

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: September-06-15 7:11 PM
To: Fran Craig; Steve Baird; Blake Christie; Brian Hill; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #399

Carleton Masters Swimming Newsletter #399

Sunday, September 6th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014, Winter 2015, Spring 2015, Summer 2015, and Alumni 7:30am Earlybirds I (52 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (8 addresses), Masters "Alumni" (26 addresses)



Here's a photo of **Jamie Chalmers** (7:30am Earlybirds) with his five medals from the Masters World Championships. Congratulations, **Jamie!**

Masters Program Notes and Cancellations

- The Summer session has ended.
- **There are no workouts Mon Sept 7th (Labour Day).** The Fall session starts **Tue Sept 8th.**
- **Registration for Fall and Winter has started** – details below.
 - The Fall 7:30am and 6pm are filling up: just **2** spots left at 7:30am and **6** left at 6pm.

Swimmer Notes

Swimmer Updates:

- I'm very pleased to announce that **Brian Hill**, a four-time Paralympian with his own Wikipedia page(!): [https://en.wikipedia.org/wiki/Brian_Hill_\(swimmer\)](https://en.wikipedia.org/wiki/Brian_Hill_(swimmer)) is joining the coaching staff as a weekday substitute coach and Saturday coach. Welcome to the team, **Brian!**

- I'm sad to pass on the news that **Alan Hunt** (8:30am Earlybirds), who has swum with Carleton Masters since 1989 (26 seasons), will not be returning to the pool this fall due to his balance deteriorating over the summer.

- **Job ad for students: Meredith Curren** (Whitecaps) is looking for a responsible young person (or a dog loving master!) to walk her dog Xavier 2 to 3 times a week during the workday, for about 20-30 minutes per walk. Xavier lives near Riverside and Uplands. Please contact **Meredith** directly at meredithc@rogers.com if you're interested!

- **Derek Baas** (x-Whitecaps, husband of **Andrea Chandler**, 6pm Whitecaps, and father of **Freddy** and **Stuart**, x-Child Safety Supervision) had mitral valve (open heart) surgery on **Mon Aug 24th**. The surgery was a success and he's now home and doing well.

- **Parking Lot 5 Closures for Home Football Games:** Note that there will be home football games on **Sat Sept 19th**, **Fri Oct 9th**, and **Sat Oct 24th**. Parking Lot 5 will likely be closed all most or all of the day on those dates. Those with parking passes will be allowed to park in other lots, but allow a little extra time!

- **Norine Naguib** (7:30am Earlybirds, norine.naguib@gmail.com) is looking for a squash partner to play at Carleton on Monday or Tuesday evenings for an hour between 6pm and 8pm. She says that she is a new and mediocre player but motivated to elevate her game with someone more seasoned.

- 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:

- **Megan Holtzman** (8:30am Earlybirds) has a new super-cool job working on swimming technology. This is what she's working on: <http://www.swimmingworldmagazine.com/news/learn-how-tritonwear-makes-faster-swimmers-with-better-coaching/>

- OnCourse Goggles Keep Swimmers On Course [more neat swimming tech]:

<http://www.nbcnews.com/tech/gadgets/oncourse-goggles-keep-swimmers-course-course-n413416>

- **Ryan Lochte's** IM Turn Innovation and FINA Rule Change [Very Interesting!]:

<http://coachrickswimming.com/2015/08/30/deconstructing-lochtes-underwater-and-finas-rush-to-disallow-it/>

- **Wayne Strach**, 60, Striving to be the Oldest Canadian to Swim the Channel:

<http://www.edmontonjournal.com/Wayne+Strach+striving+oldest+Canadian+swim+English+Channel/11278507/story.html>

-- And **Wayne** made it (17hr 15min)!: <http://www.cbc.ca/news/canada/edmonton/wayne-strach-becomes-oldest-canadian-to-swim-english-channel-1.3201537>

- **Rich Abrahams**, Rewriting the Records Books at 70: <http://www.swimmingworldmagazine.com/news/rich-abrahams-rewriting-the-record-books-at-70/>

- Age is Irrelevant when it Comes to Fitness [appropriate given the above!]: <http://www.outsideonline.com/2010156/age-irrelevant>

- Aquamermaid Classes Come to Ottawa [Ed. Note: they were filming at Carleton the morning of Thu Sept 3rd]: <http://www.metronews.ca/news/ottawa/2015/08/31/aquamermaid-mermaid-school-coming-to-ottawa-.html>

- Best Fitness Trackers for Swimmers: 2015 Guide: <http://www.livescience.com/50192-best-swim-trackers.html>

- **Ennis Hill** Wins Heptathlon Gold at Worlds, a Year after Giving Birth: <http://qz.com/486076/you-probably-missed-out-on-watching-one-of-the-greatest-feats-in-athletics-ever/>
- Every Weekend Should be Three Days Long: <http://nymag.com/scienceofus/2015/09/every-weekend-should-be-a-3-day-weekend.html>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/08/21/this-week-in-food-health-and-fitness-20/>, <http://www.sheilakealey.com/2015/08/28/this-week-in-food-health-and-fitness-21/>, and <http://www.sheilakealey.com/2015/09/04/this-week-in-food-health-and-fitness-22/>

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.

Fall Session Information

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

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 Sept 25th**.

Fin Days:

Tue Oct 27th / Wed Oct 28th

Thu Nov 26th / Fri Nov 27th

Time Trials:

Thu Oct 15th / Fri Oct 16th: 400fs or IM

Thu Oct 22nd / Fri Oct 23rd: two 50s choice

Mon Nov 2nd: 200 choice

Tue Nov 17th / Wed Nov 18th: 800 / 1500fs

Tue Dec 1st / Wed Dec 2nd: 100 choice

Thu Dec 17th / Thu Dec 18th: fun day (relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall15.pdf>.

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.

Mits coached for **Sean** on **Mon Aug 31st** and **Sean** coached for **Mits** on **Tue Sept 1st**.

Fin Day:

Tue Aug 6th / Wed Aug 7th

Time Trials:

Mon Jul 13th: 400fs or IM

Mon Jul 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>.

Thanks to those participating in the **relays on Fri Sept 4th**. There were four improvements, led by **Mary Lou Davies** (7:30am Earlybirds) with 4.0 seconds in 50fs, and **Bob Tipple** (7:30am Earlybirds) with 3.3 seconds in 50bk. Here's the list:

50fs (1)

Mary Lou Davies (7:30am Earlybirds) 0.4 (earlier in term) + 4.0 (relays) = 4.4 total

50bk (1)

Bob Tipple (7:30am Earlybird) 3.1

50br (2)

Heloise Emdon (7:30am Earlybirds) 0.3

Matthew Tucciarone (7:30am Earlybirds) 0.1

Summer Session Summary

A big thank you to evening coaches **Mits Kachi** and **Sean Dawson**, and to Saturday coaches **Tim Kilby**, **Blake Christie**, **Mits Kachi**, and **Sean Dawson** for their coaching this term.

Thank you to **Margaret Dibben King** (7:30am Earlybirds) and **Jamie Chalmers** (7:30am Earlybirds) for organizing the card and edible arrangements fruit bouquet at the last Earlybirds summer workout. **Jamie's** speech was great and the fruit is making for wonderful snacks!

Here's the summary of the attendance and time trials for the Summer 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 Fall term or by e-mail.

Weekday Attendance:

This term we had just one evening swimmer with perfect attendance. Congratulations to **Dave Grynspan** (6pm Whitecaps)!

Here's the attendance summary. Do let me know of any errors!

7:30am Earlybirds (July 6-Sept 4th; 26 workouts; range: 19-35; average: 27.5)

Missed 2 Workouts: **Susan Hulley**

Missed 3 Workouts: **Christian Cattan**

Missed 4 Workouts: **Harley Gifford, Margaret Dibben King**

6:00pm Whitecaps (July 6-Sept 3rd; 26 workouts; range: 15-31; average: 21.1)

Perfect Attendance: **Dave Grynspan**

Missed 2 Workouts: **Mike Lau, Peter Lithgow**

Missed 3 Workouts: **Deb Low, Monica Flores**

Missed 4 Workouts: **Mindy Finkelstein**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Summer 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 73 different swimmers: 45 women and 28 men. There were 246 completed time trials: 150 for women and 96 for men. If you notice any errors or omissions, please let me know.

Eighteen swimmers (8 women and 10 men) improved in at least one event (35 total improvements). The biggest improvement was by **Mary Lou Davies** (7:30am Earlybirds) with a 4.4 (8.8sec/100m) improvement in 50fs. Next and top man was **Roy Hanes** (6pm Whitecaps) with 4.1 (8.2sec/100m) improvement in 50fs. Third overall and second man was **Marshall Perrin** (6pm Whitecaps) with a 1:51 (7.4sec/100m) improvement in 1500fs. Next was the third man, **Martin B** (6pm Whitecaps) with a 7.2 (7.2sec/100m) improvement in 100IM. He was followed by the second woman, **Mieke Corriveau** (6pm Whitecaps) with a 3.3 (6.6sec/100m) improvement in 50fs. Third most improved woman was **Ethan Dufour** (7:30am Earlybirds) with a 2.2 (4.4sec/100m) improvement in 50fs. **Bob Tipple** (7:30am Earlybirds) improved in four different events! **Cory Fraser** (7:30am Earlybirds), **Ethan**, **Jamie Chalmers** (7:30am Earlybirds), **Mary Lou**, and **Miguel Chavez** (7:30am Earlybirds) each improved in three different events.

The International Point Scores (link to web page below) are used to determine the best swims. Thirteen swimmers (10 women and 3 men) scored 400 plus points in at least one event (26 swims total). Guest **Andrea Zarins** and Coach **Sean Dawson** had the highest scores for women and men, respectively, but were considered exhibition. **Andrea** scored 613 points for 30.2 in 50fs, and **Sean** scored 522 for 2:18.5 in 50fs. Top overall was **Cathy Crowley** (6pm Whitecaps) with 608 for 30.3 in 50fs. Tied for second were **Luz Osorio** (6pm Whitecaps) and **Mieke Corriveau** (6pm Whitecaps) with 603 for 30.4 in 50fs. Top man was **Jean-Francois Jacques** (7:30am Earlybirds) with 501 points for 28.7 in 50fs. Second man was **Peter Lithgow** (6pm Whitecaps) with 418 points for 21:26 in 1500fs. **Brigitte Boland** (7:30am Earlybirds) and **Cathy** both scored over 400 points in four different events!

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 8 women and 10 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Mary Lou Davies	EB1	F	50fs	4.4	8.8
2	Mieke Corriveau	WC1	F	50fs	3.3	6.6
3	Ethan Dufour	EB1	F	50fs	2.2	4.4
4	Malika Shaath	EB1	F	200IM	5.5	2.8
5	Gillian Massel	WC1	F	100fs	2.0	2.0
6	Heloise Emdon	EB1	F	400fs	5.7	1.4
7	Sylvia Williams	WC1	F	200fs	2.6	1.3
8	Justine Schweizer	WC1	F	1500fs	12.0	0.8
1	Roy Hanes	WC1	M	50fs	4.1	8.2
2	Marshall Perrin	WC1	M	1500fs	111.0	7.4
3	Martin Blumenauer	WC1	M	100IM	7.2	7.2
4	Matthew Tucciarone	EB1	M	100bk	6.4	6.4
5	Bob Tipple	EB1	M	50bk	3.1	6.2
5	Miguel Chavez	EB1	M	50br	3.1	6.2
7	Cory Fraser	EB1	M	200fs	11.5	5.8
8	Jamie Chalmers	EB1	M	50bk	0.7	1.4
8	Tony Michel	EB1	M	100bk	1.4	1.4
10	Mike Kujawski	EB1	M	400fs	0.1	0.0

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 10 women and 3 men who made the list.

Pl	Name	Group	Gender	Event	Time	Points
x	Andrea Zarins	WC1	F	50fs	30.2	613
1	Cathy Crawley	WC1	F	50fs	30.3	608
2	Luz Osorio	WC1	F	50fs	30.4	603
2	Mieke Corriveau	WC1	F	50fs	30.4	603
4	Brigitte Boland	EB1	F	50fl	34.0	517
5	Justine Schweizer	WC1	F	1500fs	22:07	490
6	Gillian Massel	WC1	F	100fs	1:13.1	481
7	Yuan Chen	WC1	F	100fs	1:15.9	435
8	Natalie Aucoin	EB1	F	50fl	36.5	429
9	Elaine Yardley	WC1	F	1500fs	23:26	419
x	Sean Dawson	EB1	M	200fs	2:18.5	522
1	Jean-Francois Jacques	EB1	M	50fs	28.7	501
2	Peter Lithgow	WC1	M	1500fs	21:26	418

(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	Mary Lou Davies	EB1	F	4.4	8.8
2	Mieke Corriveau	WC1	F	3.3	6.6
3	Ethan Dufour	EB1	F	2.2	4.4
1	Roy Hanes	WC1	M	4.1	8.2
2	Marshall Perrin	WC1	M	2.1	4.2
3	Cory Fraser	EB1	M	1.4	2.8
(3/4)					
100fs					
1	Mary Lou Davies	EB1	F	5.0	5.0
2	Gillian Massel	WC1	F	2.0	2.0
1	Roy Hanes	WC1	M	5.9	5.9
2	Miguel Chavez	EB1	M	4.0	4.0
3	Bob Tipple	EB1	M	1.8	1.8
(2/3)					
200fs					
1	Mary Lou Davies	EB1	F	2.9	1.5
2	Sylvia Williams	WC1	F	2.6	1.3
1	Cory Fraser	EB1	M	11.5	5.8
2	Bob Tipple	EB1	M	1.1	0.6
(2/2)					
400fs					
1	Ethan Dufour	EB1	F	11.8	3.0
2	Heloise Emdon	EB1	F	5.7	1.4

1	Mike Kujawski	EB1	M	0.1	0.0
(2/1)					
800fs					
1	Cory Fraser	EB1	M	21.0	2.6
(0/1)					
1500fs					
1	Justine Schweizer	WC1	F	12.0	0.8
1	Marshall Perrin	WC1	M	111.0	7.4
2	Miguel Chavez	EB1	M	39.0	2.6
(1/2)					
50bk					
1	Bob Tipple	EB1	M	3.1	6.2
2	Jamie Chalmers	EB1	M	0.7	1.4
(0/2)					
100bk					
1	Matthew Tucciarone	EB1	M	6.4	6.4
2	Tony Michel	EB1	M	1.4	1.4
3	Jamie Chalmers	EB1	M	1.2	1.2
(0/3)					
50br					
1	Heloise Emdon	EB1	F	0.3	0.6
1	Miguel Chavez	EB1	M	3.1	6.2
2	Matthew Tucciarone	EB1	M	0.1	0.2
(1/2)					
100IM					
1	Ethan Dufour	EB1	F	2.9	2.9
1	Martin Blumenauer	WC1	M	7.2	7.2
(1/1)					
200IM					
1	Malika Shaath	EB1	F	5.5	2.8
(1/0)					
400IM					
1	Jamie Chalmers	EB1	M	3.6	0.9
(0/1)					

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	EB1	F	1:06.4
(1/0)				
50fs				
x	Andrea Zarins	WC1	F	30.2
1	Cathy Crawley	WC1	F	30.3
2	Luz Osorio	WC1	F	30.4
2	Mieke Corriveau	WC1	F	30.4

1	Jean-Francois Jacques	EB1	M	28.7
2	Miguel Chavez	EB1	M	32.3
3	Matthew Tucciarone	EB1	M	33.5
(32/24)				
100fs				
1	Cathy Crawley	WC1	F	1:11.6
2	Gillian Massel	WC1	F	1:13.1
3	Justine Schweizer	WC2	F	1:15.3
1	Miguel Chavez	EB1	M	1:09.6
2	Peter Lithgow	WC1	M	1:11.3
3	Isaac Fierro Marquez	WC1	M	1:12.8
(16/10)				
200fs				
1	Cathy Crawley	WC1	F	2:32.9
2	Brigitte Boland	EB1	F	2:35.8
3	Mars Nienhuis	WC1	F	2:57.1
x	Sean Dawson	EB1	M	2:18.5
1	Harley Gifford	EB1	M	2:49.8
2	Jim Lee	EB1	M	3:18.6
3	Dave Grynspan	WC1	M	3:28.9
(15/9)				
400fs				
1	Brigitte Boland	EB1	F	5:31.1
2	Jennifer Murdock	EB1	F	6:17.7
3	Margaret King	EB1	F	6:30.1
1	Bruce Brown	EB1	M	5:43.8
2	Harley Gifford	EB1	M	6:01.7
3	Kevin Graham	EB1	M	6:21.1
(12/8)				
800fs				
1	Susan Hulley	EB1	F	18:04
2	Lucie Boudreau	EB1	F	20:01
3	Sophia Kallai	WC1	F	22:02
1	Cory Fraser	EB1	M	18:24
(3/1)				
1500fs				
1	Cathy Crawley	WC1	F	21:19
2	Justine Schweizer	WC1	F	22:07
3	Elaine Yardley	WC1	F	23:26
x	Sean Dawson	WC1	M	20:56
1	Peter Lithgow	WC1	M	21:26
2	Marshall Perrin	WC1	M	23:46
3	Francois Jacques	EB1	M	24:10
(17/14)				
25bk				
1	Margaret Dibben King	EB1	F	52.2
(1/0)				
50bk				

1	Titia Kaandorp	WC1	F	43.6
2	Yuan Chen	WC1	F	45.7
3	Nicole Delisle	WC1	F	47.1
1	Harley Gifford	EB1	M	39.8
2	Bruce Brown	EB1	M	40.1
3	Jamie Chalmers	EB1	M	46.4
(11/7)				
100bk				
1	Deb Low	WC1	F	1:48.2
2	Margaret Dibben King	EB1	F	4:06.7
1	Matthew Tucciarone	EB1	M	1:36.2
2	Tony Michel	EB1	M	1:36.3
3	Christian Cattan	EB1	M	1:46.9
(3/4)				
200bk				
1	Yuan Chen	WC1	F	3:16.1
(1/0)				
50br				
x	Andrea Zarins	WC1	F	42.9
1	Malika Shaath	EB1	F	48.1
2	Elaine Yardley	WC1	F	48.9
3	Margaret King	EB1	F	52.2
1	Miguel Chavez	EB1	M	40.1
2	Scott Willard	EB1	M	46.5
3	Kevin Graham	EB1	M	47.0
(13/4)				
200br				
1	Margaret King	EB1	F	3:47.2
2	Karen Jensen	EB1	F	3:56.3
(2/0)				
50fl				
1	Brigitte Boland	EB1	F	34.0
2	Luz Osorio	WC1	F	35.5
2	Mieke Corriveau	WC1	F	35.5
1	Jean-Francois Jacques	EB1	M	33.7
2	Miguel Chavez	EB1	M	37.1
3	Isaac Fierro Marquez	WC1	M	37.2
(10/7)				
100fl				
1	Brigitte Boland	EB1	F	1:19.4
2	Sandy Lawson	EB1	F	1:47.5
(2/0)				
200fl				
1	Justine Schweizer	WC1	F	3:05.9
(1/0)				
100IM				
1	Natalie Aucoin	EB1	F	1:34.9
2	Dawn Walsh	EB1	F	1:38.8

3	Malika Shaath	EB1	F	1:40.0
1	Kevin Graham	EB1	M	1:36.8
2	Ian Lorimer	EB1	M	1:38.9
3	Martin Blumenauer	WC1	M	1:44.1
(8/3)				
200IM				
x	Andrea Zarins	WC1	F	2:47.9
1	Malika Shaath	EB1	F	3:25.9
1	Gi Wu	WC1	M	3:07.9
2	Francois Jacques	EB1	M	3:15.4
3	Ian Lorimer	EB1	M	3:29.3
(2/4)				
400IM				
1	Jamie Chalmers	EB1	M	9:25.2
(0/1)				

Fun Relays (Fri Sept 4th)

7x50 Free Relay

7:30am Earlybirds

1=. 4:45.5 7:30am Earlybirds Team 4: [Jim Lee](#), [Sandy Lawson](#), [Susan Hulley](#), [Matthew Tucciarone](#), [Dawn Walsh](#), [Miguel Chavez](#), [Lucie Boudreau](#)

1=. 4:45.5 7:30am Earlybirds Team 3: [Susan Nevitt-Yelle](#), [Bob Tipple](#), [Heloise Emdon](#), [Malika Shaath](#), [Natalie Aucoin](#), [Jean-Francois Jacques](#), [Bruce Brown](#)

3. 4:56.9 7:30am Earlybirds Team 2: [Harley Gifford](#), [Jamie Chalmers](#), [Margaret King](#), [Cori Dinovitzer](#), [Norine Naguib](#), [Ian Lorimer](#), [Mary Lou Davies](#)

4. 5:21.5 7:30am Earlybirds Team 1: [Margaret Dibben King](#) (25m), [Sean Dawson](#) (350m)

7x50 "Medley" Relay (2 backstrokers, 2 breaststrokers, 2 butterflyers, 1 freestyler)

7:30am Earlybirds

1. 5:22.4 7:30am Earlybirds Team 3: [Susan Nevitt-Yelle](#), [Bob Tipple](#), [Heloise Emdon](#), [Malika Shaath](#), [Natalie Aucoin](#), [Jean-Francois Jacques](#), [Bruce Brown](#)

2. 5:30.1 7:30am Earlybirds Team 1: [Margaret Dibben King](#) (25m), [Sean Dawson](#) (300m: 50bk,100br,100fl,50fs)

3. 5:37.7 7:30am Earlybirds Team 2: [Harley Gifford](#), [Jamie Chalmers](#), [Margaret King](#), [Cori Dinovitzer](#), [Norine Naguib](#), [Ian Lorimer](#), [Mary Lou Davies](#)

4. 5:40.6 7:30am Earlybirds Team 4: [Jim Lee](#), [Sandy Lawson](#), [Susan Hulley](#), [Matthew Tucciarone](#), [Dawn Walsh](#), [Miguel Chavez](#), [Lucie Boudreau](#)

Ask the Coach

Dear Coach: Why do you recommend breathing on both sides in freestyle? Unilateral Breather

Dear U. Breather: While some elite athletes breathe on only one side, they have relatively short careers. Those of us who swim Masters often do so for decades, so avoiding injury through repetitive motions becomes more important. When we breathe on only one side, it tends to put pressure on the opposite shoulder, as the opposite hand often moves slightly outside the shoulder as we breathe. Thus, my recommendation is to find a way to breathe approximately the same number of times on each side over the course of your lifetime. If you don't like bilateral breathing, then you can always pick one wall and always breathe towards it (i.e. one length breathing on the left, then one breathing on the right, etc.). If you prefer to breathe on only one side when you race, that's fine, as racing is a very small part of your overall training distance (I hope!).

Dear Coach: How often should I breathe on freestyle? Working on My Freestyle

Dear W.o.M. Freestyle: How often you breathe depends on many factors, including the distance you are swimming, the effort you are putting in, the length of your stroke, your lung capacity, where you are in the pool etc. First, see the above

for a discussion of unilateral vs. bilateral breathing. Generally, the shorter the distance, the less often you should breathe. Over longer distances, the slight increase in drag from a breath is overridden by the need for oxygen and avoiding oxygen debt. If possible, you want to get into the habit of not breathing right before or right after your turns. Breathing right before the turn can throw off and slow down your turn. Breathing right after the turn negates the extra speed you get from pushing off the wall. Elite swimmers stay underwater for about 10m (15m is the legal limit) off each turn. Your mileage may vary ☺ !

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 will be open soon.** 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 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 Oct 24th Brossard Masters Meet, Montreal (TBC)
Sat-Sun Nov 7-8th Baie-Comeau Masters Meet (TBC)
Sun Nov 8th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-november-8-2015/>
Sun Nov 8th Etobicoke Masters Meet <http://www.mastersswimmingontario.ca/events/semi-serious-nov-8-2015/>
Sun Nov 15th Cote St-Luc Masters Meet, Montreal <https://www.swimming.ca/en/meet/18297/>
Thu Nov 19th Elliot Lake Masters Meet (TBC)
Sat Nov 21st Swim Ottawa Meet, Brewer Pool (TBC)
Sat Nov 21st Coupe de Quebec, Claude Robillard Pool LC, Montreal (TBC)
Sat Dec 5th Montreal Nord Masters Meet (TBC)
Sun Dec 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-6-2015/>
Sat-Sun Dec 5-6th Ste-Foy Masters Meet (TBC)
Sun Dec 6th Clarington Masters Meet (TBC)
Sun Dec 13th North York Pentathlon <https://www.mastersswimmingontario.ca/events/north-york-gators-pentathlon-dec-13-2015/>
Sun Jan 17th U of T Masters Meet (TBC)
Sun Jan 17th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>
Sat Jan 24th Pointe Claire Masters Meet (TBC)
Sat-Sun Feb 6-7th Quebec City LC Masters Meet (TBC)
Sun Feb 7th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-7-2016/>
Sun Feb 7th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>
Sat-Sun Feb 13-14th La Salle Masters Meet, Montreal (TBC)
Sat Feb 20th Nepean LC Masters Meet (TBC)
Sun Feb 28th Cote St-Luc Masters Meet, Montreal (TBC)
Sun Feb 28th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>
Sun Mar 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/>
Sat Mar 12th Dollard-des-Ormeaux, Montreal (TBC)
Fri-Sun Apr 1-3rd Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>

Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>
Sun Apr 17th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/>
Sat Apr 23rd All Out Swim LC, Toronto (TBC)
Fri-Mon May 20-23rd Nationals (TBC)
Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>
Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

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

Sat-Sun Aug 1-2nd Ontario Provincial Lifeguard Championships, Newmarket

Miguel Chavez (7:30am Earlybirds) was a member of a City of Ottawa team with 3 of the 4 team members (including him) attending their first Provincials. They placed a very respectable 13th out of 21 teams. Congratulations, **Miguel!**

Sun Aug 16th Timberman Ironman 70.3, New Hampshire (1.9k/90k/21.1k)

Apologies for missing **Paul Scully** last time! Full results here: <http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=timberman70.3&y=2015>.

Jordan Monnik (8:30am Earlybirds; Pro): 19th overall; 19th man, and 18th in category in 4:13:14 (27:55 swim)

Paul Scully (8:30am Earlybirds; 45-49): 1140th overall; 832nd man, and 113th in category in 6:25:35 (37:37 swim)

Wed-Sun Aug 19-23rd World Dragon Boat Championships, Welland

Dawn Walsh (7:30am Earlybirds) is a member of Canada's women's and mixed 50+ (Senior B) Dragon Boat teams. Both teams cleaned up at Worlds. She competed in 2k, 1k, 500m, and 200m for both women's and mixed (8 races), and won 8 golds!!! Full results here: https://idbfchamps.org/2015_well.php.

Sat Sept 5th Canadian Triathlon, Mooney's Bay

Congratulations to **Tony**, **Cory**, and **Malika** on great races! PBs all around, and **Tony** won the swim! Please let me know if I missed anyone.

Sprint Triathlon (750m/30k/5k; 165 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=27001>.

Cory Fraser (7:30am Earlybirds; 20-24): 20th overall; 19th man and 2nd in category in 1:36:21.1 (16:35 + transition = 19:29 swim)

Olympic Triathlon (1500m/40k/10k; 103 participants)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=26990>.

Tony Revitt (8:30am Earlybirds; 40-44): 3rd overall (0.3 behind 2nd!); 3rd man and 1st in category in 2:21:59.4 (24:07 swim, including about 4min transition)

Half Iron-distance Relay (1932m/90k/21.1k; 3 teams)

Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=26666>.

Tri Amigas (women's team): **Malika Shaath** (7:30am Earlybirds); **Felicity Borgal**, and **Ying Wah Hong** (all 27 years old): 2nd overall and 1st women's team in 6:24:39.7 (37:55 + transition = 40:54 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 Fall, lessons are available at the following times:

Tue Sept 8th 4:10-5:10pm

Thu Sept 10th 4:10-5:10pm

Mon Sept 14th 4:30-5:30pm

Tue Sept 15th 4:10-5:10pm

Starting Sept 18th:

Monday 9:40-10:40am

Friday 9:40-10:40am

Additional lunch-time/afternoon/evening lessons should be available the last week of October and in December. Details will be circulated once they are available.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Reminders

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. Note that the 8:10pm group will not run this year due to low registration. As usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site:

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

Fall 2015: Tue Sept 8th to Sat Dec 19th; no workouts Mon Oct 12th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10100; cost: \$140+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10101; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10106; cost \$156+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10108; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10102; cost: \$58+HST

Winter 2016: Mon Jan 4th to Fri Apr 8th; no workouts Mon Feb 15th, Fri Mar 25th, Mon Mar 28th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$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

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