

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: September-19-15 2:08 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 #400

Carleton Masters Swimming Newsletter #400

Saturday, September 19th, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, and Alumni: 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (32 addresses), 6pm Whitecaps I (39 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (3 addresses), Masters "Alumni" (8 addresses), **plus those registered for Fall/Winter 2014 and Spring/Summer 2014:** 7:30am Earlybirds I (15 addresses), 8:30am Earlybirds II (13 addresses), 6pm Whitecaps I (12 addresses), 7:10pm Whitecaps II (10 addresses), 8:10pm Whitecaps III (13 addresses), Saturday Only (7 addresses), Masters "Alumni" (24 addresses)

"The only bad workout is the one that didn't happen."

Masters Program Notes and Cancellations

- Welcome everyone! The Fall session is underway.
- There are **no swims Mon Oct 12th** (Thanksgiving).
- The Fall 7:30am and 6pm groups are full. Wait lists are available. Please let me know if you are on a wait list.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Gi Wu** (6pm Whitecaps) and **Yu Geng** on the arrival of their first child, a boy: **Gustave Ushuaia Wu** on **Sept 12th**.

- Best wishes to **Steve Baird** (Carleton Aquatics Coordinator) for a quick recovery from a separated shoulder and broken humerus bone.

- Thanks to the Earlybirds for participating in the "Meet and Greet" introductions on Fri Sept 11th. I think we all learned a lot! Thanks to **Sebastien Robillard-Cardinal** (8:30am Earlybirds) for suggesting that we don't wait until the last (relay) day to meet people in other lanes.

- **Interested in Renting a Locker in the Women's Change Room?** **Mary-Lou Dunnigan**, who used to swim with Masters (not to be confused with **Mary Lou Davies** (8:30am Earlybirds) who still does), has a locker in the women's change room that she'd like to rent. If you are interested, please contact her at planet1@sympatico.ca or 705-342-9369.

- Interested in learning more about Masters Swimming Canada (MSC) and its relationship with Swim Canada? **Chris Smith** (a long time Masters swimmer, board member, and swim official from Toronto) has put together some documents on "**MSC Structure and Relationships.**" If you'd like to see these, let me know (about 10 pages total).

- **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!

- **Parking Lot 5 Closures for Home Football Games:** Note that there will be home football games on **Fri Oct 9th** and **Sat Oct 24th**. Parking Lot 5 will likely be closed or partly closed for 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:

- Breaststroke swimmers moderate internal work increases toward the highest stroke frequencies

<http://www.sciencedirect.com/science/article/pii/S0021929015004261>

- Finishing Last Can be Your Biggest Win: <http://www.rickhansen.com/Blog/ArtMID/13094/ArticleID/85/Finishing-Last-Can-Be-Your-Biggest-Win>

- Paralympic Athletes Showing up the Able-Bodied at the Gym: <http://www.insanee.com/video/hidden-camera-catches-paralympic-athletes-blowing-the-minds-of-people-at-the-gym/>

- A 92 year old Yogi Shares Her Secrets: <http://www.mindbodygreen.com/0-20677/a-92-year-old-yogi-shares-her-secrets-to-happiness-longevity.html>

- Blogs on the Health Benefits of Swimming: <http://www.kenneymyers.com/blog/20-blogs-pinpointing-the-health-benefits-of-swimming-and-water-exercises/>

- How Strength Training may Help Reduce the Speed Decline in Aging Runners:

<http://well.blogs.nytimes.com/2015/09/09/why-runners-get-slower-with-age-and-how-strength-training-may-help>

- Quebec Health Prescription: Take One Energy Cube Three Times a Day: <http://www.theglobeandmail.com/globe-debate/a-healthy-prescription-for-quebec-take-one-energy-cube-three-times-a-day/article26285720/>

- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/09/11/this-week-in-food-health-and-fitness-23/> and <http://www.sheilakealey.com/2015/09/18/this-week-in-food-health-and-fitness-24/>

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

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.

Mits is coaching for **Sean** on **Mon Sept 21st**. **Sean** is coaching for **Mits** on **Tue Sept 22nd**, and **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>.

Some great distance per stroke lengths were done by the Earlybirds in both freestyle and breaststroke. The leader for freestyle was **Colette Kenney** (8:30am Earlybirds) with 4 strokes for 25m. For breaststroke, **Tony Revitt** (8:30am Earlybirds) did a length with 2 strokes, and **Fiona Hill** (7:30am Earlybirds) took just 3 strokes.

Here are the weekday attendance stats to date. Those with the best attendance will receive certificates. Let me know of any errors!

7:30am Earlybirds: Sept 9-18th; 5 workouts; range: 23-28; average: 25.0

Perfect Attendance: **Bruce B, Christian C, Dawn W, Hanna Z, Harley G, Jamie C, Jessica T, Kevin G, Malika S, Margaret K, Miguel C, Mike M, Susan H, Susan N-Y, Ursula S**

8:30am Earlybirds: Sept 9-18th; 5 workouts; range: 21-28; average: 25.0

Perfect Attendance: **Amir B, Emile G, Lisa M, Lorne M, Mark B, Melanie H, Nancy M, Penny E, Sebastien R-C**

6pm Whitecaps: Sept 8, 10, 15th (others will be added next time); 3 workouts; range: 26-32; average: 29.3

Perfect Attendance: **Andrea C, Andrea M, Cam D, Cathy C, Dave G, Deb L, Debby W, Don W, Elaine Y, Jennyfer K, Joanne D, Lindsay B, Marg E, Mars N, Mike L, Nicole D, Paul M, Peter L, Rachel B, Tyesha M**

7:10pm Whitecaps: Sept 8, 10, 15th (others will be added next time); 3 workouts; range: 13-21; average: 27.0

Perfect Attendance: **Gilliam M, Heather MacP, Jenna R, Lauren D, Lynn B, Mike H, Monica F, Sophia K, Sylvia W**

And here are a few reminders to ensure that our swims go smoothly:

- Unless there is a public swim in progress, please do not enter the water before your Masters group starts.
- Please exit the water promptly at the end of your session.
- If you arrive late, join in with your lane-mates. Don't start at the beginning of the warm up.
- If you need to leave early, that's fine. Just do your warm down without getting in the way of your lane-mates.
- Please put all your equipment (kick boards, pull buoys, etc.) away at the end of your swim.
- During the main set, the goal is for everyone to swim together. If the pace times are not working out for you or your lane, let your coach know.
- If you need to take a break, no problem. Just ensure that there is space at the wall for your lane-mates to do their turns.
- And, most importantly, have fun!

Ask the Coach

Dear Coach: I'd like to enter some swimming competitions this year. What do I need to do to get involved? New Competitive Swimmer

Dear N.C. Swimmer: Excellent! Right now the club registration process is going on. Once that is complete, swimmers will be able to register and the details (cost, etc.) will be at the top of the "Masters Swimming Competitions" section (below).

Dear Coach: After swimming I sometimes find that my skin is irritated and my nose is stuffed up. Any Suggestions? Itchy Sniffly Swimmer

Dear I.S. Swimmer: Many of us, especially those who have been swimming for a lot of years, develop a slight allergy to the pool chemicals. If you are stuffed up after swimming, a nose clip can work wonders. It's a little uncomfortable and takes a while to get used to, but it's worth persevering (and avoids the need for anti-histamine drugs). If your skin is irritated, suggestions include avoiding body wash, limiting soap use, showering as soon as possible after your swim, keeping the shower water luke warm (not too hot), patting your skin dry (don't rub), putting on mild unscented moisturizer immediately after drying off, and, especially in winter, having a humidifier at home.

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 <https://www.swimming.ca/en/meet/18461/>

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 <https://www.swimming.ca/en/meet/18260/>

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.)

None this time!

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:

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

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