

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** June-21-15 1:35 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 #394

## Carleton Masters Swimming Newsletter #394

Sunday, June 21<sup>st</sup>, 2015

**To:** Carleton Masters Coaches / Staff (10 addresses)

**Bcc:** Those registered for Fall 2014, Winter 2015, Spring 2015, and Alumni 7:30am Earlybirds I (50 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (44 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (7 addresses), Masters "Alumni" (25 addresses)

"I've failed and failed again. That's why I succeed." – Swimmer Danyon Loader

### Masters Program Notes and Cancellations

- The Spring session ends on **Sat Jul 4<sup>th</sup>**.
- Workouts run as usual during this coming convocation week.
- There are **no workouts** on **Wed Jul 1<sup>st</sup>**. Note also that the pool is closed that day.
- Saturday swimmers please note:
  - From now (**Sat Jun 27<sup>th</sup>**) until **Sat Aug 29<sup>th</sup>** Saturday workouts are from **12:15-1:25pm**.
  - On **Sat Sept 5<sup>th</sup>** workout is from **8:15-9:25am**.
- The Summer session runs from **Mon Jul 6<sup>th</sup>** to **Sat Sept 5<sup>th</sup>**.
- Registration is open for both Spring and Summer Masters. Full details near the end of the newsletter.
  - The 7:30am group is now full for Spring with a wait list available. If you are on the wait list, please let me know!

### Athletics Renovations Update

The alternate needs change room toilet is now available to both men and women. Until the washroom upgrades are completed in the men's and women's change rooms, the women's instructor rooms will remain available to all women, and the men's instructor room to all men. The entrance to the men's change room is via the squash court hallway. The renovations are nearly done!

### Swimmer Notes

#### Swimmer Updates:

- **Lucie Boudreau** (8:30am Earlybirds; [lboudreau21@sympatico.ca](mailto:lboudreau21@sympatico.ca)) has kindly agreed to organize a cheering section for my Pan Am Torch Run. She suggests meeting at **Equator Coffee, 412 Churchill Ave N** (just south of Richmond Rd) at **noon on Tue Jun 30<sup>th</sup>**. It's probably a good idea to be at the starting point of my 200m run (near 514-518 Churchill) by 12:30pm, as the 12:55pm start time is an estimate. Please let Lucie know if you plan to meet her there.

- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week at the Bob MacQuarrie Pool in Orleans on Sundays from 4:30-5:30pm. Please pass this on to anyone else who may be interested. For more details, contact **Mélanie Héroux** at: [saku\\_fan@hotmail.com](mailto:saku_fan@hotmail.com).

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps. 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! Caps are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. This is what the caps look like:



## News and Links:

- A Nice Swimmer T-shirt: <http://teespring.com/ykyasw>
- Five Ways to Recover from a Swim Workout: <http://www.yourswimlog.com/5-ways-recover-fast-hard-swim-practice/>
- How to Put on a Swim Cap [from Robin Henderon (7:30am Earlybirds)]: <https://www.youtube.com/watch?v=I3WWARTwBEI>
- Five Things College Swimmers can Learn from Masters Swimmers: <http://www.swimmingworldmagazine.com/news/5-things-college-swimmers-can-learn-from-masters-swimmers/>
- Six Bad Swim Practice Habits You Should Break: <http://www.yourswimlog.com/6-bad-swim-practice-habits-you-should-break-now/>
- Swimmers are Defined by the Bad Days: <https://www.swimmingworldmagazine.com/news/you-are-defined-by-the-bad-days/>
- Five Reasons Girls [and women, and men, for that matter!] Should Play Sports: <http://www.tenniscanada.com/5-reasons-girls-should-play-sports>
- Christine Rampone, US Women’s National Team Soccer Player, on Age and Elite Sports: <http://www.theplayertribune.com/christie-rampone-this-is-40-us-womens-soccer-world-cup/>
- 17 Fitness Tips that will Actually Make You Psyched to Work Out: <http://www.buzzfeed.com/sallytamarkin/best-advice-fitness-experts>
- How to Stick to Your Gym Routine: Part 1: <http://athletics.carleton.ca/2015/advice-on-what-to-expect-in-a-gym-and-how-to-stick-to-your-routine-part-1/>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/06/12/this-week-in-food-health-and-fitness-15/>, <http://www.sheilakealey.com/2015/06/19/this-week-in-food-health-and-fitness-16/>

**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.

## Spring 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: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays (10:45am May 16<sup>th</sup>; 12:15pm Jun 28<sup>th</sup> and Jul 4<sup>th</sup>): Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Thanks to **Sean** for coaching for **Mits** on **Tue Jun 16<sup>th</sup>**, and for **Kristi** on **Sat Jun 20<sup>th</sup>**.

**Mits** will coach for **Sean** on **Thu Jun 25<sup>th</sup>**.

Thanks to the **Whitecaps** for moving to the shallow end on **Tue Jun 16<sup>th</sup>** and **Thu Jun 18<sup>th</sup>**, so that ROCS could use the bubbles. Apologies for the delay in getting in the water at 6pm on these dates.

Note that **Whitecaps** will be in the **shallow end during the last week of the session**, due to the start of the Water polo league.

**Fin Day:**

Thu May 28<sup>th</sup> / Fri May 29<sup>th</sup>

**Time Trials:**

Thu Jun 4<sup>th</sup> / Fri Jun 5<sup>th</sup>: 400fs or IM

Tue Jun 9<sup>th</sup> / Wed Jun 10<sup>th</sup>: 200 choice

Mon Jun 15<sup>th</sup> / Tue Jun 16<sup>th</sup>: 800 / 1500fs

Thu Jun 25<sup>th</sup> / Fri Jun 26<sup>th</sup>: 50 choice and 100 choice

Thu Jul 2<sup>nd</sup> / Fri Jul 3<sup>rd</sup>: fun day (relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum15.pdf>.

Thanks to those who participated in the **200m** time trials on **Wed Jun 10<sup>th</sup>**. There were lots of improvements, led by **Bill Gregg** (8:30am Earlybirds) with a 19.6 second improvement in 200fs and **Jamie Chalmers** (7:30am Earlybirds) with a 15.3 second improvement in 200IM. The full list of improvements follows:

**200fs (11)**

**Bill Gregg** (8:30am Earlybirds) 19.6

**Aaron Holtzman** (8:30am Earlybirds) 11.6

**Megan Holtzman** (8:30am Earlybirds) 7.3

**Claire Owen** (8:30am Earlybirds) 7.2

**Pam Dilawri** (8:30am Earlybirds) 4.5

**Fay Hjararson** (8:30am Earlybirds) 3.5

**Margaret King** (7:30am Earlybirds) 2.3

**Kevin Graham** (7:30am Earlybirds) 1.8

**Marie-Odile Junker** (7:30am Earlybirds) 1.2

**Monique Potvin Kent** (8:30am Earlybirds) 0.5

**Bob Tipple** (8:30am Earlybirds) 0.4

**200bk (1)**

**Harley Gifford** (7:30am Earlybirds) 1.0

**200br (1)**

**Mark Blenkinsop** (8:30am Earlybirds) 2.6

**200IM (2)**

**Jamie Chalmers** (7:30am Earlybirds) 15.3

**Malika Shaath** (7:30am Earlybirds) 11.1

Thanks to those who completed the **distance time trials** on **Mon Jun 15<sup>th</sup> / Tue Jun 16<sup>th</sup>**. There were some very large improvements, especially by those doing the 800. The largest improvement was by **Fay Hjararson** (8:30am Earlybirds) with a PB by over 2 minutes in the 800!! The full list follows:

**800fs (6)**

**Fay Hjararson** (8:30am Earlybirds) 2:10

**Roy Hanes** (7:10pm Whitecaps) 1:27

**Bill Gregg** (8:30am Earlybirds) 1:20

**Kim Fever** (7:30am Earlybirds) 43

**Susan Hulley** (7:30am Earlybirds) 31

**Colleen Hyslop** (8:30am Earlybirds) 20

**1500fs (5+tie)**

**Aaron Holtzman** (8:30am Earlybirds) 28

**Megan Holtzman** (8:30am Earlybirds) 22

**Jerome Cyr** (8:30am Earlybirds) 21

**Ursula Scott** (7:30am Earlybirds) 14

**Kevin Graham** (7:30am Earlybirds) 9

**Annemarieke Goldsmith** (8:30am Earlybirds) 0 (tied best)

Here are the weekday attendance statistics. Still a few swimmers with perfect attendance. Keep it up!

**7:30am Earlybirds** (May 4-Jun 19<sup>th</sup>: 20 workouts; range: 20-33; average: 26.1)

Perfect Attendance: **Harley G, Ursula S**

Missed 1 Workout: **Cory F, Matthew T**

Missed 2 Workouts: **Bruce B, Malika S, Marie-Odile J, Mike M, Susan H**

**8:30am Earlybirds** (May 4-Jun 19<sup>th</sup>: 20 workouts; range: 13-27; average: 20.2)

Perfect Attendance: **Bill G, Colleen H, Mark B,**

Missed 2 Workouts: **Renee R, Rod H**

**6:00pm Whitecaps** (May 4-Jun 18<sup>th</sup>: 20 workouts; range: 14-27; average: 20.4)

Missed 1 Workout: **Dave G, Isaac FM, Nicole D, Peter L**

Missed 2 Workouts: **Elaine Y, Marg E, Mike L, Siobhan M**

**7:10pm Whitecaps** (May 4-Jun 18<sup>th</sup>: 20 workouts; range: 9-18; average: 14.3)

Missed 3 Workouts: **Joanie C, Justine S**

## Ask the Coach

**Dear Coach:** I get cramps in my arches when I swim. Any suggestions? Cramped Feet

Dear C. Feet: Cramps are not well understood, but things that can help are: dynamic foot stretches before you swim, and static stretches after swimming (or cycling, or running); being well hydrated; ensuring that your potassium and calcium levels are high; and relaxing your ankles and feet when you swim. If you feel a cramp coming on, relax your feet after each turn.

**Dear Coach:** When I swim continuously for a long time (e.g. the 1500 time trial), I sometimes get pins and needles in my hands. Any ideas what's causing this? On Pins and Needles

Dear O.P.a. Needles: This is likely due to a nerve being slightly pinched as you swim. Over time this can cause pins and needles or slight numbness. If it happens frequently or you get any pain in the shoulder, it's worth getting it checked by a doctor.

**Dear Coach:** I'd like to learn flip turns. Suggestions? Improving My Turns

Dear I.M. Turns: We can do a flip turn clinic during the last 15min of workout. However, before the flip turn clinic, there is a sequence of two or three other clinics to be sure that your open (non-flip) turns are good first!

**Dear Coach:** How many hands must I touch the wall with on butterfly? Learning My Turns 1

Dear L.M. Turns 1: In butterfly (and breaststroke) you must touch the wall with both hands (simultaneously).

**Dear Coach:** How many hands must I touch the wall with on freestyle? Learning My Turns 2

Dear L.M. Turns 2: In freestyle, you may touch the wall with any part of your body. If you are doing open turns, then one hand is recommended. You only need to touch the wall with two hands simultaneously in fly and breast. If you are doing flip turns, then only your feet touch the wall.

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2015-2016 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. 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.**

Sat Jun 27<sup>th</sup> Technoport Meech Lake 2k Swim <http://www.mastersswimmingontario.ca/events/technoport-2-k-open-water-swim-2/> (MSO registration not required)  
July and August Several Open Water Swims near Toronto: <http://canaquasports.com/>  
Sat Jul 4<sup>th</sup> Kingston to Wolfe Island 5.5km Open Water Swim <http://debo345.wix.com/kingwolfsim> (MSO registration not required)  
Sat Jul 11<sup>th</sup> Bring on the Bay 3k Open Water Swim, Ottawa <http://bringonthebay.com/> (MSO registration not required)  
Sat Jul 25<sup>th</sup> Technoport Meech Lake 3k Swim <http://www.mastersswimmingontario.ca/events/technoport-3k-open-water-swim/> (MSO registration not required)  
Aug 5-16<sup>th</sup> World Masters Swimming Championships, Kazan, Russia <http://masters.kazan2015.com/en>  
Sun Aug 9<sup>th</sup> Welland Open Water Swims <http://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-august-9-2015/>  
Sat Aug 15<sup>th</sup> Technoport Meech Lake 4k Swim <http://www.mastersswimmingontario.ca/events/technoport-4k-open-water-swim-august-15-2015/> (MSO registration not required)

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

### Sat Jun 6<sup>th</sup> Masters Long Course Swim Meet Longueuil, Montreal

**Jamie** and **I** were Carleton's two swimmers. Official results are now available here:

<http://mymsc.ca/ShowMeet.jsp?id=810>. Congratulations to **Jamie** on breaking 6:00 in his 200 fly!

**Jamie Chalmers** (7:30am Earlybirds; 70-74): 1<sup>st</sup>: 50bk (50.24), 200bk (4:22.33), 50fl (1:10.29), 200fl (5:57.59)

**Lynn Marshall** (Coach; 50-54): 1<sup>st</sup>: 50bk (37.14), 50fl (34.28), 100fl (1:13.95); 2<sup>nd</sup>: 50br (43.49), 100br (1:32.48)

### Sat Jun 13<sup>th</sup> Ottawa River Triathlon

Congratulations to **Renee** and **Matt** on their great results. Despite the very wavy swim, **Renee** won her category!

**Sprint Triathlon** (500m/23.7k/5k; 134 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=26370>

**Matthew Tucciarone** (7:30am Earlybirds; 20-24): 93<sup>rd</sup> overall; 65<sup>th</sup> man and 4<sup>th</sup> in category in 1:31:49.2 (13:16 swim)

**Olympic Triathlon** (1.5k/44.4k/10k; 71 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=23567>

**Renee Robert** (8:30am Earlybirds; 60-64): 55<sup>th</sup> overall; 12<sup>th</sup> woman, and 1<sup>st</sup> in category in 3:10:56.5 (33:55 swim)

### Sat Jun 20<sup>th</sup> Emilie's 5km Women's Run (163 participants)

Congratulations to **Lucie** on a podium finish! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=26544>.

**Lucie Boudreau** (8:30am Earlybirds; 55-59): 39<sup>th</sup> overall and 3<sup>rd</sup> in category in 23:56.3

### 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 **June 21<sup>st</sup>**).

### Private and Semi-Private Masters Swim Lessons

Here is the current Spring schedule. Some evening times will be added for Summer:  
Tue Jun 23<sup>rd</sup> 7:10-8:10pm

#### 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.

## Reminders

### Spring/Summer Masters Swimming Programs, Barcodes and Prices

Registration is open 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 4<sup>th</sup> to Sat Jul 4<sup>th</sup>; no workouts Mon May 18<sup>th</sup> or Wed Jul 1<sup>st</sup>**

**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: Mon/Thu: **Sean**; Tue: **Mits**; barcode 9387; cost \$94+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 9388; cost: \$84+HST

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

**Summer 2015: Mon Jul 6<sup>th</sup> to Sat Sept 5<sup>th</sup>; no workouts Mon Aug 3<sup>rd</sup>**

**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: Mon/Thu: **Sean**; Tue: **Mits**; Saturdays: **rotating schedule**; barcode 9389; cost \$110+HST

**12:15pm Saturday Earlybirds ONLY:** 12:15-1:25pm Sat, except 8:15-9:25am Sept 5<sup>th</sup> (shallow): Coaches: **rotating schedule**; barcode 9386; cost: \$34+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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))

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