

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, October 12, 2017 3:58 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Cc: Lynn Marshall
Subject: Carleton Masters Swimming Newsletter #454

Carleton Masters Swimming Newsletter #454

Thursday, October 12th, 2017

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2017, and Alumni, 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (28 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (30 addresses), Saturday Only (8 addresses), and Masters Alumni (32 addresses).

"Win or lose, I'll feel good about myself. That's what is important." – Mary Docter

Masters Program Notes

- The Fall session started Wed Sept 6th and runs until Thu Dec 21st.
 - There are no further 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:

- Saturday swimmers please note that **Parking Lot 5 will be closed on Sat Oct 14th and Sat Oct 21st** due to Carleton Ravens football games. Permit holders may park in any legal parking spots on campus. Leave yourself a bit of extra time!

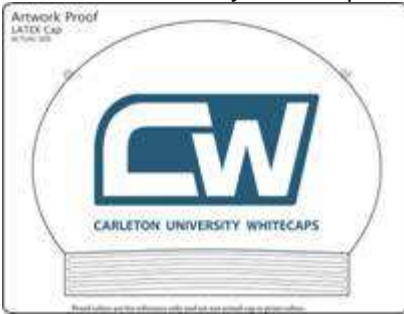
- The Carleton Ravens Varsity Swim Team is hosting its first home meet in about 10 years from **10am to 2pm on Sat Oct 28th**. It will be followed by a Varsity vs. Alumni meet. We are looking for volunteer timers! Note that this is also an opportunity for high school students to get signed off for four volunteer hours. Volunteers will also get snacks and lunch! Please let me know if you are able to help.

- **Jolyn** (women's swimwear: <https://jolynclothing.com/>) will have a table set up just outside the women's change room from 9am to approximately 3pm on Sat Oct 28th. Please feel free to pass this on to anyone else who might be interested.

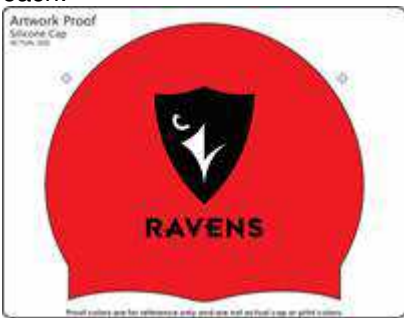
- **Danielle Le Saux-Farmer** (7:30am Earlybirds) has been missing swimming for a good reason. She is travelling with a play that she translated and performs in! The play is "Avant l'archipel" by Emily Pearlman. Here's some information: <http://theatrefrancais.com/en/countries-shaped-like-stars/#synopsis>. After 10 days of rehearsal in Toronto (to put the show back together after a year and a half off) they have already performed in Elliott Lake, Sudbury, and Hanmer. They perform for teenagers in schools during the day and for all ages in the evenings. For the rest of October they will be visiting: Noelville, North Bay, Marathon, Dubreuilville, Chapleau, Timmins, Kapuskasing, Hearst, Thunder Bay and Oshawa! Later in the 2017-2018 theatre season they will perform from Vancouver to Moncton, Saskatoon and Winnipeg to Ottawa and Toronto. We look forward to seeing her back in the pool in November!

- Date for your Diary: The annual **Carleton Masters Festive Gathering** will be held at and **Don Wells** and **Joanie Conrad's** (both 6pm Whitecaps) on **Sat Nov 25th** starting at 6:30pm. It's potluck and BYOB. Full details here: <http://carletonmasters.tripod.com/festive2017.pdf>.

- 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:

- The Latest FINA Rule Changes: <https://swimswam.com/fina-rule-changes-including-loosened-lochte-rule-take-effect-today/>
- The World's First Custom Fitted Swimming Goggles: <https://swimswam.com/worlds-first-custom-fitted-swimming-goggles/>
- Flexibility Tests for Breaststroke: <https://swimswam.com/2-ways-evaluate-swimmer-breaststroke-kick/>
- Making the Most of Your Pull Sets: <http://www.usms.org/articles/articledisplay.php?aid=3342>
- Mental Toughness for Swimmers: You are Faster and Tougher than You Think: <https://www.yourswimlog.com/mental-toughness-faster/>
- Sleep: The No. 1 Thing You Can Do For Better Recovery: <https://www.teamusa.org/USA-Triathlon/News/Blogs/Multisport-Lab/2017/October/02/The-No-1-Thing-You-Can-Do-for-Better-Recovery>
- How Exercise Might Increase Your Self Control: <https://www.nytimes.com/2017/09/27/well/move/how-exercise-might-increase-your-self-control.html>
- Why Change is Hard: <https://www.yourswimlog.com/why-change-is-so-hard/>
- Stop RICEing and Move: <http://www.balanceandmotion.ca/stop-riceing-and-move/>

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.

Sean coached for **David** on **Mon Oct 2nd**.

David coached for **Sean** on **Thu Oct 5th**.

Sean is coaching for **David** on **Mon Nov 13th**.

David is coaching for **Sean** on **Thu Nov 16th**.

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-Oct 11th (15 workouts): range 21-30; average: 25.3

Perfect Attendance: **Christiane W, Liliane C**

Missed 1 Workout: **Bruce B, Dave G, Eleanor F, Harley G, Margaret K, Robin H, Susan N-Y, Ursula S**

8:30am Earlybirds: Sept 6-Oct 11th (15 workouts): range 13-21; average: 17.9

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

6pm Whitecaps: Sept 7-Oct 10th (13 workouts: Mon Oct 2nd will be added next time): range: 19-32; average: 26.3

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

6pm Whitecaps: Sept 7-Oct 10th (13 workouts: Mon Oct 2nd will be added next time): workouts): range: 12-19; average: 14.5

Missed 1 Workout: **Stephanie LSF**

Ask the Coach

Dear Coach: How should I hold my kick board when doing backstroke kick? Becoming a Better Kicker

Dear B.a.B. Kicker: First, if you are doing a full 50m (or more) of backstroke kick, you don't need the board. It's better to kick without it. You can do backstroke kick with your arms up above your head, or with your arms at your side. I recommend the latter as it's easier to keep your back straight. It's more streamlined with your arms above your head, but you need to hold the core tight so that the back doesn't arch. If you are doing just 25m of backstroke kick and then changing to another kick, you can use the board. If you have your hands at your sides, hold the board in one hand and

point it towards the ceiling so that most of it is out of the water. If you have your hands above your head, again hold the board in one hand and point it up so that it's out of the water.

Dear Coach: When swimming breaststroke, what should I do if I'm approaching the wall and end up about half a stroke away from the wall? Do I take an extra short stroke or not? Working on Turns

Dear W.o. Turns: If possible, you want to adjust your stroke as you get close to the wall so that you end on a full stroke. If that doesn't work, then, if you're coming to a turn, take an extra short stroke, and if you're coming to the finish, then glide.

Dear Coach: What direction should my hands point in freestyle? Want to Swim Faster

Dear W.t.S. Faster: At the top and bottom of your stroke, you should be in a streamline position with the fingers of the front arm pointing forward, and the fingers of the back hand pointing backwards. During the propulsion phase of the stroke, you want the fingers pointing towards the bottom of the pool, with the palm of your hand perpendicular to the direction you are going (not turned at an angle).

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, but then you would not be swimming for Carleton Masters.)
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 <https://swimming.ca/en/meet/22732/>

Sun Nov 5th Etobicoke Semi-Serious Masters Meet (SO Sanctioned) <https://swimming.ca/en/meet/22636/>

Sat Nov 11th Coupe de Montreal, Claude Robillard <https://swimming.ca/en/meet/21525/>

Sat Nov 18th Willy Lee Charity Meet, Brewer Pool (Unsanctioned) <http://www.anzai.com/EventResults.htm>

Sat Nov 18th Drummondville Masters Meet <https://swimming.ca/en/meet/21535/>

Sun Dec 3rd Technosport Time Trial, U of Ottawa (MSO Sanctioned; TBC)

<https://ms.mastersswimmingontario.ca/web/schedule.php>

Sat Dec 9th Montreal-Nord Masters Meet <https://swimming.ca/en/meet/21536/>
Sat Jan 13th Longueuil Masters Meet (Short Course?) <https://swimming.ca/en/meet/21537/>
January or February Pointe Claire Masters Meet (TBC)
Sun Jan 21st Alderwood 25yd Meet, Toronto (MSO Sanctioned) <https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Feb 3rd Magog Masters Meet <https://swimming.ca/en/meet/21538/>
Sun Feb 4th Technoport Time Trial, U of Ottawa (MSO Sanctioned; TBC)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat-Sun Feb 24-25th Coupe de la Capitale, Quebec City (Long Course) <https://swimming.ca/en/meet/21539/>
Sun Feb 25th Thornhill Masters Meet, Stephen Forsey Invitational
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sun Mar 4th Technoport Time Trial, U of Ottawa (MSO Sanctioned; TBC)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Mar 17th DDO Masters Meet <https://swimming.ca/en/meet/21541/>
Fri-Sun Mar 23-25th MSO Provincials, Nepean (MSO Sanctioned; TBC)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Mar 31st LaSalle Masters Meet (LC) <https://swimming.ca/en/meet/22660/>
Fri-Sun Apr 20-22nd Quebec Provincials, Universite de Laval <https://swimming.ca/en/meet/21443/>
Sat-Mon May 19-21st Canadian Nationals, Calgary <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>
Sat Jun 2nd Longueuil Masters Meet (LC) <https://swimming.ca/en/meet/21406/>

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

(No results this time!)

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: **Full: wait list available.**

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>