

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** January-02-16 1:21 PM  
**To:** Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby  
**Subject:** Carleton Masters Swimming Newsletter #408

## Carleton Masters Swimming Newsletter #408

Saturday, January 2<sup>nd</sup>, 2016

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

**Bcc:** Those registered for Fall 2015 and Alumni: 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (42 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)

**"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny." – Lao Tzu**

### Masters Program Notes and Cancellations

- I hope that everyone enjoyed the holidays! The Winter session starts **Mon Jan 4<sup>th</sup>**. There is currently space in all groups. However, there are just **5** spots left at 7:30am and **8** spots at 6pm.
- Please read the signs posted at Athletics or check the web site (<http://athletics.carleton.ca/facilities/>) for the pool and fitness centre holiday hours. The pool is on a holiday schedule from **Dec 21<sup>st</sup> to Jan 3<sup>rd</sup>**.

### Update: Fall Term Team Photos

- Evening groups photo with names: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.
- Morning groups photo with names: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

If there are any spelling errors or if I missed any names, please let me know!

- You can also see all the image files here: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/>.
- There are some very old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

A Carleton swim cap is the prize for the person who e-mails me with largest number of names of those swimmers present in at least one of the 1990's photos and still swimming with Carleton Masters! Deadline for submissions is **Fri Jan 8<sup>th</sup>**.

Update: **Mike Lau** (6pm Whitecaps) has kindly provided some names of swimmers in the old photos, but so far **no** entries for the names of those appearing in both the old and new photos!

## Swimmer Notes

### Swimmer Updates:

- Thanks for your support of the interim workouts. We averaged **20** swimmers per workout. (We needed to average at least **15** to break even.)

- **Mélanie Héroux** (8:30am Earlybirds) will be participating in the Polar Plunge for Special Olympics at Algonquin College 9am-noon on **Sat Feb 27<sup>th</sup>**. She will have an envelope at the pool for donations and an on-line link will be available soon.

- The Rotary Club of Peterborough is hosting the **Rotary Carl Oake Swimathon Fri Feb 12<sup>th</sup> 7-8am**. **Marilyn Bell DiLascio, Vicki Keith, Annaleise Carr, and Trinity Arsenault** (all famous Canadian open water swimmers) will be there. Most swimmers or teams swim for 5min during the swim-a-thon, so you don't swim the whole hour. It's a fundraiser for the Easter Seals Society. If you're interested in more details, let me know.

- 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 on Sundays from 4:30-5:30pm. The workout is at the Bob MacQuarrie pool except for January and February, when it will be at the Ray Friel pool. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at [kristinkernohan@gmail.com](mailto:kristinkernohan@gmail.com).

- We still have **48** Carleton caps left. **Caroline Odecki** is heading to Australian for a year on a teacher exchange, so I have purchased the remaining caps on behalf of the club. They are **\$5** each. If we sell them all, we'll make **\$25** profit for the club.



## News and Links:

- Ontario Resident Rows Across Pacific: <http://canadaam.ctvnews.ca/ontario-man-becomes-first-person-to-row-solo-across-pacific-1.2718087>
- Do Elite Athletes have an Anti-aging Secret in their Muscles? <http://www.sciencedaily.com/releases/2015/12/151222084735.htm>
- Rio Pre-Legacy: Pool for Underprivileged: <http://www.rio2016.com/en/news/pre-legacy-of-rio-2016-games-begins-as-olympic-venue-is-opened-to-underprivileged-communities>
- Swimming Competition Plagued by Doping: <http://www.cbc.ca/sports/olympics/summer/aquatics/swimming-doping-fina-coaches-1.3361697>
- Sarasota Sheriff Investigating YMCA Drowning (swimmer attempting 100m underwater?): <http://www.wtsp.com/story/news/2015/12/27/sarasota-sheriffs-investigating-ymca-drowning/77960104/>
- McMaster Varsity Swim Team to Undergo Revised Structure: <http://swimswam.com/mcmaster-varsity-team-to-undergo-revised-structure-for-next-season/>
- New Year's Resolutions for Swimmers: <http://www.swimmingworldmagazine.com/news/7-new-years-swimming-resolutions-you-should-think-about-making/>
- More New Year's Resolutions for Swimmers: <https://swimswam.com/17-new-years-resolutions-swimmers/>
- Best Swimming Photos of 2015: <https://swimswam.com/15-top-swimming-photos-from-2015-above-the-surface/>

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

**Caps and Goggles to Borrow:** I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

**Swim Caps for Sale:** The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

**Nose Clips for Sale:** Cost \$5. Contact me if you are interested.

## Winter Session Information

The usual pool allocations and coaches are as follows:

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

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

7:10pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (TBD)

Exceptions will be noted here.

## Fin Days:

Mon Feb 1<sup>st</sup>

Thu Mar 10<sup>th</sup> / Fri Mar 11<sup>th</sup>

## Time Trials:

Tue Feb 9<sup>th</sup> / Wed Feb 10<sup>th</sup>: 400fs or IM

Tue Feb 23<sup>rd</sup> / Wed Feb 24<sup>th</sup>: two 50s choice

Thu Mar 3<sup>rd</sup> / Fri Mar 4<sup>th</sup>: 100 choice

Thu Mar 17<sup>th</sup> / Fri Mar 18<sup>th</sup>: 200 choice

Tue Mar 22<sup>nd</sup> / Wed Mar 23<sup>rd</sup>: 800 / 1500fs

Thu Apr 7<sup>th</sup> / Fri Apr 8<sup>th</sup>: fun day (relays)

This information and more can be found with the Winter workout themes

at: <http://carletonmasters.tripod.com/mastplanwint16.pdf>.

## Ask the Coach

**Dear Coach:** The swimmers in our lane sometimes collide at or near the wall while trying to pass. What are we doing wrong? Passing Tutorial, Please!

Dear P.T. Please: If you are passing another swimmer, it's your responsibility to avoid a collision. Ideally, you should pass on the inside only if you're sure you'll get to the wall before the person you are passing. If you're not sure, it's better to stay to the outside, so that you don't cut off the person in front of you when he/she moves over to turn. If you suspect that the swimmer doesn't know you're passing, you can tap him/her on the foot. On the other hand, if you know a swimmer is about to pass you, you can make life easier for both of you by moving in the appropriate direction (outside if the person will be passing on the inside, and inside if they'll be on the outside). If it's hard to decide whether you or the person behind you will get to the wall first, then you can make a definitive move one way or the other to let the passing swimmer know that you know they're there and to indicate on which side they should pass.

**Dear Coach:** I'm stuck in a bit of a rut with my swimming. How can I improve? Plateauing Swimmer

Dear P. Swimmer: The best thing to do in this case is to mix things up a bit: Focus on a different stroke, or a different distance. A few short distance all-out sprints are also good for "shocking the system". We tend to get into the habit of swimming the same way, which our body quickly adapts to. To get further adaptation, change is needed!

## 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 available: cost \$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, gender, 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 e-transfer, 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/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, 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.**

Sun Jan 17<sup>th</sup> Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>

Sat Jan 23<sup>rd</sup> Pointe Claire Masters Meet <http://swimming.ca/en/meet/18973/>

Sun Jan 24<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-meet-january-24-2016/>

Sat-Sun Feb 6-7<sup>th</sup> Quebec City LC Masters Meet <https://www.swimming.ca/en/meet/18523/>

Sun Feb 7<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-7-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sun Feb 7<sup>th</sup> Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>  
Fri-Sun Feb 12-14<sup>th</sup> La Salle Masters Meet, Montreal (TBC)  
Sun Feb 21<sup>st</sup> Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>  
Sat Feb 27<sup>th</sup> Riviere-du-Loup Masters Meet (TBC)  
Sun Feb 28<sup>th</sup> Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>  
Sun Mar 6<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sat Mar 19<sup>th</sup> Dollard-des-Ormeaux, Montreal <http://swimming.ca/en/meet/18842/>  
Fri-Sun Apr 1-3<sup>rd</sup> Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>  
Fri-Sun Apr 15-17<sup>th</sup> Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>  
Sun Apr 17<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/> and [http://www.technosport.ca/technosport\\_swim\\_and\\_triathlon\\_club/short-course-invitational-swim-meet/](http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/)  
Sat Apr 23<sup>rd</sup> All Out Swim LC, Toronto (TBC)  
Sun May 1<sup>st</sup> Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>  
Fri-Mon May 20-23<sup>rd</sup> Nationals, Etobicoke (details TBA)  
Sat Jun 4<sup>th</sup> Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>  
Sat Jun 25<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>  
Sat Jul 23<sup>rd</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>  
Sat Aug 13<sup>th</sup> Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>  
Sat Aug 14<sup>th</sup> Elma Couture Open Water Swim, Welland <https://www.mastersswimmingontario.ca/events/elma-couture-open-water-swim-aug-14-2016/>

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

No race results this time!

### **2015 Statistics Summary: Masters Swimming Canada Top 20, Records, etc.**

Check out the MSC statistics including the National Records and 2015 top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update Jan 1<sup>st</sup>). Next time I should have a complete list of all those who made the 2015 year end top 20!

### **Private and Semi-Private Masters Swim Lessons**

For Winter lessons are usually available: Monday 9:40-10:40am.

Additional times may be available during Reading Week and April exams.

#### **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**

#### **Winter Masters Swimming Programs, Barcodes and Prices**

Registration is open for 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. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

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

**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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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