

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, September 15, 2017 12:48 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 #452

Carleton Masters Swimming Newsletter #452

Friday, September 15th, 2017

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, and Alumni, 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (24 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (25 addresses), Saturday Only (5 addresses), Masters Alumni (1 addresses), **plus those registered for Fall 2016, Winter 2017, Spring 2017, Summer 2017, and Alumni:** 7:30am Earlybirds I (18 addresses), 8:30am Earlybirds II (22 addresses), 6pm Whitecaps I (24 addresses), 7:10pm Whitecaps II (13 addresses), Saturday Only (12 addresses), Masters Alumni (28 addresses).

Note to Self: You are not too old, and it is not too late!

Masters Program Notes

- The Fall session started Wed Sept 6th and runs until Thu Dec 21st.
- **Saturday swimmers please note that due to Carleton's 75th birthday party (<http://events.carleton.ca/carletons-75th-birthday-bash/>), Parking Lot 5 will be closed to vehicles this Sat Sept 16th. You may park anywhere on campus if you have a parking pass for Lot 5.**
 - Everyone is welcome to attend the festivities which run from 10am to 5pm. Details at the link above.
- Registration for both Fall and Winter is underway. Program details can be found near the end of the newsletter.
 - The 7:30am and 6pm groups are **full** for Fall, with wait lists available. Let me know if you are on a wait list.

Swimmer Notes

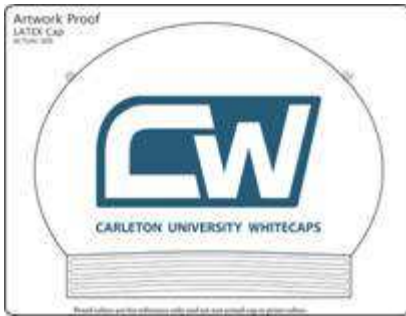
Swimmer Updates:

- **Bob Willies** of the Nepean Masters passed away on August 31st, age 75:
<https://www.arbormemorial.ca/kelly/obituaries/bob-willies/8854>.

- The Carleton Ravens Varsity Swim Team is hosting its first home meet in about 10 years from **10am to 2pm on Sat Oct 28th**. It will be followed by a Varsity vs. Alumni meet. We are looking for volunteer timers! Please let me know if you'd like to help.

- Bytown Sportchicks are recruiting. The Sportchicks are recruiting paddlers of all age levels to race at Club Crew World Championships in Hungary 2018. If you are fit, hardworking, and dedicated to becoming the best paddler you can be they would love to meet with you. If you are interested in trying out for the team please send a message to their Facebook page: <https://www.facebook.com/Sportchicks-Dragon-Boat-Team-222425684481132/>.

- 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:

- Why **Caleb Dressel**'s Start is so Deadly: <https://swimswam.com/caeleb-dressels-start-deadly/>
- **Elizabeth Fry** Swims across Lake Ontario: <https://beta.theglobeandmail.com/sports/more-sports/following-her-heros-footsteps-american-elizabeth-fry-swims-across-lake-ontario/article36234629/>
- **Jane Asher**, British Masters Swimmer, age 86, holds 23 World Records: <https://www.facebook.com/swimeasy.ltd/videos/1541738779210051/>
- **Antonio Arguelles**, 58, Completes the Oceans Seven: <https://www.nytimes.com/2017/08/05/sports/swimming-antonio-arguelles-oceans-seven.html>
- Victoria Women Swim 34km Across Juan de Fuca Strait: <http://withms4ms.com/2017/08/23/the-story-of-my-swim-across-juan-de-fuca-strait/>
<http://www.timescolonist.com/news/local/victoria-women-swim-34-km-across-juan-de-fuca-strait-1.21516266>
- Seven Ways to Swim Better, Faster, and Stronger this Year: <https://swimswam.com/7-ways-swim-better-faster-stronger-year/>
- Five Reasons Masters Swimming Keeps Getting Faster: <http://www.swimmingworldmagazine.com/news/5-reasons-masters-swimming-keeps-getting-faster/>
- 91 year old Gymnast: <https://twitter.com/francoisedegois/status/901551304258048002>
- Olympic Skier **Andri Ragettli**'s training routine [Ed. Note: For those who found the videos of pool exits too easy!]: <https://twitter.com/BigSportGB/status/907514307625328640>
- Eating Protein Three Times per Day Could Make Seniors Stronger [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://muhc.ca/newsroom/article/eating-protein-three-times-day-could-make-our-seniors-stronger>

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.

Fall Session Information

Dates: Wed Sept 6th to Thu Dec 21st; excluding Mon Oct 9th, plus free interim workout Tue Sept 5th 6:00-7:15pm.

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/Tue: **David**; Thu: **Sean**

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

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

Exceptions will be noted here.

David and **I** coached the **interim** workout on **Tue Sept 5th**.

David coached for **Sean** on **Thu Sept 7th**.

Fin Days:

Tue Oct 24th / Wed Oct 25th

Thu Nov 23rd / Fri Nov 24th

Time Trials:

Thu Oct 12th / Fri Oct 13th: timed 400fs or IM

Thu Oct 19th / Fri Oct 20th: 2 timed 50s

Mon Oct 30th: 200 choice

Mon Nov 13th: 800 / 1500fs

Tue Nov 28th / Wed Nov 29th: 100 choice

Wed Dec 20th / Thu Dec 21st: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanfall17.pdf>.

Weekday Attendance:

Here is the weekday attendance so far for this term. Please let me know of any errors or omissions!

7:30am Earlybirds: Sept 6-15th (5 workouts): range 23-29; average: 25.6

Perfect Attendance: **Alison C, Christiane W, Harley G, Heloise E, Jim L, Liliane C, Margaret K, Robin H, Susan N-Y**

8:30am Earlybirds: Sept 6-15th (5 workouts): range 17-20; average: 18.4

Perfect Attendance: **Dawn W, Fay H, Mark B, Melanie H, Natalie A, Penny E, Rod H, Shelby M**

6pm Whitecaps: Sept 7-14th (4 workouts): range: 19-32; average: 26.5

Perfect Attendance: **Derek W, Don W, Elaine Y, Gi W, Joanie C, Konstantin P, Mars N, Nicole D, Peter Lithgow, Riley S, Sydney S**

6pm Whitecaps: Sept 7-14th (4 workouts): range: 13-15; average: 13.8

Perfect Attendance: **Mike H**

Ask the Coach

Dear Coach: My shoulder joint has been bothering me during and after swimming a lot of freestyle. Any suggestions? Sore Shoulder

Dear S. Shoulder: First, ask your coach to look at your stroke, in case there is a technique change that will help. If you need physiotherapy, **Tony Revitt** (8:30am Earlybirds) is a physiotherapist both at Carleton and at Glebe Health House: <http://www.glebehealthhouse.com/physiotherapy>. Another good therapist is **Brian Christie** at the Ottawa Sport and Health Centre, 2615 Lancaster Road: 613-737-4742.

Dear Coach: I don't know how to do butterfly stroke. Is that a problem for swimming with Carleton Masters? New Swimmer

Dear N. Swimmer: No, not a problem at all. We will be going through all the strokes in the drill portion of the workout over the next month, and we'll cover fly last. So, soon you will know how to do fly!

Dear Coach: Why are there so many swimmers in my lane, and not very many in some other lanes? Crowded Swimmer

Dear C. Swimmer: While the coaches try to balance out the lanes, sometimes due to speed variations, some lanes end up more crowded than others. If you ever want to volunteer to move lanes to help balance the numbers, that is always appreciated!

Dear Coach: I never got my certificate for the Summer term. Need to Decorate the Fridge

Dear N.t.D.t. Fridge: Thanks for letting me know! For those who didn't get their certificates at the pool, I will be sending them by e-mail.

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 costs \$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, and date of birth. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**).

For Ontario and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. 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/>.

Note that due to the change from MSO to SO for registration and sanctioning of meets, I haven't yet seen any Ontario meets confirmed (yet), so the list below is so far just Quebec meets.

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/>

Sat Oct 28th Brossard Masters Meet

Sat Nov 11th Coupe de Montreal, Claude Robillard

Sat Nov 18th Drummondville Masters Meet

Sat Dec 9th Montreal-Nord Masters Meet

Sat Jan 13th Longueuil Masters Meet (Short Course)

Sat Feb 3rd Magog Masters Meet

Sat-Sun Feb 24-25th Coupe de la Capitale, Quebec City (Long Course)

Sat Mar 17th DDO Masters Meet

Fri-Sun Apr 20-22nd Quebec Provincials, Universite de Laval

Sat-Mon May 19-21st Canadian Nationals, Calgary

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

Sat Sept 2nd Canadian Triathlons, Mooney's Bay

Olympic Triathlon (1500m/40k/10k; 75 participants)

Congrats to **Tony**, **Lisa**, and **Renee** on great races! They each won their age group. **Lisa** was top woman, and **Tony** the second man! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=43898>.

Tony Revitt (8:30am Earlybirds; 40-44): **2nd** overall, **2nd** man, and **1st** in category in 2:26:39.7 (23:19 swim)

Lisa Meyer (8:30am Earlybirds; 55-59): **11th** overall, **1st** woman, and **1st** in category in 2:43:22.1 (32:38 swim)

Renee Robert (8:30am Earlybirds; 60-64): **60th** overall, **20th** woman, and **1st** in category in 3:26:58.1 (34:07 swim)

Iron 113 Triathlon Relay (1.9k/90k/21.1k; 3 teams)

Chris Whitehead (8:30am Earlybirds) raced with his brothers' in law and they were **1st** overall team! **Chris** did the swim. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=43895>.

Outlaws (Male Team): **1st** overall, **1st** in category in 5:27:47.5 (41:29 swim)

Sat Sept 9th Fall 400 Dragon Boat Races, Carleton Place

The Bytown Dragon Boat teams, including the Sportchicks, finished their season in Carleton Place in style:
Bytown Sportchicks - **First** Place in the Woman's Final AND Fourth Place overall in the A-Final
Bytown Premier Mixed - **First** Place overall in the A-Final with a new course record!
Bytown Senior Mixed - **Second** Place overall in the A-Final
Bytown Men's Crew - **First** Place in the Men's Open exhibition race.

Sat Sept 9th Ironman 70.3 World Championships, Chattanooga, Tennessee (1.9k/90k/21.1k)

Congratulations to **Nicole Mikhael** on a great race in a super competitive field! Full results:
<http://www.ironman.com/triathlon/events/americas/ironman-70.3/70.3-world-championship-womens-race/results.aspx#axzz4sVP4NV9x>.

Nicole Mikhael (6pm Whitecaps; 35-39): 441st woman and 96th in category in 5:30:40 (41:50 swim)

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 **Sept 1st**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon and Fri 9:35-10:35am

Early evenings may also be available.

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 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: **Full: wait list available.**

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

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>