

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, May 26, 2017 2:31 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 #444

Carleton Masters Swimming Newsletter #444

Friday, May 26th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, Spring 2017, and Alumni: 7:30am Earlybirds I (54 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (57 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (12 addresses), Masters Alumni (30 addresses).

“If it doesn’t challenge you, it won’t change you.”

Masters Program Notes and Cancellations

- The Spring session is underway, and runs until **Fri Jun 30th**.
- Registration is open for both Spring and Summer Masters. Details of the programs can be found near the end of the newsletter.
- **Spring** 6pm Whitecaps is full: wait list available. The other groups near full are: 7:30am Earlybirds Spring: 5 spots left, and 6pm Whitecaps **Summer**: 5 spots left

Swimmer Notes

Swimmer Updates:

- **Marie-Odile Junker** (8:30am Earlybirds) is a recipient of one of this year’s Governor-General’s Innovation Awards: <https://www.theglobeandmail.com/news/national/for-a-second-year-governor-generals-innovation-awards-honour-canadiantrailblazers/article35110689/>. Congratulations to **Marie-Odile**, and thanks to **Isla Paterson** (8:30am Earlybirds) for bringing this to my attention.

- Congratulations also to **John Weston** (8:30am Earlybirds) for publishing “On! Achieving Excellence in Leadership”. The Ottawa launch of the book is on **Mon May 29th 4-7pm** on Parliament Hill. Full details: <http://www.johnweston.ca/book-on>. Thanks to **Andrea Mrozek** (7:30am Earlybirds) for letting me know about this.

- Congratulations to the four Carleton swimmers who have qualified for the Canadian National Dragon Boat Team, and will be attending the World Championships in China in October: **Natalie Aucoin** (8:30am Earlybirds; Senior A: age 40+), **Isabelle Fradette** (8:30am Earlybirds; Senior A: age 40+), **Ellen Pazdzior** (Saturdays; Senior A: age 40+), **Claire Robnison** (x-Earlybirds; Senior B: age 50+).

- Best wishes to **Fay Hjartarson** (8:30am Earlybirds) for a quick recovery from a broken wrist.

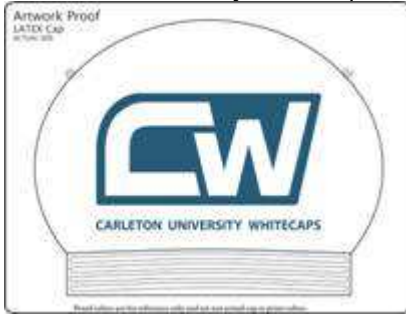
- May is Bike To Work Month. It’s not too late to register and get involved: <http://biketoworkottawa.ca/about-us/>.

- Carleton’s **Convocation is coming up Tue Jun 13th to Fri Jun 16th with ceremonies at 9:30am and 2pm** each day. Parking in Lot 5 will be limited. Those with parking passes may park in any other parking spots / lots on campus. Just give yourself a bit of extra time!

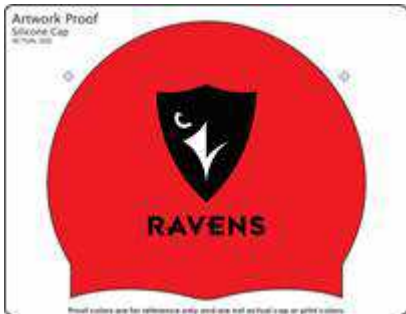
- Congratulations to the Carleton Masters swimmers who competed at Masters Nationals in Quebec City May 12th to 14th: **Robin Henderson** (7:30am Earlybirds), **Luz Osorio** (6pm Whitecaps), **Natalie Aucoin** (8:30am Earlybirds), **Liliane**

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). Full details in "Race Results" near the end of the newsletter.

- 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:

- Mayfair Theatre 6:45pm Mon Jun 12th: "Swim Team" Documentary (a competitive swim team with swimmers on the autism spectrum): <http://mayfairtheatre.ca/movies/Swim-Team/>
- Film-Makers' Passion for Wild Swimming: <http://www.bbc.com/news/uk-scotland-highlands-islands-39999403>
- Victoria Baths, Manchester (where I swam in grad school) Re-Opened for One Day: <https://www.theguardian.com/uk-news/2017/may/14/manchester-victoria-baths-back-to-life-with-a-splash> and <http://anthonydevlin.com/albums/8BiHt/victoria-baths-restoration>
- **Michael Phelps** "Training for 2032": <https://swimswam.com/phelps-family-reveal-training-plan-2032/>
- The Best Thing to Eat Before Workout Maybe Nothing: <https://www.nytimes.com/2017/04/26/well/move/the-best-thing-to-eat-before-a-workout-maybe-nothing-at-all.html>
- Salt Health Effects: <https://www.nytimes.com/2017/05/08/health/salt-health-effects.html>
- Dark Chocolate Can Help you Exercise Longer and Harder: <http://www.mensfitness.com/nutrition/what-to-eat/daily-dark-chocolate-can-help-you-exercise-longer-and-harder>
- Why Chocolate May be Good for the Heart: <https://www.nytimes.com/2017/05/23/well/why-chocolate-may-be-good-for-the-heart.html>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$45 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.

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

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

Apologies to the Earlybirds for my absence this morning – woke up with flu and bronchitis. We'll do fin day another time.

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**.

I am coaching for **Sean** on **Tue Jun 13th**.

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 1-26th (10 workouts; Fri May 26th to be added next time): range 16-27; average: 20.8

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

8:30am Earlybirds: May 1-26th (10 workouts; Fri May 26th to be added next time): range 15-25; average: 19.1

Perfect Attendance: **Flo K, Nancy M, Sheila K**

6pm Whitecaps: May 1-25th (7 workouts; May 15-18th and 25th to be added next time): range 18-27; average: 24.1

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

7:10pm Whitecaps: May 1-25th (7 workouts; May 15-18th and 25th to be added next time): range 9-15; average: 11.4

Perfect Attendance: **Sam G**

Ask the Coach

Dear Coach: I swim in an outside lane and recently noticed that the blue line isn't in the middle of the lane. Is it possible to move the lane rope over so that the lane is more symmetrical? Crooked Lane Swimmer

Dear C.L. Swimmer: During swim meets, there are lane ropes along the walls to reduce turbulence. Thus the outside lanes are actually wider than all the others, with extra space between what should be the edge of the lane and the wall. You should still swim between the lane rope and the black line in one direction, and between the black line and the wall in the other. The extra space gives you more room when passing.

Dear Coach: I have a friend who may be interested in joining Carleton Masters. Is it possible for him to have a free trial? Recruiting Swimmer

Dear R. Swimmer: Your friend is welcome to try one workout free of charge. Just talk to me ahead of time to work out the details.

Dear Coach: I'd like to do some open water swim races this summer. Any suggestions? Open Water Swimmer

Dear O.W. Swimmer: I just found out that Technosport has cancelled their Meech Lake races this summer as the NCC has increased the cost of races in the park. However, the Global Swim Series (<https://globalswimseries.com/races/>) has lots of races all over the world.

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.**

May 1st, 2017 to April 30th, 2018 Global Swim Series: <https://globalswimseries.com/races/>

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

Sun Jun 25th Etobicoke LCM Meet <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

June, July, August Technosport 2k, 3k, and 4k Swims, Meech Lake: **CANCELLED**

Sat Jul 15th Bring on the Bay 1.5k and 3k Swims, 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.)

Fri-Sun May 12-14th Canadian Masters National Championships, Quebec City

Carleton's eight swimmers placed 23rd out of 101 teams at Nationals! **Liliane** set 5 club records in 4 events. **Jian** set 4 club records. And **Sandy, Claire, Nat,** and **Robin** set a relay club record. Awesome job, all! Full results:

<https://www.swimrankings.net/services/CalendarFile/18352/live/index.html> and

<https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=846>. Updated club records:

<http://carletonmasters.tripod.com/170514.Records.pdf>.

Liliane Cardinal (7:30am Earlybirds; 65-69): **2nd** 200fl (6:07.34 PB); **3rd** 400IM (10:56.89 Club Record); 4th 100fl (2:52.72), 100IM (2:24.06 PB, Club Record); 5th 1500fs (35:16.50 PB, Club Record; 800 split 18:45.38 PB, Club Record; 400 split 9:16.57 Club Record [improved in the 400]); 7th 50bk (1:11.52 PB); 10th 400fs (8:54.89 PB, Club Record)

Robin Henderson (7:30am Earlybirds; 55-59): 8th 800fs (14:38.93), 1500fs (27:09.40 PB)

Marty Raymond (x-Whitecaps; 55-59): **1st** 1500fs (19:41.82); **2nd** 50fs (27.29); **3rd** 100fs (1:00.59), 200fs (2:14.61), 800fs (14:38.93), 50fl (30.01); 4th 400fs (4:54.36) [not eligible for club records as he is not training with us, otherwise, they would all be records!]

Sandy Lawson (7:30am Earlybirds; 50-54): 5th 800fs (12:33.92); 6th 100bk (1:29.85 PB), 200bk (3:12.13 PB); 7th 400fs (5:57.02 PB); 11th 200fs (2:48.00 PB)

Claire Robinson (x-Earlybirds; 50-54): 6th 100br (1:41.92); 8th 100fs (1:17.52); 9th 50fs (34.17); 12th 200fs (2:50.60 PB)

Natalie Aucoin (8:30am Earlybirds; 45-49): 4th 50fl (34.03 PB); 5th 100fl (1:20.01 PB), 200fl (3:18.60); 10th 50fs (33.07), 200fs (2:44.99); 12th 100fs (1:15.35)

Luz Osorio (6pm Whitecaps; 30-34): **2nd** 100fl (1:10.82), 200fl (2:41.34); **3rd** 200fs (2:27.43); 4th 50fl (32.17); 5th 100fs (1:06.03)

Jian-Lok Chang (6pm Whitecaps; 30-34): **1st** 50fs (24.95 PB, Club Record), 100fs (54.93 PB, Club Record), 50bk (27.19 PB, Club Record), 100bk (1:01.72), 100IM (1:01.22 PB, Club Record)

200+ Women's Relays:

4 x 100 medley: **Sandy** (1:34.87), **Claire** (1:46.24), **Natalie** (1:23.15), **Robin** (1:36.21); **3rd** (6:20.47, Club Record)

4 x 50 free: **Robin** (44.59 – other's splits are wrong on the results), **Sandy, Claire, Natalie**: 5th (2:27.21)

4 x 50 medley: **Sandy** (43.17 PB), **Claire** (48.34 PB), **Natalie** (34.00), **Robin** (44.74): 5th (2:50.25)

Sat May 20th Early Bird Tri, Carleton

Did any Carleton swimmers participate? (I was out of town so didn't start the swimmers like I usually do.)

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 18th**).

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>