

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: February-10-15 4:26 PM
To: Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #384

Carleton Masters Swimming Newsletter #384

Tuesday, February 10th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014, Winter 2015, and Alumni 7:30am Earlybirds I (48 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (26 addresses), 8:10pm Whitecaps III (15 addresses), Saturday Only (5 addresses), Masters "Alumni" (26 addresses)

It's okay if you try and fail, but it's not okay if you fail to try.

Masters Program Notes and Cancellations

- Don't forget: **No workouts Mon Feb 16th due to Family Day!**
- The Winter session runs until **Fri Apr 10th**.
- The only cancellations for the Winter term are:
 - **Mon Feb 16th** (Family Day); workouts run as usual the rest of Carleton's Reading Week.
 - **Fri Apr 3rd** (Good Friday) and **Mon Apr 6th** (Easter Monday); the Saturday group does have a workout **Sat Apr 4th**.
- The 7:30am group is **full** with a wait list. The 6pm group has **2** spots left.
- Full details of the Winter groups can be found at the end of the newsletter.

Aquasport Groupon and Discount Code

The newsletter is going out a few days early to pass along this Groupon! For those who already shop at Aquasport (Ottawa's specialty swim wear and accessories store on Iris Street, near Ikea) or who need swim gear (and who doesn't!), here's a great deal. You can buy a Groupon for \$25 for a certificate entitling you to \$50 to spend on regularly priced merchandise at the store. And for today, there's a 20% discount code (LOVE20) which means that you can purchase the \$50 Groupon for \$20, today only! Go to: <https://www.groupon.com/deals/aquasport-5-7> and follow the instructions.

Upcoming Carleton Pool Public Swim Changes and Cancellations

The only public swim on Family Day, **Mon Feb 16th**, is from 1:30-4:30pm. The public swim on **Sat Feb 21st** and the women's swim on **Sun Feb 22nd** are cancelled, due to the University Synchronized Swimming Championships.

Swimmer Notes

Swimmer Updates:

- From the Charlatan newspaper: Athletics Planning to Fix Saunas (no time-frame mentioned):
<http://www.charlatan.ca/2015/02/athletics-planning-to-fix-long-time-broken-saunas/>.

- My sister, **Karina**, has sent two new pull-buoy straps which are working well. She is now hard at work on producing more straps for the remainder of the pull-buoys.

- Best wishes to **Jamie Chalmers** (7:30am Earlybirds) for a quick recovery from a broken toe (from kicking the wall doing breaststroke during the warm up at the Pointe-Claire meet), as well as a bout of the flu. **Jamie** has now swum 200m fly twice with broken bones: a cracked rib previously and now a broken toe!

- **Liam Elder**, son of **Christine Harkin** (x-7:10pm Whitecaps) was featured on CBC (from minutes 4 to 6) at a pancake breakfast raising funds for Liam's bone marrow transplant:
<http://www.cbc.ca/player/News/Canada/Ottawa/ID/2652575638/>.

- **Freezin' for a Reason:** On **Sat Feb 21st**, Ottawa's First Annual Polar Bear Plunge will be held at TD Place. This is a Special Olympics fundraiser and Special Olympics Athlete Ambassador and Gold Medalist, **Melanie Heroux** (8:30am Earlybirds) is participating. She has raised \$340 so far. You can read about the fundraiser here:
<http://athletics.carleton.ca/2014/freezin-reason/>, and sponsor **Melanie** here:
<https://secure.e2rm.com/registrant/FundraisingPage.aspx?registrationID=2656016&langPref=en-CA>. Also, if you visit the Special Olympics Floor Hockey web page: <http://www.specialolympics2015floorhockey.com/> and click the red button with the Scotia Bank logo, you can enter a free draw for a chance to win \$10,000 and other prizes. (Thanks to **Melanie** for this tip!)

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



News and Links:

- Exhaling: The Secret to Swimming Farther and Faster: <http://www.usms.org/articles/articledisplay.php?aid=3063>
- Fueled by Water (Video): <http://explore.speedousa.com/experience/fueledbywater/>
- Why a Quick Cold Water Swim is Good for You: <http://lifelifehacker.com/why-a-quick-cold-water-swim-is-good-for-you-1677623812>
- 9 Swimming T-Shirt Sayings: <http://swimswam.com/nine-swimming-t-shirt-sayings-wisdom-insight/>
- 15 Signs of a Tapering Swimmer: <http://swimswam.com/15-signs-tapering-swimmer/>
- Weird Swimming Rules: <http://hydrologicblog.com/weird-swimming-rules/>
- Stop, Drop, Swim: <http://athletics.carleton.ca/2015/stop-drop-swim/>
- The Epigenetics of Endurance Training: <http://www.runnersworld.com/health/the-epigenetics-of-endurance-training>
- The Troubled Life of a Drop-Dead Sprinter: <http://coachrickswimming.com/2015/02/07/the-troubled-life-of-a-drop-dead-sprinter/>
- The Surprising Ways Weight Lifting will Improve Your Life: http://www.huffingtonpost.com/the-active-times/the-surprising-ways-lifti_b_6518552.html
- From **Sheila Kealey**: <http://www.sheilakealey.com/2015/01/23/week-food-health-fitness-39/>,
<http://www.sheilakealey.com/2015/01/30/week-food-health-fitness-40/>, and
<http://www.sheilakealey.com/2015/02/06/week-food-health-fitness-41/>
- Carleton's "Gym Shorts" Series: Body Weight Squats: <http://athletics.carleton.ca/2015/gym-shorts-episode-one/>, Swiss Ball Squats: <http://athletics.carleton.ca/2015/gym-shorts-episode-two/>, TRX Rows: <http://athletics.carleton.ca/2015/gym-shorts-episode-three/>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$40 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 now 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.

Winter Session Information

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; Monday/Thursday: **Sean**; Tuesday: **Mits**

7:10pm Whitecaps: Shallow End; Monday: **Sean**; Tuesday: **Mits**; Thursday: **Alex**

8:10pm Whitecaps: Shallow End; Tuesday: **Mits**; Thursday: **Alex**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Sean is coaching for me on **Fri Feb 13th**. I'll coach for **Sean** on **Thu Feb 26th**.

Fin Days:

Mon Feb 2nd

Thu Mar 12th / Fri Mar 13th

Time Trials:

Tue Feb 10th / Wed Feb 11th: 400fs or IM

Tue Feb 24th / Wed Feb 25th: two 50s choice

Thu Mar 5th / Fri Mar 6th: 100 choice

Thu Mar 19th / Fri Mar 20th: 200 choice

Tue Mar 24th / Wed Mar 25th: 800 / 1500fs

Thu Apr 9th / Fri Apr 10th: fun day (relays)

This information and more can be found with the Winter workout themes at: <http://carletonmasters.tripod.com/mastplanwint15.pdf>.

Here are the weekday attendance statistics to date. Please let me know if there are any errors. Those with the best attendance will receive certificates.

7:30am Earlybirds (Jan 5-Feb 9th; 16 workouts; range: 20-37; average: 26.1)

Perfect Attendance: **Bruce B, Harley G, Malika S, Margaret K, Mike M, Ursula S**

8:30am Earlybirds (Jan 5-Feb 9th; 16 workouts; range: 16-24; average: 20.4)

Perfect Attendance: **Bill G**

Missed 1 Workout: **Colleen H, Ethan D**

6:00pm Whitecaps (Jan 5-Feb 5th; 15 workouts; range: 18-30; average: 25.0)

Perfect Attendance: **Cam D, Debby W, Don W, Joanne D, Lina V, Mike L, Nicole D**

Missed 1 Workout: **Deb L**

7:10pm Whitecaps (Jan 5-Feb 5th; 15 workouts; range: 6-15; average: 12.6)

Perfect Attendance: **Joanie C**

8:10pm Whitecaps (Jan 5-Feb 5th; 10 workouts; range: 4-13; average: 7.4)

Perfect Attendance: **Cynthia N, Lynn B**

Ask the Coach

Dear Coach: I'd like to learn to dive of the starting blocks. Will we learn that sometime? New Morning Swimmer

Dear N.M. Swimmer: The morning group has access to the diving tank, so we can do clinics upon request during the last

15min of each workout. Any day that we're not doing a special set (Monday is fartlek, Wednesday is a time trial, and I'm away this Friday), we can do a clinic. Just remind me at the beginning of the workout, so that I can let others know (maximum of 5 participants).

Dear Coach: Our lane sometimes struggles with passing without bumping into each other. Can you make some suggestions? Busy Lane Swimmer

Dear B.L. Swimmer: It is indeed challenging when there are swimmers of different speeds in a lane. Unfortunately, we don't have unlimited space! Here are some tips that may help:

1. Always push off on the correct side of the lane. Thus, when turning, cross to the other side as you reach the wall.
2. Swim as near the lane rope / pool wall as possible, to leave space for those who are passing or being passed.
3. Be aware of where your lane-mates are and who is passing who, so that you know how much space you have.
4. Check to be sure it's clear to pass before pulling out to pass. Never attempt to pass while doing backstroke!
5. Do everything in your power to avoid a collision, even if the other person is in the wrong!

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014-2015 is now open and cost is \$38. Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions, mostly in Ontario and Quebec, for 2014-2015. 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.**

Fri-Sun Feb 13-15th La Salle Masters Meet, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=17381>

Sat Feb 21st Nepean LC Masters Meet <http://www.mastersswimmingontario.ca/events/winterlude-2015/>

Sat Feb 28th Cote St-Luc, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=16830>

Sun Mar 1st Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-1-2015/>

Sun Mar 1st Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-spring-invitational-swim-meet/>

Sat Mar 14th Dollard-des-Ormeaux, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=16934>

Sun Mar 22nd Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-clarington-masters-invitational-swim-meet-march-22/>

Thu-Sat Apr 2-4th Ontario Provincials, Etobicoke <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championship-2015/>

Fri-Sun Apr 17-19th Quebec Provincials, Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=16436>

Sun Apr 19th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational/>

Sun Apr 26th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/wp-content/uploads/2014/12/Thornhill-April-26-2015.pdf>

Fri-Mon May 15-18th Nationals, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=17263>

Sat Jun 6th Longueuil LC, Montreal (details TBD)

Aug 5-16th World Masters Swimming Championships, Kazan, Russia <http://masters.kazan2015.com/en>

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

Sat Jan 24th Pointe-Claire Masters Meet, Montreal

Jamie Chalmers (7:30am Earlybirds) and I were Carleton's two representatives. Full results here:

<http://mymsc.ca/ShowMeet.jsp?id=752>. Here's how we did:

Jamie Chalmers (7:30am Earlybirds; 70-74): **1st**: 200fl (5:55.50), 200IM (4:28.29); **2nd**: 50bk (49.17), 50br (1:02.72), 50fl (54.82)

Lynn Marshall (Coach; 50-54): **1st**: 100fs (1:04.49), 400fs (4:38.75), 100bk (1:14.25), 200br (3:05.02); **2nd**: 200fl (2:32.32)

Sat Jan 31st Winterlude Triathlon, Ottawa

Congratulations to **Lucie Boudreau** (8:30am Earlybirds) and **Margaret King** (7:30am Earlybirds), the two Carleton swimmers who participated. Full results here: <http://raceresults.sportstats.ca/display-results.xhtml?raceid=23888>. Here's how they did:

Lucie Boudreau (8:30am Earlybirds; 55-59): 103rd overall; 20th woman and 3rd in category in 1:42:12

Margaret King (7:30am Earlybirds; 50-54): 149th overall; 31st woman and 4th in category in 1:51:49

Sun Feb 1st Technosport Masters Swim Meet, U of Ottawa

There were only about 10 swimmers, with me the only Carleton representative. Six events in an hour is a challenge! Official results are not yet available, but here are the approximate results:

Lynn Marshall (50-54; Coach): 50br (41), 100br (1:29), 100fl (1:12), 100IM (1:17), 200IM (2:39), 400IM (5:28)

Sun Feb 8th Special Olympics Swim Meet, Brockville

Congratulations to **Melanie Heroux** (8:30am Earlybirds) on a great meet with many personal best times! For Special Olympics meets she swims for the Orleans Riptides. Here's how she did:

Melanie Heroux (8:30am Earlybirds; 30+): **2nd**: 100fs (2:35.19 PB), 25fl (45.42 PB); **3rd**: 50bk (1:22.03 PB); **4th**: 50fs (1:08.78)

2014 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Feb 10th**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Winter is:

Mon and Fri: 9:40-10:40am

Some evenings will likely be available during Reading Week and December exams. Please let me know if you are interested in an afternoon / evening lesson.

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 the exact schedule and more details.

Reminders

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. Note that the 8:10pm group will run only Tuesday and Thursday evenings (twice per week). As usual, Saturdays are **not** included in your weekday registration for Winter. Pro-rated prices are available, space permitting, after about a month of each term. The information below is also on the web site:

<http://carletonmasters.tripod.com>.

Winter 2015: Mon Jan 5th to Fri Apr 10th; no workouts Mon Feb 16th, Fri Apr 3rd, Mon Apr 6th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 8645; cost: \$120+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 8646; cost: \$120+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 8649; cost \$140+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon: **Sean**; Tue: **Mits**; Thu: **Alex**; barcode 8651; cost: \$124+HST

8:10pm Whitecaps 3: 8:10-9:10pm TuTh (shallow): Coaches: Tue: **Mits**; Thu: **Alex**; barcode 8653; cost: \$88+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 8647; cost: \$45.50+HST

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 two week'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>