

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: July-05-15 5:00 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 #395

Carleton Masters Swimming Newsletter #395

Sunday, July 5th, 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)



Masters Program Notes and Cancellations

- The Spring session ended on **Sat Jul 4th**.
- The Summer session runs from **Mon Jul 6th to Sat Sept 5th**.
 - The weekday groups (7:30am and 6pm) both include Saturdays.
- Saturday workouts are from **12:15-1:25pm for July and August**.
 - On **Sat Sept 5th** workout is from **8:15-9:25am**.
- There are **no workouts on Mon Aug 3rd** (Civic Holiday).
- There are currently **8** spaces left in each of the 7:30am Earlybirds and 6pm Whitecaps, as well as **3** spots for just Saturdays. Full details on Summer registration can be found near the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- A big thank you to **Lucie Boudreau** (8:30am Earlybirds) for organizing everyone, and to all the other swimmers who came out to cheer and take photos during my 200m Pan Am Torch Relay Run. The supporters made my day! **Bill Gregg** (8:30am Earlybirds) had the most innovative sign – made from a kickboard (see above). Here's a group photo taken by the organizers: <https://instagram.com/p/4knvCSQb9y/>, and a couple of photos I posted on Facebook taken by **Jamie Chalmers** (7:30am Earlybirds): <https://www.facebook.com/lynn.marshall.16503/posts/10155835481410604>.

- **Anne Trepanier** (8:30am Earlybirds) is moving to Ile d'Orleans and then Rome. She says goodbye to her fellow 8:30am Earlybird swimmers. We wish her all the best for her moves!

- The change room renovations are complete. I that hope everyone is enjoying the new washrooms!

- 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.

- **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:

- Fly Kick on Your Side [Thanks to Kevin Nelson (6pm Whitecaps)]: <http://nautil.us/issue/25/water/is-this-new-swim-stroke-the-fastest-yet>

- Swimming: The Impact of Your Arm Length on your Stroke Style [Ed. Note: There are other factors, but this is interesting]: <https://www.youtube.com/watch?v=tVvid0PkYSY&feature=youtu.be>

- Solutions for Sore Swimmers' Shoulders: <http://swimswam.com/solutions-sore-swimmer-shoulders/>

- The Lazy Way to Get Faster: <http://coachrickswimming.com/2015/06/07/the-lazy-way-to-get-faster/>

- Swim Posture: <http://www.coachtj.com/2010/04/swim-posture-and-the-modern-miracle-of-monkeys/>

- Inspirational Masters Swim Video: <https://www.youtube.com/watch?v=sas3GHA5bmU>

- Intensive Training Program for Canadian Swimming: <http://www.swimmingworldmagazine.com/news/intensive-training-program-looks-to-take-canadian-swimming-to-new-heights/>

- Twelve Fun Facts about Exercising: <http://athletics.carleton.ca/2015/12/fun-facts-about-exercising/>

- The Power of Cold Water: <http://humanelevation.tonyrobbins.com/blog/health/the-power-of-cold-water>

- Faster, Higher, Stronger, Smarter: <http://no-baloney.com/2015/06/22/faster-higher-stronger-smarter/>

- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/07/04/this-week-in-food-health-and-fitness-17/>

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.

Summer Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

6pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**
12:15pm Saturdays (8:15am Sept 5th): Usually Shallow End; rotating coach schedule (see bulletin board / web site)
Exceptions will be noted here.

Fin Day:

Tue Aug 6th / Wed Aug 7th

Time Trials:

Mon Jun 13th: 400fs or IM
Mon Jun 27th: 50 choice and 100 choice
Tue Aug 11th / Wed Aug 12th: 800 / 1500fs
Tue Aug 18th / Wed Aug 19th: 200 choice
Thu Sept 3rd / Fri Sept 4th: fun day (relays)

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

Spring Session Summary

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 16th; 12:15pm Jun 28th and Jul 4th): Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

Thanks to **Mits** for coaching for **Sean** on **Thu Jun 25th**.

Whitecaps were in the **shallow end during the last week of the session**, due to the start of the Water polo league.

Fin Day:

Thu May 28th / Fri May 29th

Time Trials:

Thu Jun 4th / Fri Jun 5th: 400fs or IM
Tue Jun 9th / Wed Jun 10th: 200 choice
Mon Jun 15th / Tue Jun 16th: 800 / 1500fs
Thu Jun 25th / Fri Jun 26th: 50 choice and 100 choice
Thu Jul 2nd / Fri Jul 3rd: 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 **50 and 100m time trials** on **Thu Jun 24th / Fri Jun 25th**. **Melanie Heroux** (8:30am Earlybirds) had the largest improvement with a whopping 7.3 seconds in 50fl. **Bill Gregg** (8:30am Earlybirds) wasn't far behind with a 6.2 second improvement in 50br. **Bill** was the only swimmer to improve in both his 100 and 50. The full list of improvements follows:

100fs (6)

Aaron Holtzman (8:30am Earlybirds) 4.0

Sylvia Williams (7:10pm Whitecaps) 2.7

Pam Dilawri (8:30am Earlybirds) 1.7

Bill Gregg (8:30am Earlybirds) 1.0

Matthew Tucciarone (7:30am Earlybirds) 0.8

Mieke Corriveau (7:10pm Whitecaps) 0.3

100IM (1)

Tony Michel (7:30am Earlybirds) 1.5

50fs (1)

Miguel Chavez (7:30am Earlybirds) 1.5

50br (1)

Bill Gregg (8:30am Earlybirds) 6.2

50fl (3)

Melanie Heroux (8:30am Earlybirds) 7.3

Sylvia Williams (7:10pm Whitecaps) 3.9

Justine Schweizer (7:10pm Whitecaps) 1.0

Thanks to the Earlybirds for participating in the **relays** on **Fri Jul 3rd**. The biggest improvement was by Tony Michel (7:30am Earlybirds) with 3.0 seconds in 50fl. The full list of improvements follows:

50fs (2)

Fiona Hill (7:30am Earlybirds) 1.2

Bill Gregg (8:30am Earlybirds) 0.5

50bk (1)

Colleen Hyslop (8:30am Earlybirds) 0.9

50br (1 and 1 tie)

Ethan Dufour (7:30am Earlybirds) 0.4

Fiona Hill (7:30am Earlybird) tie

50fl (2)

Tony Michel (7:30am Earlybirds) 3.0

Jennifer Murdock (7:30am Earlybirds) 0.2

Spring Session Summary

A big thank you to evening coaches **Mits Kachi** and **Sean Dawson**, and to Saturday coaches **Kristi Dean**, **Tim Kilby**, **Claudia Cronin-Schlote**, and **Sean Dawson** for their coaching this term.

Thank you to **Margaret Dibben King** (8:30am Earlybirds) for organizing the card and flowers at the last 8:30am workout until fall, as well as **Natalie Aucoin** (8:30am Earlybirds) for bringing some wonderful goodies!

Here's the summary of the attendance and time trials for the Spring session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Spring term or by e-mail.

Weekday Attendance:

This term we had five morning swimmers (but no evening swimmers) with perfect attendance. They were **Bill Gregg** (8:30am Earlybirds), **Colleen Hyslop** (8:30am Earlybirds), **Harley Gifford** (7:30am Earlybirds), **Mark Blenkinsop** (8:30am Earlybirds), and **Ursula Scott** (7:30am Earlybirds). Special kudos to **Bill** for having perfect attendance two sessions in a row!

Here's the attendance summary:

7:30am Earlybirds (May 4-Jul 3rd; 25 workouts; range: 18-33; average: 25.0)

Perfect Attendance: **Harley Gifford**, **Ursula Scott**

Missed 2 Workouts: **Bruce Brown**, **Matthew Tucciarone**, **Mike Mopas**, **Susan Hulley**

Missed 3 Workouts: **Cory Fraser**, **Jamie Chalmers**

8:30am Earlybirds (May 4-Jul 3rd; 25 workouts; range: 13-27; average: 19.7)

Perfect Attendance: **Bill Gregg**, **Colleen Hyslop**, **Mark Blenkinsop**

Missed 3 Workouts: **Sebastien Robillard-Cardinal**

6:00pm Whitecaps (May 4-Jul 2nd; 26 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**

Missed 3 Workouts:

7:10pm Whitecaps (May 4-Jul 2nd; 26 workouts; range: 9-18; average: 14.3)

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

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Spring session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 102 different swimmers: 57 women and 45 men. There were 340 completed time trials: 179 for women and 161 for men. If you notice any errors or omissions, please let me know.

Thirty-five swimmers (23 women and 12 men) improved in at least one event (56 total improvements). The biggest improvement was by **Fay Hjartarson** (8:30am Earlybirds) with a 2:10 (16.3sec/100m) improvement in 800fs. Next and second woman was **Mélanie Héroux** (8:30am Earlybirds) with a 7.3sec (14.6sec/100m) improvement in 50fl. Third overall and top man was **Bill Gregg** (8:30am Earlybirds) with a 6.2sec (12.4sec/100m) improvement in 50br. He was followed by **Roy Hanes** (7:10pm Whitecaps) with a 1:27 (10.9sec/100m) improvement in 800fs. Rounding out the top 3 for the women was **Sarah Clement** (7:10pm Whitecaps) with a 38.6sec (9.7sec/100m) improvement in 400fs. Third man was **Jamie Chalmers** (7:30am Earlybirds) with a 15.3sec (7.7sec/100m) improvement in 200IM. **Bill** improved in six different events, while **Pam Dilawri** (8:30am Earlybirds) and **Aaron Holtzman** (8:30am Earlybirds) each improved in three.

The International Point Scores (link to web page below) are used to determine the best swims. Twenty-nine swimmers (5 women and 9 men) scored 400 plus points in at least one event (36 swims total). Coach **Sean Dawson** had the highest score with 571 points for 1:00.2 in 100fs. **Brigitte Boland** (8:30am Earlybirds) had the highest score for the women with 535 for 31.9 in 50fs. **Mieke Corriveau** (7:10pm Whitecaps) was the second woman with 515 for 1:11.2 in 100fs. **Dorothy Apedaile** (8:30am Earlybirds trial) was next with 511 for 32.5 in 50fs. **Tony Revitt** (8:30am Earlybirds) was the top (non-coach) male with 500 for 2:20.9 in 200fs. **Alex Bronson** (7:10pm Whitecaps) was the second male with 483 for 29.1 in 50fs. **Justine Schweizer** (7:10pm Whitecaps) was third for the women with 476 for 22:21 in 1500fs, and third for the men was **Mark Blenkinsop** (8:30am Earlybirds) with 462 for 29.6 in 50fs. **Sean** scored over 400 in five events, while **Brigitte, Mieke, Tony, and Mark** all scored over 400 in four events each.

All those improving and all those scoring over 400 points, as well as the top 3 improvements and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, WC3 = 8:10pm Whitecaps III, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 23 women and 12 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Fay Hjartarson	EB2	F	800fs	130.0	16.3
2	Melanie Heroux	EB2	F	50fl	7.3	14.6
3	Sarah Clement	WC2	F	400fs	38.6	9.7
4	Mary Lou Davies	EB2	F	400fs	37.4	9.4
5	Sylvia Williams	WC2	F	50fl	3.9	7.8
6	Ethan Dufour	EB1	F	400fs	27.6	6.9
7	Malika Shaath	EB1	F	200IM	11.1	5.6
8	Kim Fever	EB1	F	800fs	43.0	5.4
9	Jean Kneale	WC2	F	400fs	19.0	4.8

10	Susan Hulley	EB1	F	800fs	31.0	3.9
11	Megan Holtzman	EB2	F	200fs	7.3	3.7
12	Claire Owen	EB2	F	200fs	7.2	3.6
13	Colleen Hyslop	EB2	F	800fs	20.0	2.5
13	Mars Nienhuis	WC1	F	100fs	2.5	2.5
15	Fiona Hill	EB1	F	50fs	1.2	2.4
16	Pam Dilawri	EB2	F	200fs	4.5	2.3
17	Margaret King	EB1	F	200fs	2.3	1.2
18	Marie-Odile Junker	EB1	F	400fs	3.9	1.0
19	Ursula Scott	EB1	F	1500fs	14.0	0.9
19	Justine Schweizer	WC2	F	400fs	3.5	0.9
21	Jennifer Murdock	EB1	F	50fl	0.2	0.4
22	Mieke Corriveau	WC2	F	100fs	0.3	0.3
22	Monique Potvin Kent	EB2	F	200fs	0.5	0.3
1	Bill Gregg	EB2	M	50br	6.2	12.4
2	Roy Hanes	WC2	M	800fs	87.0	10.9
3	Jamie Chalmers	EB1	M	200IM	15.3	7.7
4	Tony Michel	EB1	M	50fl	3.0	6.0
5	Aaron Holtzman	EB2	M	200fs	11.6	5.8
6	Miguel Chavez	EB1	M	50fs	1.5	3.0
7	Jerome Cyr	EB2	M	400fs	10.8	2.7
8	Mark Blenkinsop	EB2	M	200br	2.6	1.3
9	Kevin Graham	EB1	M	200fs	1.8	0.9
19	Matthew Tucciarone	EB1	M	100fs	0.8	0.8
11	Harley Gifford	EB1	M	200bk	1.0	0.5
12	Bob Tipple	EB2	M	200fs	0.4	0.2

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 5 women and 9 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Brigitte Boland	EB2	F	50fs	31.9	535
2	Mieke Corriveau	WC2	F	100fs	1:11.2	515
x	Dorothy Apedaile	EB2	F	50fs	32.5	511
3	Justine Schweizer	WC2	F	1500fs	22:21	476
4	Mars Nienhuis	WC1	F	100fs	1:17.0	418
x	Sean Dawson	EB1	M	100fs	1:00.2	571
1	Tony Revitt	EB2	M	200fs	2:20.9	500
2	Alex Bronson	WC2	M	50fs	29.1	483
3	Mark Blenkinsop	EB2	M	50fs	29.6	462
4	Peter Lithgow	WC1	M	1500fs	20:41	461
5	Sebastien Robillard-Cardinal	EB2	M	50fs	30.0	446
6	Miguel Chavez	EB1	M	50fs	30.6	422
7	Bill Westcott	WC1	M	1500fs	21:35	410
8	Francois Jacques	EB1	M	50fs	31.2	400

(For point scores, see: <http://www.swimnews.com/ipspoints>. Note that SCM = short course meters [25m pool].)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Fiona Hill	EB1	F	1.2	2.4
1	Miguel Chavez	EB1	M	1.5	3.0
2	Bill Gregg	EB2	M	0.5	1.0
(1/2)					
100fs					
1	Sylvia Williams	WC2	F	2.7	2.7
2	Mars Nienhuis	WC1	F	2.5	2.5
3	Pam Dilawri	EB2	F	1.7	1.7
1	Aaron Holtzman	EB2	M	4.0	4.0
2	Bill Gregg	EB2	M	1.0	1.0
3	Matthew Tucciarone	EB1	M	0.8	0.8
(4/3)					
200fs					
1	Megan Holtzman	EB2	F	7.3	3.7
2	Claire Owen	EB2	F	7.2	3.6
3	Pam Dilawri	EB2	F	4.5	2.3
1	Bill Gregg	EB2	M	19.6	9.8
2	Aaron Holtzman	EB2	M	11.6	5.8
3	Kevin Graham	EB1	M	1.8	0.9
(7/4)					
400fs					
1	Sarah Clement	WC2	F	38.6	9.7
2	Mary Lou Davies	EB2	F	37.4	9.4
3	Ethan Dufour	EB1	F	27.6	6.9
1	Miguel Chavez	EB1	M	11.3	2.8
2	Jerome Cyr	EB2	M	10.8	2.7
3	Bill Gregg	EB2	M	10.6	2.7
(9/3)					
800fs					
1	Fay Hjartarson	EB2	F	130.0	16.3
2	Kim Fever	EB1	F	43.0	5.4
3	Susan Hulley	EB1	F	31.0	3.9
1	Roy Hanes	WC2	M	87.0	10.9
2	Bill Gregg	EB2	M	80.0	10.0
(4/2)					
1500fs					
1	Megan Holtzman	EB2	F	22.0	1.5
2	Ursula Scott	EB1	F	14.0	0.9
1	Aaron Holtzman	EB2	M	28.0	1.9
2	Jerome Cyr	EB2	M	21.0	1.4
3	Kevin Graham	EB1	M	9.0	0.6
(2/3)					
50bk					

1	Colleen Hyslop	EB2	F	0.9	1.8
(1/0)					
200bk					
1	Harley Gifford	EB1	M	1.0	0.5
(0/1)					
50br					
1	Ethan Dufour	EB1	F	0.4	0.8
1	Bill Gregg	EB2	M	6.2	12.4
(1/1)					
200br					
1	Mark Blenkinsop	EB2	M	2.6	1.3
(0/1)					
50fl					
1	Melanie Heroux	EB2	F	7.3	14.6
2	Sylvia Williams	WC2	F	3.9	7.8
1	Tony Michel	EB1	M	3.0	6.0
(2/1)					
100IM					
1	Tony Michel	EB1	M	1.5	1.5
(0/1)					
200IM					
1	Malika Shaath	EB1	F	11.1	5.6
1	Jamie Chalmers	EB1	M	15.3	7.7
(1/1)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 33:00.)

	Name	Group	Gender	Time
25fs				
1	Margaret Dibben King	EB2	F	1:01.9
(1/0)				
50fs				
1	Brigitte Boland	EB2	F	31.9
x	Dorothy Apedaile	EB2	F	32.5
2	Natalie Aucoin	EB2	F	36.7
3	Mars Nienhuis	WC1	F	37.0
x	Sean Dawson	EB1	M	28.2
1	Alex Bronson	WC2	M	29.1
2	Mark Blenkinsop	EB2	M	29.6
3	Tony Revitt	EB2	M	29.7
(24/37)				
100fs				
1	Mieke Corriveau	WC2	F	1:11.2
2	Mars Nienhuis	WC1	F	1:17.0
3	Lara Thorpe	WC2	F	1:22.3
x	Sean Dawson	EB1	M	1:00.2

1	Alex Bronson	WC2	M	1:07.6
2	Matthew Tucciarone	EB1	M	1:16.7
3	Paul Scully	EB2	M	1:26.9
(15/12)				
200fs				
1	Jennifer Murdock	EB1	F	2:55.1
2	Sandy Lawson	EB1	F	2:58.2
3	Norine Naguib	EB1	F	2:59.0
x	Sean Dawson	EB1	M	2:13.9
1	Tony Revitt	EB2	M	2:20.9
2	Miguel Chavez	EB1	M	2:35.6
3	Francois Jacques	EB1	M	2:43.2
4	Sebastien Robillard-Cardinal	EB2	M	2:43.3
(21/18)				
400fs				
1	Mieke Corriveau	WC2	F	5:30.8
2	Justine Schweizer	WC2	F	5:38.4
3	Elaine Yardley	WC1	F	6:01.9
x	Sean Dawson	EB1	M	4:54.3
1	Tony Revitt	EB2	M	5:05.7
2	Alex Bronson	WC2	M	5:24.9
3	Isaac Fierro Marquez	WC1	M	5:46.7
(38/25)				
800fs				
1	Susan Hulley	EB1	F	17:38
2	Kim Fever	EB1	F	17:54
3	Monique Potvin Kent	EB2	F	18:02
4	Isla Paterson	EB2	F	18:09
1	Cory Fraser	EB1	M	18:45
2	Jamie Chalmers	EB1	M	18:48
2	Bill Gregg	EB2	M	18:48
(11/7)				
1500fs				
1	Mieke Corriveau	WC2	F	22:17
2	Justine Schweizer	WC2	F	22:21
3	Brigitte Boland	EB2	F	23:16
1	Peter Lithgow	WC1	M	20:41
2	Bill Westcott	WC1	M	21:35
3	Alex Bronson	WC2	M	22:03
4	Isaac Fierro Marquez	WC1	M	22:07
(26/20)				
25bk				
1	Margaret Dibben King	EB2	F	50.9
(1/0)				
50bk				
1	Susan Nevitt-Yelle	EB1	F	53.7
2	Ursula Scott	EB1	F	1:02.7
3	Colleen Hyslop	EB2	F	1:05.3

x	Sean Dawson	EB1	M	35.9
1	Harley Gifford	EB1	M	40.2
2	Bruce Brown	EB1	M	42.0
3	Francois Jacques	EB1	M	46.1
(5/8)				
100bk				
1	Ursula Scott	EB1	F	2:09.8
2	Margaret Dibben King	EB2	F	4:07.5
1	Bruce Brown	EB1	M	1:31.6
(3/1)				
200bk				
1	Margaret Dibben King	EB2	F	9:35.3
1	Harley Gifford	EB1	M	3:08.0
(1/1)				
50br				
1	Fiona Hill	EB1	F	49.0
2	Susan Hulley	EB1	F	53.7
3	Pam Dilawri	WC2	F	55.7
1	Francois Jacques	EB1	M	43.3
2	Kevin Graham	EB1	M	47.2
3	Aaron Holtzman	EB2	M	48.4
(8/6)				
100br				
1	Miguel Chavez	EB1	M	1:31.7
2	Sebastien Robillard-Cardinal	EB2	M	1:35.8
(0/2)				
200br				
1	Fiona Hill	EB1	F	3:44.7
2	Karen Jensen	EB1	F	3:58.3
1	Mark Blenkinsop	EB2	M	3:15.3
2	Robert Fabes	EB1	M	3:42.8
(2/2)				
50f1				
1	Mieke Corriveau	WC2	F	34.2
2	Brigitte Boland	EB2	F	36.1
3	Justine Schweizer	WC2	F	36.5
1	Mark Blenkinsop	EB2	M	32.5
2	Tony Revitt	EB2	M	34.5
3	Miguel Chavez	EB1	M	36.5
(13/8)				
100f1				
1	Brigitte Boland	EB2	F	1:18.1
2	Justine Schweizer	WC2	F	1:25.3
3	Sandy Lawson	EB1	F	1:45.1
1	Tony Revitt	EB2	M	1:11.2
(3/1)				
200f1				
1	Brigitte Boland	EB2	F	3:08.1

2	Natalie Aucoin	EB2	F	3:38.4
(2/0)				
100IM				
x	Dorothy Apedaile	EB2	F	1:23.8
1	Karen Jensen	EB1	F	1:49.1
2	Melanie Heroux	EB2	F	3:33.1
x	Sean Dawson	EB1	M	1:12.6
1	Mark Blenkinsop	EB2	M	1:16.8
2	Francois Jacques	EB1	M	1:24.4
3	Harley Gifford	EB1	M	1:33.0
(3/10)				
200IM				
1	Malika Shaath	EB1	F	3:31.4
2	Ursula Scott	EB1	F	4:08.3
3	Ethan Dufour	EB1	F	4:41.4
1	Ian Lorimer	EB1	M	3:29.5
2	Jim Lee	EB1	M	3:43.4
3	Jamie Chalmers	EB1	M	4:17.0
(3/3)				

Fun Relays (Fri Jul 3rd)

6x50 Free Relay

7:30am Earlybirds

- 3:44.6 7:30am Earlybirds Team 2: [Jamie Chalmers](#), [Mike Mopas](#), [Susan Hulley](#), [Bruce Brown](#), [Margaret King](#), [Miguel Chavez](#)
- 3:48.8 7:30am Earlybirds Team 1: [Susan Nevitt-Yelle](#), [Harley Gifford](#), [Francois Jacques](#), [Kevin Graham](#), [Tony Michel](#), [Jim Lee](#)
- 3:52.6 7:30am Earlybirds Team 3: [Ursula Scott](#), [Sean Dawson](#), [Ethan Dufour](#), [Fiona Hill](#), [Mike Kujawski](#), [Jennifer Murdock](#)

7x50 Free Relay

8:30am Earlybirds

- 5:24.4 8:30am Earlybirds Team 2: [Melanie Heroux](#), [Colleen Hyslop](#), [Renee Robert](#), [Bill Gregg](#), [Natalie Aucoin](#), [Brigitte Boland](#), [Mark Blenkinsop](#)
- 5:24.4 8:30am Earlybirds Team 1: [Margaret Dibben King \(25m\)](#), [Bob Tipple](#), [Fay Hjartarson](#), [Aaron Holtzman](#), [Megan Holtzman](#), [Sebastien Robillard-Cardinal](#), [Tony Revitt](#)

6x50 "Medley" Relay (2 backstrokers, 2 breaststrokers, 2 butterflyers)

7:30am Earlybirds

- 4:48.5 7:30am Earlybirds Team 1: [Susan Nevitt-Yelle](#), [Harley Gifford](#), [Francois Jacques](#), [Kevin Graham](#), [Tony Michel](#), [Jim Lee](#)
- 4:48.5 7:30am Earlybirds Team 2: [Jamie Chalmers](#), [Mike Mopas](#), [Susan Hulley](#), [Bruce Brown](#), [Margaret King](#), [Miguel Chavez](#)
- 4:56.2 7:30am Earlybirds Team 3: [Ursula Scott](#), [Sean Dawson](#), [Ethan Dufour](#), [Fiona Hill](#), [Mike Kujawski](#), [Jennifer Murdock](#)

7x50 "Medley" Relay (2 backstrokers, 2 breaststrokers, 3 butterflyers)

8:30am Earlybirds

- 6:00.7 8:30am Earlybirds Team 1: [Margaret Dibben King \(25m\)](#), [Bob Tipple](#), [Fay Hjartarson](#), [Aaron Holtzman](#), [Megan Holtzman](#), [Sebastien Robillard-Cardinal](#), [Tony Revitt](#)
- 6:34.8 8:30am Earlybirds Team 2: [Melanie Heroux](#), [Colleen Hyslop](#), [Renee Robert](#), [Bill Gregg](#), [Natalie Aucoin](#), [Brigitte Boland](#), [Mark Blenkinsop](#)

Ask the Coach

Dear Coach: What are the rules for the breaststroke push-off? Maybe Staying Underwater Will Improve My Breaststroke

Dear M.S.U.W.I.M. Breaststroke: For those of us with poor breaststroke, a good breaststroke push-off can help quite a bit! Push off underwater fairly deep. Hold a tight streamline and count to 3. Then do a fly arm pull (so your arms end up by your thighs), along with one fly kick. The fly kick can be before or after the fly arm pull, but best to learn it with them simultaneous. After the fly arm pull and kick, count to 3 again. Then start bringing your arms forward (under your body), and as the arms are moving forward, take one breaststroke kick. Your head must break the surface before your first breaststroke arm pull gets to its widest point. Unlike the other strokes, you may not add any extra kicks to the above (just one fly kick and one breaststroke kick below the surface).

Dear Coach: What's the fastest way to do a backstroke to backstroke turn? Want to Try Backstroke in a Time Trial

Dear W.t.T.B.i.a.T, Trial: If you have mastered flip turns, then that is the fastest way to turn in backstroke. You are permitted one stroke on your front as you go into the flip turn. If you prefer an open (non-flip) turn, then you must touch the wall with your hand while still on your back. From there you turn around and leave the wall on your back. The easiest fairly fast open back turn is a bucket turn – ask your coach for a demo.

Dear Coach: What's the fastest way to do a backstroke to breaststroke turn? Aiming for an IM Time Trial

Dear A.f.a.I.T. Trial: You are not permitted a flip turn from back to breast. You must finish the backstroke portion on your back (as in the description of the open back turn above). From there you push off on your front. Again, the easiest fairly fast back to breast turn is a bucket turn – ask your coach for a demo!

Dear Coach: I'm trying to breathe on both sides, but I find it hard to get air on my "not so good" side. Any suggestions? Learning to Bilateral Breathe

Dear L.t.B. Breathe: This one is easiest to answer if I can see what you are doing! However, the likely problem is that your opposite arm isn't staying at the surface as you breathe. As soon as that arm drops below the surface, the head will try to follow, making getting a breath more difficult. Think about lifting that arm as you breathe and see if that helps.

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.**

July and August Several Open Water Swims near Toronto: <http://canaquasports.com/>

Sat Jul 11th Bring on the Bay 3k Open Water Swim, Ottawa <http://bringonthebay.com/> (MSO registration not required)

Sat Jul 25th Technosport Meech Lake 3k Swim <http://www.mastersswimmingontario.ca/events/technosport-3k-open-water-swim/> (MSO registration not required)

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

Sun Aug 9th Welland Open Water Swims <http://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-august-9-2015/>

Sat Aug 15th 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.)

Sun Jun 21st Syracuse Ironman 70.3 (1.9k/90k/21.1k; about 1400 participants)

Congratulations to **Margaret** (top 10!!) and **Christian** on great races! Too bad that **Paul** had to stop due to serious cramping on the run ☹. Full results: <http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=syracuse70.3&y=2015#axzz3dcojQU5q>

Christian Cattan (7:30am Earlybirds; 35-39): 460th overall, 401st man, and 66th in category in 5:39:45 (40:23 swim)
Margaret King (7:30am Earlybirds; 50-54): 623rd overall, 102nd woman, and 8th in category in 5:53:18 (34:06 swim)
Paul Scully (8:30am Earlybirds; 45-49): 35:34 swim

June 25-28th Dragon Boat Nationals, Welland

The SportChicks, many of whom swim with Carleton Masters, placed 2nd overall in the Women's Senior B (50+) qualifying for next year's Club Team World Championships in Australia! The Women's Premier (open age group) team was 9th. They were in touch competing against much younger teams. Congratulations all! Full results here:

<http://welland2015.22dragons-results.com/>.

Sat Jun 27th Smiths Falls Triathlon (500m/20k/5k; 73 participants)

Congratulations to **Tony** and **Kim** on their great races and podium finishes. **Tony** also had the fastest swim time!! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=23675>.

Tony Revitt (8:30am Earlybirds; 40-44): 3rd overall, 3rd man and 2nd in category in 1:03:00.4 (9:04 swim)

Kim Fever (7:30am Earlybirds; 45-49): 37th overall, 9th woman, and 3rd in category in 1:21:36.6 (18:10 swim)

Sun Jul 5th Muskoka Ironman 70.3 (1.9k/90k/21.1k)

Congratulations to **Lucie** on a great race! Top 10 is awesome! Full results here:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=muskoka70.3&y=2015#axzz3f36PUCB6>.

Lucie Boudreau (8:30am Earlybirds; 55-59): 740th overall, 174th woman and 10th in category in 6:26:48 (43:55 swim)

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 23rd**).

Private and Semi-Private Masters Swim Lessons

For July and August, lessons are available at the following times:

Mon-Fri 12:30-1:30pm

Mon-Thu 4:30-5:30pm or 5:00-6:00pm

Wed 6:00-7:00pm

Wed 7:00-8:00pm

Mon, Tue, Thu 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

Summer Masters Swimming Programs, Barcodes and Prices

Registration is open for Summer. 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. The information below is also on the web site: <http://carletonmasters.tripod.com>.

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 (shallow): 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 5th (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).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>