

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: March-24-15 4:37 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 #387

Carleton Masters Swimming Newsletter #387

Tuesday, March 24th, 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 (27 addresses), 8:10pm Whitecaps III (15 addresses), Saturday Only (5 addresses), Masters "Alumni" (27 addresses)

The hardest thing about exercise is to start doing it. Once you are doing exercise regularly, the hardest thing is to stop it. – Erin Gray

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 10th**.
- The only cancellations for the remainder of the Winter term are:
 - **Fri Apr 3rd** (Good Friday) and **Mon Apr 6th** (Easter Monday); the Saturday group does have a workout **Sat Apr 4th**.
- The Winter 7:30am and 6pm groups are **full** with wait lists.
 - Full details of the Winter groups can be found at the end of the newsletter.
- The pool will be closed for three weeks annual maintenance starting **5:30pm Fri Apr 10th**. The pool will re-open **6am Mon May 4th**.
- The Masters Spring session will start on **Mon May 4th**. Full details below.

Spring/Summer Masters Swimming Programs, Barcodes and Prices

Registration opens **7am Mon Mar 30th** for both Spring and Summer registration. 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 (but not for Spring). The information below is also on the web site: <http://carletonmasters.tripod.com>.

Spring 2015: Mon May 4th to Sat Jul 4th; no workouts Mon May 18th or Wed Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 9382; cost: \$80+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 9383; cost: \$80+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **TBD**; barcode 9387; cost \$94+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: **TBD**; barcode 9388; cost: \$84+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except for: 10:45-11:55am May 16th; and 12:15-1:25pm Jun 27th and Jul 4th (shallow): Coaches: **rotating schedule**; barcode 9385; cost: \$32.50+HST

Summer 2015: Mon Jul 6th to Sat Sept 5th; no workouts Mon Aug 3rd

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 9384; cost: \$98+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Evenings: **TBD**; Saturdays: **rotating schedule**; barcode 9389; cost \$110+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat (shallow): Coaches: **rotating schedule**; barcode 9386; cost: \$34+HST

Carleton Athletics Easter Hours: Fri Apr 3rd – Mon Apr 6th

The **Pool** hours are:

- 1:30-4:30pm Fri Apr 3rd, Sat Apr 4th, Sun Apr 5th, and Mon Apr 6th, plus women only 11:45am-1:15pm Sun Apr 5th

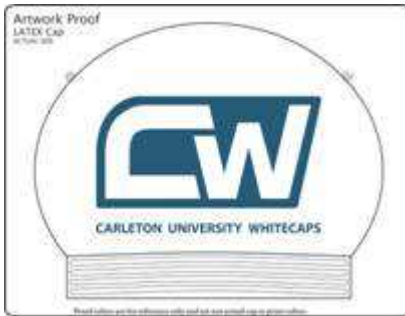
The **Fitness Centre** hours are:

- 8am-7:30pm Fri Apr 3rd and Mon Apr 6th; 8am-8pm Sat Apr 4th and Sun Apr 5th

Swimmer Notes

Swimmer Updates:

- The Dream Team (**Sandy Lawson, Francois Jacques, Natalie Aucoin, and Ian Lorimer**)'s 200+ Masters National Relay Record is now official. Check it out here: <http://www3.sympatico.ca/chberger/rec/rmcb15.htm> (near the bottom), and here: http://mymisc.ca/RelayRecords.jsp?province=CA&age=200&gender=* &course=L (at the bottom).
- Carleton is holding an Employee Healthy Workplace Fair on **Tue Mar 31st**: <http://carleton.ca/healthy-workplace/healthy-workplace-fair-2015/>.
- **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:

- Lewis Pugh's Antarctic Swim in Pictures: <http://www.theguardian.com/environment/gallery/2015/mar/02/lewis-pughs-antarctic-swim-in-pictures>
- New Pool Idea [Ed. Note: I bet this is expensive and it's not rectangular, but I like the James Bond music!]: <http://womenfreebies.ca/videos/the-most-amazing-pool-ive-ever-seen/>
- 2009 Buffalo Bills Swimming Race: Kyle Williams (with flip turn) beats Marshawn Lynch: http://www.buffalobills.com/video/videos/Throwback-Marshawn-Lynch-Swim-vs-Kyle-Williams/d33794fc-e5d3-4c13-9ab9-dd5163c65d7c?campaign=tw_buf_video
- Great Active Senior Photos: http://www.huffingtonpost.com/2015/01/15/senior-photo-series-stereotype-aging_n_6478726.html
- Fitness Habits of Successful Exercisers: <http://www.montrealgazette.com/life/Fitness+habits+successful+exercisers+have+common/9806333/story.html>
- Purposeful Statistical Ignorance: <http://swimcoachingblog.com/2015/03/05/purposeful-statistical-ignorance/>
- Twelve Fun Facts about Exercising: <http://athletics.carleton.ca/2015/12-fun-facts-about-exercising/>
- Better to Vary your Pace [Ed. Note: Doesn't sound right to me?!]: <http://www.outsideonline.com/fitness/bodywork/in-stride/Have-the-Perfect-Run-Anytime-Anywhere.html>
- How to Tweak your Training After 50: <http://www.outsideonline.com/fitness/bodywork/the-fit-list/How-to-Tweak-Your-Training-After-50.html>
- Six Mistakes Derailing your Health and Fitness Goals: <http://www.theglobeandmail.com/life/health-and-fitness/health-advisor/the-6-mistakes-derailing-your-health-and-fitness-goals/article23385395/>
- The Amazing **Sheila Kealey**, Ottawa Citizen Article: <http://ottawacitizen.com/sports/local-sports/at-age-50-cross-country-skier-sheila-kealey-driven-to-compete-with-video>
- From **Sheila Kealey**: <http://www.sheilakealey.com/2015/03/13/this-week-in-food-health-and-fitness-2/> and <http://www.sheilakealey.com/2015/03/20/this-week-in-food-health-and-fitness-3/>
- Carleton Gym Shorts: Episode #8: Romanian Deadlift: <http://athletics.carleton.ca/2015/gym-shorts-episode-8/> and #9: Lunges: <http://athletics.carleton.ca/2015/gym-shorts-episode-9/>

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.

Thanks for the cooperation of the **6pm swimmers** in the move to the shallow end on **Tue Mar 17th** and **Thu Mar 19th** due to March Break.

Thanks to **Alex** for coaching for **Sean** on **Thu Mar 19th**. I coached for **Sean** on **Thu Mar 12th** and **Mon Mar 23rd**. (**Sean** has been out of town twice for work conferences this month.)

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>.

Thanks to all who participated in the **200m** time trials on **Thu Mar 19th / Fri Mar 20th**. Apologies to the 6pm Whitecaps swimmers for the move to the shallow end. There were lots of improvements, led by an amazing 1:38.6 improvement from last term in 200bk by **Melanie Heroux** (8:30am Earlybirds). Other big improvements were made by **Roy Hanes** (7:10pm Whitecaps) and **Andrew Dechamplain** (8:30am Earlybirds) in 200fs: 34.3 and 25.0 seconds, respectively.

200fs (8)

Roy Hanes	34.3	WC2
Andrew Dechamplain	25.0	EB2
Colleen Hyslop	8.2	EB2
Malika Shaath	5.8	EB1
Jordan Monnink	1.1	EB2
Bill Gregg	1.0	EB2

Jean Kneale	0.9	WC2
Mike Mopas	0.4	EB1

200bk (2)

Melanie Heroux	98.6	EB2
Sandy Lawson	0.8	EB1

200br (1)

Claire Robinson	9.6	EB2
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200IM (2)

Kevin Graham	5.2	EB1
Justine Schweizer	0.3	WC2

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-Mar 23rd; 33 workouts; range: 14-37; average: 23.6)

Perfect Attendance: **Harley G, Malika S, Mike M**

Missed 3 Workouts: **Christian C, Ursula S**

Missed 4 Workouts: **Bruce B, Robin H**

8:30am Earlybirds (Jan 5-Mar 23rd; 33 workouts; range: 16-24; average: 20.7)

Perfect Attendance: **Bill G**

Missed 1 Workout: **Colleen H**

Missed 3 Workouts: **Mark B**

Missed 4 Workouts: **Rod H**

6:00pm Whitecaps (Jan 5-Mar 23rd; 33 workouts; range: 18-30; average: 24.7)

Perfect Attendance: **Cam D, Mike L**

Missed 1 Workout: **Joanne D**

Missed 2 Workouts: **Don W**

Missed 3 Workouts: **Deb L, Nicole D**

7:10pm Whitecaps (Jan 5-23rd; 33 workouts; range: 6-20; average: 14.1)

Perfect Attendance: **Joanie C**

Missed 4 Workouts: **Gillian M**

8:10pm Whitecaps (Jan 5-Mar 19th; 22 workouts; range: 4-13; average: 7.3)

Perfect Attendance: **Lynn B**

Missed 3 Workouts: **Erin M**

Missed 4 Workouts: **Manuel L**

Ask the Coach

Dear Coach: I'd like to take a private lesson with you, but I'm not available during the day. Are you ever available in the evenings? Keen to Improve

Dear K.t. Improve: I generally have evening lesson times available between May and August. Stay tuned for details.

Dear Coach: Easter Monday is not a Carleton University holiday, so why is it treated as a holiday by the Carleton Pool? Confused Carleton Employee

Dear C.C. Employee: The pool staff are paid under a different agreement from the full-time Carleton employees and, under that agreement, Easter Monday is a statutory holiday and thus the pool staff is paid time-and-a-half. For that reason, only the afternoon holiday swim is offered.

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.**

Sun Mar 29th Alma (Lac-St-Jean area) Masters Meet: <https://www.swimming.ca/MeetInfo.aspx?meetid=17665>
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>
Sun May 3rd Perth Masters Meet: <http://www.mastersswimmingontario.ca/events/perth-masters-meet-may-3/>
Fri-Mon May 15-18th Nationals, Montreal <https://www.swimming.ca/MeetInfo.aspx?meetid=17263>
Sat Jun 6th Longueuil LC, Montreal (details TBD)
Sat Jul 11th Bring on the Bay 3k Open Water Swim, Ottawa <http://bringonthebay.com/>
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.)

Sun Mar 15th Etobicoke LC 1500m Heart and Stroke Fundraiser

Jamie was Carleton's only swimmer. Full results at: Here's how he did:

Jamie Chalmers (7:30am Earlybirds; 70-74): 1st 1500fs (38:07.31)

2015 Statistics Summary: 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 **Mar 23rd**).

Private and Semi-Private Masters Swim Lessons

The private lesson schedule for the Winter is:

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

Some evenings may be available during early April. 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>