

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, August 16, 2017 12:32 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #450

Carleton Masters Swimming Newsletter #450

Wednesday, August 16th, 2017

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for **Fall 2016, Winter 2017, Spring 2017, Summer 2017, and Alumni:** 7:30am Earlybirds I (56 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (64 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (13 addresses), Masters Alumni (30 addresses).



Best of luck to Natalie Aucoin (7:30am Earlybirds) and Harley Gifford (7:30am Earlybirds) for the ongoing World Championships in Budapest, Hungary!

Masters Program Notes and Cancellations

- The Summer session runs until **Sat Sept 2nd**.
- All Saturdays in Summer are 12:15-1:25pm, and are included for weekday swimmers.
- Details of the Summer programs can be found near the end of the newsletter. Only the 7:30am and 6pm groups, as well as Saturdays, run in summer.
 - Summer 6pm Whitecaps is **full**: wait list available. (Please let me know if you are on the wait list.)
- Registration for Fall and Winter started **Wed Aug 9th**. All the details can be found below.
 - The 7:30am and 6pm groups are about **half** full. I recommend signing up soon if you want to swim at either of those times.
- The Fall session starts **Wed Sept 6th**.
- There will be a **\$5 interim workout** on **Tue Sept 5th 6:00-7:15pm**. All swimmers registered for Summer and/or Fall with a valid membership for that date/time are welcome to attend. Just pay for a public swim at the Welcome Centre and get a receipt. Write your name on the receipt and give it to the coach on deck.

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration opened **Wed Aug 9th** 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 2017: Wed Sept 6th to Thu Dec 21st; no workouts Mon Oct 9th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14262; cost: \$155+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14263; cost: \$155+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14268; cost \$170+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14270; cost: \$155+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14264; cost: \$62+HST

Winter 2018: Wed Jan 3rd to Sat Apr 14th; no workouts Mon Feb 19th, Fri Mar 30th, Mon Apr 2nd

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14266; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14269; cost \$155+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14271; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14267; cost: \$62+HST

Swimmer Notes

Swimmer Updates:

- Best wishes to Coach **Sean Dawson** and **Andrea Zarins** (6pm Whitecaps) for their upcoming wedding in early September in Portugal!

- A big thank you to **Jamie Chalmers** (7:30am Earlybirds) for organizing the above photo wishing **Natalie** and **Harley** good luck at Worlds! Their results so far are in the Race Results section.

- Congratulations to **Mars Nienhuis** (6pm Whitecaps) on her 10km swim in Welland! Details in the Race Results section.

- Congratulations to the **Sportchicks Dragon Boat** club for qualifying all four women's teams for the World Championships next year by finishing in the top five in each category: Premier (open to any age), Senior A (40+), Senior B (50+), and Senior C (60+)! Fantastic job! Details in the Race Results Section.

- **Swim Ontario Masters Update:** Swim Ontario has released the information on registering Masters clubs. The fees have gone up considerably from the old MSO fees: \$277 vs \$45 to register the club, and \$60 vs. \$35 per swimmer. To cover the club registration cost, we will need to charge an extra \$15, thus \$75 per swimmer.

- 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 Boost Resilience: <https://www.nytimes.com/2017/07/25/well/mind/how-to-boost-resilience-in-midlife.html>
- Aerobic Exercise Best for Brain and Body: <http://www.businessinsider.com/best-exercise-for-brain-body-2017-7>
- Inspirational Senior Athletes Staying in Shape [thanks to **Ruth Fawcett** (7:30am Earlybirds)]: <https://www.nytimes.com/2017/08/11/your-money/senior-athletes-staying-in-shape.html>
- Kelowna Swim Coach Drowns: <http://www.revelstokereview.com/news/kelowna-swim-community-in-mourning-with-death-of-former-coach/>

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.

Summer Session Information

Dates: Tue Jul 4th to Sat Sept 2nd; excluding Mon Aug 7th.

The usual pool allocations and coaches are as follows:

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

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

12:15pm Saturdays: Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here:

Sean coached for **me** on **Wed Aug 9th** and **Fri Aug 11th**.

I coached for **Sean** on **Tue Aug 15th**.

Mark and/or **I** will coach for **Sean** on **Mon Aug 28th** and **Tue Aug 29th**.

I am coaching for **Sean** on **Thu Aug 31st**.

Fin Day:

Thu Aug 3rd / Fri Aug 4th

Time Trials:

Mon Jul 10th: timed 400fs or IM

Mon Jul 17th: timed 50 and 100 choice

Tue Aug 10th / Wed Aug 11th: 800 / 1500fs

Tue Aug 15th / Wed Aug 16th: 200 choice

Thu Aug 31st / Fri Sept 1st: fun day (relays, etc.)

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.

6pm Whitecaps: July 4-Aug 15th (18 workouts): range: 15-31; average: 24.1

Missed 1 Workout: **Christian C, Peter Lithgow, Stephanie LSF**

Missed 3 Workouts: **Andrea C, Andrea Z, Ingrid H, Mindy F**

7:30am Earlybirds: July 5-Aug 16th (18 workouts): range 17-30; average: 23.2

Perfect Attendance: **Ursula S**

Missed 2 Workouts: **Jamie C, Justin K, Robin H**

Missed 3 Workouts: **Bob T**

Thanks to those participating in the **800 / 1500m distance time trial** on **Thu Aug 10th** and **Fri Aug 11th**. Thanks also to **Sean** for timing both groups! There were five improvements: four in the 1500 and one in the 800. The biggest improvement was an incredible 4.5 minutes(!) by **Erica Parker** (6pm Whitecaps) in her 1500m. The list of improvements follows:

800fs (1)

Heloise Emdon	3.0	EB1
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1500fs (4)

Erica Parker	271.0	WC1
Peter Lapner	68.0	WC1
Christiane Wilke	43.0	EB1
Lisa Sharp	18.0	WC1

The **200 time trial** was held on **Tue Aug 15th** and **Wed Aug 16th**. Thanks to those who took part. There were 6 improvements and a tie. The biggest improvement was by **Andrea Chandler** (6pm Whitecaps) with an 11.8 second improvement in her 200 free. The full list of improvements is:

200fs (5 + 1 tie)

Andrea Chandler	11.8	WC1
Gi Wu	6.6	WC1
Christiane Wilke	4.1	EB1
Lisa Tauskela	1.4	WC1
Ursula Scott	0.7	EB1
Christian Cattan	0.0	WC1

200IM (1)

Matthew Tucciarone	2.1	EB1
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Ask the Coach

Dear Coach: I struggle with backstroke. Any suggestions? A Breaststroker

Dear A. Breaststroker: It's very common to be good at just one of backstroke and breaststroke. However, don't despair, as there are some swimmers who excel at both! The main issues with backstroke are a lack of body roll, mistiming the arms, and not pulling the water efficiently. Make sure that you roll enough for one shoulder to be out (or nearly out) of the water at all times. Make sure that the arm entering the water pauses until the other arm is in the air, and ensure that you bend your arm underwater for an efficient arm pull. Ask your coach for more suggestions while you're in the pool.

Dear Coach: My breaststroke kick is very inefficient. What drills would you recommend? Not A Breaststroker

Dear N.A. Breaststroker: If breaststroke kick doesn't come naturally, it can be a challenge. To be good at breaststroke kick, you want to turn your toes out so that they point in opposite directions. Good breaststrokers can do this with their knees close together. Those of us who lack that flexibility, need to spread the knees to get the toes to point out. Ensure that you are keeping your ankles flexed during the kick and then extend your ankles and point your toes during the glide phase. One good drill to get the feeling of the kick is to face away from the wall but hold onto it with your arms. Put your feet on the wall and practice turning your toes out. Once you have that position, then push off the wall and do a breaststroke kick focusing on keeping the ankles flexed during the kick phase.

Masters Swimming Competitions

You **must** register annually with Swimming Ontario (SO) as a Carleton Masters swimmer if you want to compete in Masters Swimming competitions. **Registration for September 2017 to August 2018 will cost \$75.** As the process has changed, you must now register further in advance than before, as you will not be eligible to compete until your registration has been processed by SO. 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. 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 becomes 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/>

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)

Sun Aug 20th Toronto Island Lake Swim <http://canaquasports.com/>

Sat Sept 9th Welland, ON SwimRun and 2.5k and 5k Swims <http://canaquasports.com/>

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

Fri-Sun Aug 4-6th Canadian Dragon Boat Championships, Welland

As per the note above, all four Sportchicks teams finished in the top 5, qualifying for Worlds next year! Full results: <http://www.dbcresults.ca/>.

Senior B: 1st 200m (55.34), 500m (2:13.16), 2k (9:50.82)

Senior C: 2nd 200m (56.14), 2k (10:26.46); 3rd 500m (2:19.52)

Senior A: 3rd 500m (2:12.04); 4th 2k (9:31.25); 1st in B final 200m (52.64)

Premier: 4th 500m (2:05.70); 6th 200m (51.26), 2k (9:23.79)

Sat Aug 12th Riverkeeper 4km Swim, Ottawa

This swim was cancelled due to the possibility of thunder storms during the race ☹.

Sun Aug 13th Welland 10km Swim (16 participants)

Huge congrats to **Mars** on conquering this great challenge and in a fantastic time, plus a podium finish for the women and first in her age group! Her pace was 1:43 per 100m for 10km in open water! She has trained hard for this swim all year, and it paid off! Full results:

<http://www.chiptimeresults.com/chiptimepublic/do.php?sAWbg+Dis20RPf3w47PF7e6ySA5ntoNo6ElvdYy3lnJ07vOI/3oo8BwGzXx1USfkCUgNtHajfSCqo0TsCNL5a+BgtkfgBJp1axB197nJdz0>.

Mars Nienhuis (6pm Whitecaps; 25-29): 5th overall, 3rd woman and 1st in category in 2:50:08

Mon-Sun Aug 14-20th World Masters Championships, Budapest, Hungary

Here are the results for Harley and Natalie so far. They are swimming very well!! Full results:

http://mastersbudapest2017.microplustiming.com/swimming/index_web.php. Updated club records:

<http://carletonmasters.tripod.com/170816.Records.pdf>.

Natalie Aucoin (7:30am Earlybirds; 45-49): 24th 50fl (33.46 PB and close to a Club Record!); 34th 200fs (2:47.12 very close to a PB!)

Harley Gifford (7:30am Earlybirds; 60-64): 19th 200bk (3:02.38 Club Record, PB); 35th 200fs (2:45.67 Club Record, PB)

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 **June 29th**).

Private and Semi-Private Masters Swim Lessons

Summer Schedule:

Mon-Fri 11:30am to 12:30pm, and 12:30pm to 1:30pm

Mon-Thu 4:30 to 5:30pm, and 5:30 to 6:30pm

Prices:

Private: \$52.50 per hour, plus HST.

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

Please e-mail me for more details.

Notes and Reminders

Summer Masters Swimming Programs, Barcodes, and Prices

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. The information below is also on the web site:

<http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

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.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations 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.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>