets in, as once a cramp gets a good hold, it will continue to come back.

Dear Coach: I sometimes swim on my own. Do you have any workouts I could use? Public Swim Swimmer

Dear P.S. Swimmer: I sent out my workouts by e-mail once per month. Just send me an e-mail if you want to subscribe. (Just don't post them on-line.)

Dear Coach: Sometimes the newsletter e-mail doesn't get to me. Any idea why that is happening? Newsletter-less Swimmer

Dear N. Swimmer: Most ISPs scan incoming e-mail for dangerous links and/or check how many people the e-mail is sent to and whether "Bcc" is used. The newsletter is sent to many people via Bcc, and there are a lot of links in the newsletter, so it is sometimes mistaken for "spam". As the newsletters are also posted on the web site, you can subscribe to be notified when a new newsletter is posted, by putting your e-mail address in the changedetection.com box near the top of this web page: <http://carletonmasters.tripod.com/anewsletter.html>.

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**).

If you plan to compete in sanctioned competitions outside Ontario, you can pay \$2 to join SCCM (Swim Canada Competitive Masters) and register with Swim Canada via this link: <https://form.swimming.ca/machform/view.php?id=18366>. You will then get a registration number that is in the national database (that may be the same or different from your MSO number). Note that you can still sign up as a member of CAPS, but you must use the new registration number for meets outside Ontario.

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. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

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 May 12-14th Canadian Masters Nationals, Quebec City <https://www.mastersswimmingcanada.ca/WP/en/msc-nationals/>

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

June, July, August Technosport 2k, 3k, and 4k Swims, Meech Lake details available soon

<http://www.technosport.ca/swim/open-water-swim-ottawa/>

Sat Jul 15th Bring on the Bay 3k Swim, Ottawa (MSO Registration not required) <https://bringonthebay.com/>

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)

Sat Aug 12th Ottawa 4k Riverkeeper Swim (750m and 1.5km also available; MSO registration not required)

<http://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sat Aug 12th Sun City 1k and 4k Swims, Orillia, fundraiser for Simcoe/Muskoka Child Advocacy Centre (MSO registration not required): <http://www.cacsimcoemuskoka.ca/sun-city-swim.html>

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

Sat Apr 29th Special Olympics Swim Meet, Montreal

Congratulations to Melanie on her fantastic results. She brought her gold medals to the pool, and they are beautiful! Melanie has so many medals and ribbons that she is running out of places to display them – a nice problem to have!

Melanie Heroux (8:30am Earlybirds; 30-39): 1st 100bk (2:58.97, split 1:24.23), 50fl (1:45.04); 5th 100fs (2:55.12)

Sun May 7th Vancouver Half Marathon

From the Team Triumph Newsletter: Congratulations to **Renée Robert** (8:30am Earlybirds) and her daughter **Naomi** for a fantastic result at the Vancouver Half-Marathon today! **Renée** has been diligent to follow her program, taking the recovery when she needs to and reporting in every week with her progress. The results sure showed up!!

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 **May 12th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Wed 5:00-6:00pm

Fri 9:35-10:35am

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 2017: Mon May 1st to Fri Jun 30th; no workouts Mon May 22nd or Sat Jul 1st**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 13182; cost: \$85.50+HST**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 13183; cost: \$85.50+HST**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **Sean and Lynn**; barcode 13187; cost: \$95.50+HST**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: **Sean and Lynn**; barcode 13188; cost: \$85.50+HST**8:15am Saturday Earlybirds:** 8:15-9:25am Sat, except: May 20th 10:45-11:55am (shallow): Coaches: **rotating schedule**; barcode 13185; cost: \$32+HST**Summer 2017: Tue Jul 4th to Sat Sept 2nd; no workouts Mon Jul 3rd, Mon Aug 7th, or Mon Sept 4th****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 13184; cost: \$198+HST**6:00pm Whitecaps:** 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean and Lynn**; Saturdays: **rotating schedule**; barcode 13189; cost \$108+HST**12:15pm Saturday Earlybirds ONLY:** 12:15-1:25pm Sat (shallow): Coaches: **rotating schedule**; barcode 13186; cost: \$36+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 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.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.

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.slowlitch.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>