

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, September 28, 2017 2:56 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 #453

Carleton Masters Swimming Newsletter #453 2017

Thursday, September 28th,

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, and Alumni, 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (28 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (8 addresses), Masters Alumni (26 addresses), **plus those registered for Fall 2016, Winter 2017, Spring 2017, Summer 2017, and Alumni:** 7:30am Earlybirds I (10 addresses), 8:30am Earlybirds II (17 addresses), 6pm Whitecaps I (15 addresses), 7:10pm Whitecaps II (9 addresses), Saturday Only (8 addresses), Masters Alumni (18 addresses).

"No matter if you win or lose, the most important thing in life is to enjoy what you have." – Dong Dong

Masters Program Notes

- The Fall session started Wed Sept 6th and runs until Thu Dec 21st.
 - There are **no workouts on Mon Oct 9th** (Thanksgiving).
 - There are no other cancellations planned for this term:
 - Workouts run as usual during Carleton's Reading Week (Mon Oct 23rd to Fri Oct 27th).
 - There are no cancellations due to Remembrance Day (Sat Nov 11th).
- Registration for both Fall and Winter is available. 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.
 - Please note that the Winter 6pm group is getting close to full.

Swimmer Notes

Swimmer Updates:

- **Andrea Chandler** (6 p.m. Whitecaps), husband **Derek Baas**, and children **Freddy** and **Stuart Chandler-Baas** are off to Berlin, Germany on September 24. They will stay for a month while **Andrea** does research. After a planned visit to the Netherlands, the family will return to Ottawa in early November. Gutes Schwimmen, Kollegen und Kolleginnen! Bis November!

- 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. In addition, **Jolyn** (women's swimwear: <https://jolynclothing.com/>) will have a table set up starting at 9am on the day of at the swim meet. Please feel free to pass this on to anyone else who might be interested.

- 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:

- Ontario Masters Swimming: Double Clutch – Swim Organizations Fighting Takeover, Rights to Sanction: <http://www.thesudburystar.com/2017/09/24/young-double-clutch--swim-organizations-fighting-takeover-rights-to-sanction>
- Forget Meditating, Just Go for a Swim: <https://thoughtcatalog.com/ryan-holiday/2017/09/forget-meditating-just-go-for-a-swim/>
- Dear Canada, You are Peeing in the Pool, and We Have Proof: <http://www.cbc.ca/radio/quirks/dear-canada-you-are-peeing-in-the-pool-and-we-have-proof-1.4008576>
- More Research Points to Exercise as a Magic Pill for Healthy Aging: <http://www.ctvnews.ca/mobile/health/more-research-points-to-exercise-as-a-magic-pill-for-healthy-aging-1.3584687>
- Get Up, Stand Up (Too Much Sitting is Bad for You): <https://www.nytimes.com/2017/09/13/well/move/get-up-stand-up.html>
- Beet Juice Combined with Exercise Keeps Your Brain Young [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.runnersworld.com/sweat-science/beet-juice-keeps-your-brain-young>

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.

Mark coached for **Sean** on **Thu Sept 21st**.

Sean is coaching for **David** on **Mon Oct 2nd**.

David is coaching for **Sean** on **Thu Oct 5th**.

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 6-27th (10 workouts): range 22-30; average: 25.6

Perfect Attendance: **Christiane W, Harley G, Liliane C, Margaret K, Robin H, Susan N-Y**

Missed 1 Workout: **Bruce B, Claire O, Dave G, Eleanor F, Francois J, Heloise E, Ursula S**

8:30am Earlybirds: Sept 6-27th (10 workouts): range 17-20; average: 18.4

Perfect Attendance: **Mark B, Melanie H**

Missed 1 Workout: **Adrian F, Penny E, Shelby M**

6pm Whitecaps: Sept 7-26th (9 workouts): range: 19-32; average: 25.9

Perfect Attendance: **Derek W, Joanie C, Konstantin P, Mars N, Peter Lithgow, Riley S, Sydney S**

Missed 1 Workout: **Gi W**

6pm Whitecaps: Sept 7-26th (9 workouts): range: 12-16; average: 13.8

Missed 1 Workout: **Stephanie LSF**

Ask the Coach

Dear Coach: If there are just two in a lane, is it ok to swim side-by-side instead of in a circle? Quiet Lane Swimmer

Dear Q.L. Swimmer: This is fine, but please wait until after the warm up to switch from circle to side-by-side, as some swimmers may arrive late.

Dear Coach: When my hands enter the water in freestyle, should they point outwards or inwards? And what angle (towards the bottom of the pool) should they be at? Improving My Freestyle

Dear I.M. Freestyle: You want your hands to enter the water at shoulder width with the palms flat and fingers pointing forward. You want the hands to enter just below the surface of the water and extend straight forward with a pause before you start the stroke. If the hands point towards the bottom of the pool, you will be forced to start the stroke right away, which makes it less efficient. You want your hand to stay just below the surface while you are breathing. If the hand moves downwards during the breathe, your head will also try to move down, which means that you will tend to raise your head and throw off the body position during the inhale.

Dear Coach: You said that the hand should finish near the thigh in freestyle. Can you elaborate further as I'm having trouble visualizing that? Also Improving My Freestyle

Dear A.I.M. Freestyle: You want to ensure that the hand stays submerged during the finish of the stroke. Aiming to have it parallel to the (inside of) your thigh encourages that. However, you want to think about turning the hips towards the hand, not bringing the hand towards the hip. A good body roll is helpful in mastering this.

Dear Coach: I find that sculling and breaststroke pull are uncomfortable on my lower back. Any suggestions? Working On Breaststroke

Dear W.O. Breaststroke: If sculling is hard on your lower back, try sculling without a pull buoy. If it is still troublesome, try breathing to the side. For breaststroke pull, again, avoid a pull buoy if you are using one. Without the pull buoy, you want to aim to keep the lower back straight and rock your body forwards and backwards. It's generally arching the back that causes lower back soreness

Masters Swimming Competitions

This year, you have several options for registration for competitions:

1. You can still register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times are not accepted by MSC (e.g. for the Top 20 rankings) and are not recognized by FINA. This costs **\$25** for Sept 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter.)
2. If you wish to compete outside Ontario, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$75** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.
3. You can register with both MSO and SO. This costs **\$90** for Sept 1st to Aug 31st.

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, will likely be MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals in Calgary, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions 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/>.

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 Willy Lee Charity Meet, Brewer Pool (Unsanctioned; TBC)
Sat Nov 18th Drummondville Masters Meet
Sun Dec 3rd Technoport Time Trial, U of Ottawa (MSO Sanctioned; TBC)
Sat Dec 9th Montreal-Nord Masters Meet
Sat Jan 13th Longueuil Masters Meet (Short Course)
Sun Jan 21st Alderwood 25yd Meet, Toronto (MSO Sanctioned)
Sat Feb 3rd Magog Masters Meet

Sun Feb 4th Technoport Time Trial, U of Ottawa (MSO Sanctioned; TBC)
Sat-Sun Feb 24-25th Coupe de la Capitale, Quebec City (Long Course)
Sun Mar 4th Technoport Time Trial, U of Ottawa (MSO Sanctioned; TBC)
Sat Mar 17th DDO Masters Meet
Fri-Sun Mar 23-25th MSO Provincials, Nepean (MSO Sanctioned; TBC)
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.)

Thu-Sun Sept 14-17th ITU Sprint Triathlon Worlds, Rotterdam

Congratulations to **Megan, Aaron, and Andrew** on their results! Full results:

http://www.triathlon.org/results/result/2017_itu_world_triathlon_grand_final_rotterdam.

Sprint Distance:

Megan Holtzman (8:30am Earlybirds; 40-44): 42nd in category and 6th Canadian in 1:27:13 (14:34 swim)

Aaron Holtzman (Megan's husband; 40-44): 78th in category and 8th Canadian in 1:20:46 (15:31 swim)

Olympic Distance:

Andrew Dechamplain (x-8:30am Earlybirds; 20-24): 44th in category and 2nd Canadian, 6th Canadian overall in 2:10:40 (22:36 swim)

Sun Sept 17th Barrelman Triathlon, Niagara Falls (2k/86k/21k; 863 participants)

Congrats to **Jordan** on his win. Last year he was second, so he moved up the podium! Results:

<https://www.sportstats.ca/display-results.xhtml?raceid=43787>.

Jordan Monnik (x-8:30am Earlybirds; Pro): 1st overall, 1st man, and 1st in category in 3:58:33.5 (28:00 swim)

Sun Sept 17th Army Run, Ottawa

Congratulations to **Susan Nevitt-Yelle** on her win, and to **Tony Revitt** for getting the whole family involved!

Vimy Challenge: 5k and 10k (3044 participants): Description: <http://armyrun.ca/race-weekend/vimy-challenge/>; Full

Results: <https://www.sportstats.ca/display-results.xhtml?raceid=46949>

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 94th overall, 11th woman and 1st in category in 23:36.2 + 48:58.9 = 1:12:35.1

5k (13886 participants): Full Results: <https://www.sportstats.ca/display-results.xhtml?raceid=44186>

Broke Revitt (Tony's daughter; under 14): 5568th overall, 2389th female, and 200th in category in 50:35.0 (33:14.7 chip time)

Jolene Harvey (Tony's wife; 40-44): 5569th overall, 2390th female, and 351st in category in 50:34.9 (33:14.8 chip time)

Tony Revitt (8:30am Earlybirds; 40-44): 5576th overall, 3183rd male, and 379th in category in 50:35.2 (33:15.0 chip time)

Sun Sept 24th Climb to the Castle 5 Mile Roller Skiing Race, Whiteface Mountain, Lake Placid

Congratulations to Sheila on a great race! Check out a race report: <http://fasterskier.com/fsarticle/bender-brown-top-balmey-2017-climb-castle/>, and the full results: <https://www.webscorer.com/racedetails?raceid=114445&gender=F>.

Sheila Kealey (8:30am Earlybirds; Masters 50+): 2nd woman and 1st in category in 49:20.9

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 and recent 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>